



Take Back Control From **DIABESITY**

Dr. Kamini D. Lakhiani
MBBS (Bom) D. Diabetology (Bom)
Consultant Diabetologist



A *Specialist in Diabetes and Obesity, Dr. Kamini D Lakhiani has been a medical practitioner for over 20 years, skilled in treating Diabetes, a modern prevalence of diabetes caused due to obesity and hormonal imbalance. She has a credible background of being an Honorary Diabetologist at Ramakrishna Mission Hospital at Khar West for the last 10 years.*

Besides winning the prestigious ThreeBestRated® Award for One of the Top Rated Diabetologists in Mumbai consecutively for the past five years since 2018, Dr. Lakhiani has a commendable private practice that she particularly structured to accommodate her patients and their needs in an organised manner. Her clinic is one of dreams, sustained by a team of her support staff who work round the clock to enhance the component of satisfaction and consideration for the patients. Designated as her 'magic wand,' Dr. Lakhiani credits her assisting personnel as a blessing to count on, ready to take on different types of situations come what may. Surrounded by supportive family and enlightened by the guidance of her spiritual leader Gururji, Dr. Lakhiani life objective relies persistently on spreading detailed awareness, especially due to the incline in unhealthy lifestyles and unfamiliarity of health risks. She conducts regular Diabetic Camps at Khar Gymkhana, Lions Clubs Organization, Colleges and Hospitals. Moreover, she often runs a series of lectures on Diabetic Awareness & Enlightenment in the course of Diabetes and its Management.



Empowered with a holistic approach towards her work, Dr. Lakhiani strives to devise alternate methods instead of conveniently hooking patients on life-long medications straightaway. Unlike the usual means exercised by medical practitioners, this approach entails her to conduct an in-depth methodical check-up and an exhaustive procurement of medical history down to every minute detail to determine a suitable treatment plan for the patient. This holistic approach takes into account the social, familial, cultural and financial parts of a patient's lifestyle that could impact their health and well-being, therefore serving as a foundation of a customised plan for addressing the patient's well-being. An ingenious doctor, she loves to educate herself of new advancements in the medical world.

The onset of Covid further validated her approach that was confidently aligned towards advocating a good immune system to her patients to battle infections and viruses since the beginning of her practice. In addition to boosting the metabolic rate of her patients, this belief system of maintaining appropriate levels of vitamins and antioxidant supplements aided her in staying 10 steps ahead of the Pandemic.



Dr. Lakhiani's ideal goal is to rid her patients from lifestyle issues like diabetes, obesity which requires substantial research into each patient's medical history to determine the root causes of metabolism irregularities, hormonal issues (thyroid and hypothyroidism), and PCOS (Polycystic Ovarian Syndrome Hormonal Imbalance) etc. These arduous illnesses are often strenuous to eliminate completely but her detailed instructions and confidence motivates patients to sustain a healthy regime to develop resilience. She is passionate about helping her patients become better and take back some of the control they initially relinquish to their illness.

Dr. Lakhiani's integrity is a distinguishable factor that is solely derived from the gratitude expressed by patients for the changes they noticed in their health due to direction and advice provided. Her dedication to the oath motivates her to help patients and the allegiance to her spiritual nature supports her compassion; a vital trait to combat health issues and be a trustworthy resource for her patients to lean on.

Sadhana Proactive Clinic:

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