

MGM Healthcare Malar, Adyar Launches Metabolic Clinic, for Obesity and Metabolic Disorder



Chennai, 16 Oct 2026: MGM Health care Malar, Adyar has launched a Metabolic Clinic with an advanced, comprehensive multispecialty programme for obesity and metabolic disorders, offering individualised, evidence-based treatments for excess weight management of associated medical complications, and support for remission of several metabolic conditions.

The programme prioritises sustainable outcomes and long-term metabolic health rather than weight loss alone. It addresses associated conditions such as prediabetes, type 2 diabetes, Polycystic Ovary Syndrome (PCOS), and lipid abnormalities, including elevated cholesterol and triglyceride levels. It also helps patients break the cycle of knee pain, reduced physical activity, and further weight gain. In addition, the programme offers integrated care for obstructive sleep apnea and fatty liver disease, which can improve with sustained weight reduction.

Thiru Rhevanth Charan P, MLA, Madu ravoyal, launched the programme in the presence of Dr. Kalpana Thai B, Medical Superinten dent, MGM Healthcare Malar Adyar, Dr. Meherprasad Y. D., Senior Consultant - Endocrinologist, and the team of medical experts from the new clinic.

A key differentiator of the integrated programme is its endocrinologist-led approach, which ensures that weight management is guided by a comprehensive understanding of hormonal and metabolic health. It is further supported by cardiology for cardiovascular risk evaluation and care; pulmonology for the diagnosis and treatment of obesity-associated respiratory conditions; and hepatology for liver health, with a focus on the prevention and treatment of fatty liver disease. Dietitians provide personalised nutritional guidance and sustainable dietary planning, while physiotherapists offer individualised support for physical activity, mobility, and exercise. The clinic is equipped with advanced technology to analyse body composition, including fat and muscle mass, enabling more precise and personalised treatment planning. It also offers newer pharmacological treatments, including GLP-1-based medications, where clinically appropriate, alongside customised lifestyle interventions tailored to each patient's needs.

The programme is led by Dr. Meherprasad Y. D., Senior Consultant Endocrinologist, with over 30 years of experience in weight management, supported by specialists Dr. Manohar G. (Cardiology), Dr. Ammaiyappan Palaniswamy C. (Pulmonology), and Dr. Kavitha Sampath kumar (Hepatology), along with dietitians and physiotherapists.