



INFORMATION GUIDE

A guide to weight loss surgery for HCPs

For more information:

info@dwls.net.au

www.darebinweightlosssurgery.com.au

Address:

3/195 Thompsons Road,
Bulleen VIC 3105,
Australia

To book a consultation: (03) 9852 3777

Business Hours: Mon-Fri 9:00am-5:00pm


OBESITY TREATMENT OPTIONS

BMI Guidelines

Your patient's BMI together with any obesity related illnesses are the most important criteria to determine whether weight loss surgery is the appropriate choice.

Surgery for obesity is considered an appropriate choice for patients:

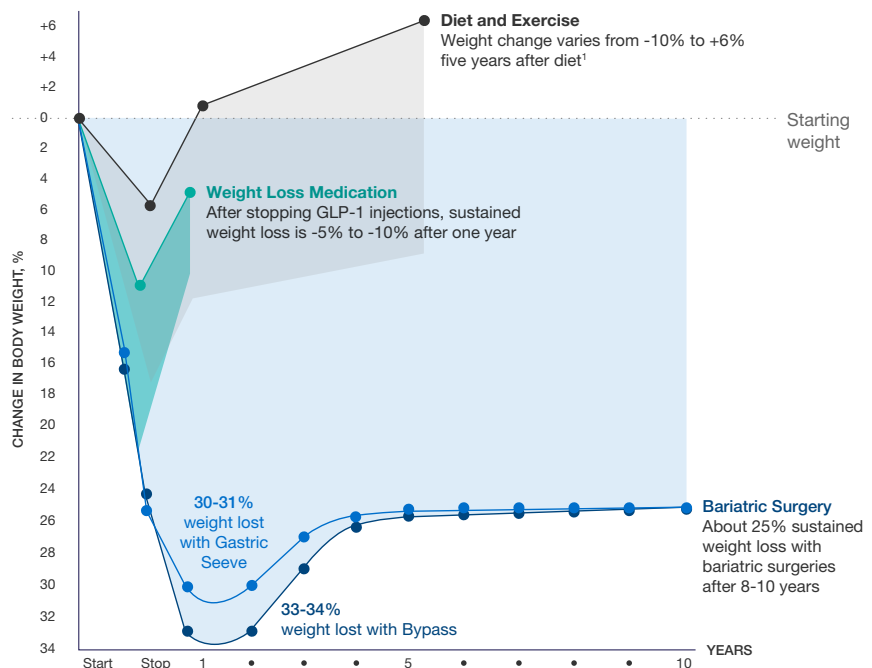
- ↳ With a BMI greater than 40
- ↳ With a BMI greater than 30 and one or more obesity-related illnesses
- ↳ Who have tried non-operative weight loss solutions without long-term success
- ↳ In certain circumstances, patients with lower BMI may be candidates

Surgical treatment	 Metabolic & bariatric surgery	BMI ≥ 30-34.9 + comorbidities BMI ≥ 35-39.9 + comorbidities BMI ≥ 40
	 Pharmaceutical treatment	BMI ≥ 25-29.9 + comorbidities BMI ≥ 30
Conservative treatment	 Change in lifestyle	BMI ≥ 25-29.9

Comparing weight loss treatments

With support from their GP and a team of allied health professionals, including dietitians, exercise specialists and psychologists, weight loss surgery is a safe and effective solution to losing and keeping off excess weight.

Bariatric or metabolic surgery changes the metabolism, resetting the body's 'set point' to a lower weight. It has significantly higher long term efficacy rates than diet and exercise alone because the body self-regulates at that lower weight. Up to 90% of patients maintain at least 50% of their initial weight loss after surgery.¹



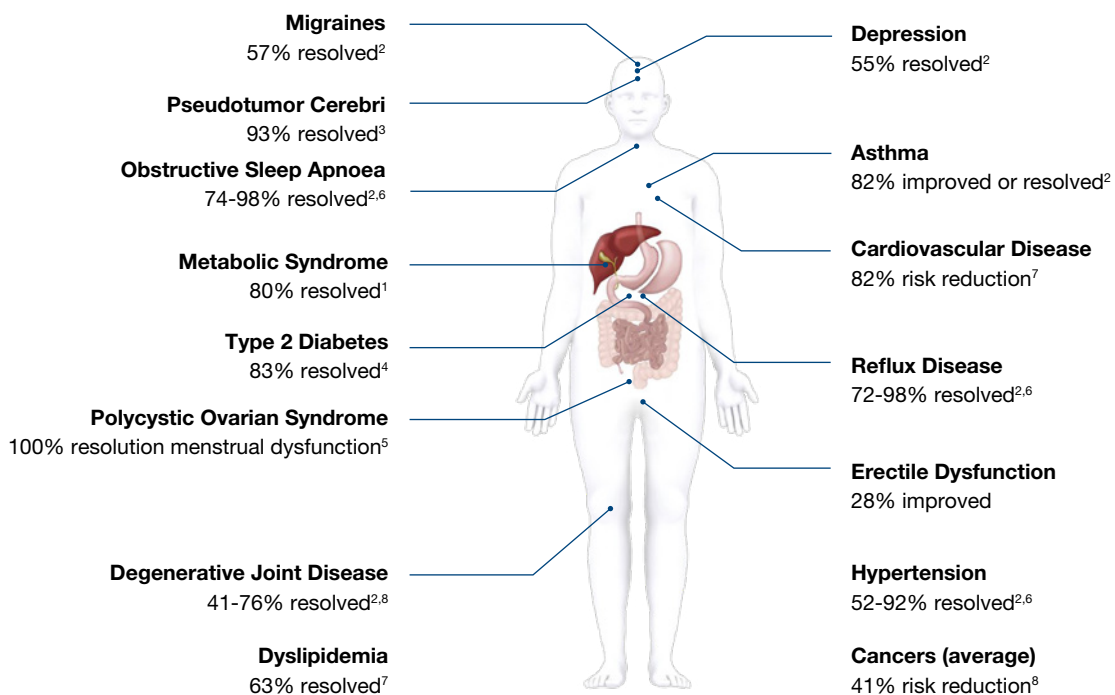
Graphic: Effectiveness of weight loss treatments over time^{1,2,3}

OVERALL HEALTH BENEFITS OF BARIATRIC SURGERY

The overall benefits of weight loss surgery extend much further than simply losing weight.

Losing weight and keeping it off can feel like a hopeless endeavour because the truth is, 95% of people can't lose weight and keep it off with diet and exercise alone.

Up to 90% of patients maintain at least 50% of their initial weight loss after surgery. Bariatric surgery has been shown to decrease the risk of heart disease, high blood pressure and some cancers, as well as improving diabetic control.



What are the risks of surgery?

Like any medical intervention, weight loss surgery has risks, including the risk of surgical failure, complications, and in rare cases, death.

Out of 70,000 patients in Australia and New Zealand who have had weight loss surgery and for whom data has been collected (starting in 2012), only 0.8% have had to have another operation to fix a problem and less than 1% have been re-admitted to hospital with a complication.⁹

In 2018-19, the rates of adverse events after the most common forms of primary surgery ranged from 1.6% (Sleeve Gastrectomy) to 6.3% (Roux-en-Y Gastric Bypass).¹⁰

Mortality rates are **15x** higher in hip replacement surgery compared to bariatric surgery¹¹ and **2-7x** higher from a cholecystectomy compared to bariatric surgery¹²

DAREBIN WEIGHT LOSS CLINIC - OUR SURGEONS



Mr Ahmad Aly – Bariatric Surgeon

Mr Ahmad Aly, MB. BS, FRACS, MS, is a General Surgeon and Specialist Upper Gastrointestinal Surgeon. Ahmad is the Head of Upper GI Surgery at the Austin Hospital, a senior lecturer and researcher with Melbourne University and conducts private practice at Warringal, Latrobe Private and North Park Hospitals.

Ahmad is the Head of Upper Gastrointestinal Surgery at The Austin Hospital, a Clinical Associate Professor and researcher with Melbourne University. He is also a board member of OSSANZ and ANZGOSA. He is a highly experienced surgeon in the area of weight loss and personally developed a dedicated and passionate multidisciplinary team at Darebin Weight Loss Surgery. He has performed over 1,000 weight loss operations.



Mr Kiat Lim – Bariatric Surgeon

Mr Kiat Lim, MBBS, FRACS, M.Surg, is a General Surgeon with subspecialized training in Upper Gastrointestinal and Bariatric Surgery. He was one of the few pioneering trainees accredited by Australia and New Zealand Gastro Oesophageal Surgery Association (ANZGOSA). Kiat is a specialist at The Austin with an active research and academic role. He is also a member of OSSANZ and ANZGOSA. One of his strengths is to engage with patients and ensuring the patient understands the disease process, treatment options and realistic outcomes. Kiat has a special interest and pioneers innovative approaches in Bariatric Endoscopy and foregut disorders (Endoscopic Surgery, Gastroscopy and Colonoscopy).



Dr Alex Craven

Dr Alex Craven is general surgeon specialising in Obesity and Upper Gastrointestinal surgery. He provides consultation and surgery through Advanced Surgical and Darebin Weight Loss Surgery and also works as an Obesity and Upper Gastrointestinal surgeon at the Austin Hospital. Alex studied medicine at University of Queensland and trained in general surgery at the Austin and Northern Hospitals through the Royal Australian College of Surgeons (RACS), before completing post-fellowship training in obesity surgery and upper gastrointestinal surgery.

Alex is passionate about working with patients to control their weight, obesity and related diseases in order to live longer and healthier lives. He also has a special interest in medical and surgical education, and in particular challenging stigma and misinformation around obesity and its treatments.

REFERING A PATIENT TO OUR PRACTICE

Referring to our practice

Referring a patient to our practice is simple. We have outlined different ways to refer to our practice below:

↳ **HCP Fax referral** to 03 9852 0014

We will follow up and contact patient for an appointment

↳ **Patient calls practice**

Provide the patient a referral to contact the practice on 03 9852 3777

↳ **HCP calls practice**

Contact the practice on 03 9852 3777

↳ **Emails practice**

Email referral to admin@advanced-surgical.com.au

↳ **Healthlink EDI**

HealthLink EDI: ahmadaly

↳ **Argus**

asargus@advanced-surgical.com.au

Why refer to our practice?

Our bariatric practice is dedicated to providing a seamless, all-inclusive experience for our patients. We take care of everything, from your pre-operative assessments to post-surgery follow-up care, all under one roof.

We also assist with accessing your superannuation to fund your procedure, ensuring finances are one less thing to worry about.

Additionally, our experienced multidisciplinary team ensures that any existing medical conditions are managed effectively prior to surgery, so you can move forward with confidence knowing you're in capable hands. When you choose us, you're choosing a comprehensive approach to your weight loss journey.

THE PATIENT PATHWAY

Pre- and post-operative care are important steps in the weight loss surgery journey. This is the Patient Pathway:

01 Preparation for weight loss surgery

Initiating the process

- ↘ Consultation with your GP – You will need to obtain a referral form from your GP.
- ↘ Contact our practice – We will book you in for your first consultation.
- ↘ Complete questionnaire – We will send you a questionnaire that you will need to complete before your consult.

Pre-op Consults

- ↘ Consultation with Surgeon – You will discuss with the Surgeon the best treatment option for you.
- ↘ Consultation with Bariatric Nurse – Coordinating consultations with our dietitian, psychologist and physician if needed.
- ↘ Consultation with dietitian
- ↘ Consultation with psychologist
- ↘ Consultation with physician

Consult with Surgeon

- ↘ A consult with your surgeon again prior to surgery to discuss the details of your surgery (consent).

Pre-operative diet

- ↘ A low calorie diet may be commenced in some cases, this will be discussed with the dietitian.

Medical examination

- ↘ After a surgery date is given, blood and diagnostic tests may be required to prepare for surgery.

02 Before surgery

- ↘ The hospital will contact you to discuss pre-op requirements and admission details.

03 Post weight loss surgery

- ↘ Daily consultation with Surgeon – You will be reviewed daily by the surgeon to ensure your recovery is going well.
- ↘ 2-3 weeks post surgery – You will have a review for a post operative course.
- ↘ 3 months post surgery – You will have a review with the dietitian (earlier if needed) together with the physician/surgeon.
- ↘ 6 and 12 months, then annually thereafter – You will have reviews at these intervals with a team member.

FREQUENTLY ASKED QUESTIONS

Here are the answers to some of our most commonly asked questions:

What are the costs associated with bariatric surgery?

Weight loss surgery is considered by the health department to be an important health intervention and as such has associated item numbers that attract a Medicare rebate. This means that if you have private insurance, most of the costs associated with surgery will be covered by your insurance company and Medicare.

However there is an “out of pocket cost” associated with the program of care for your weight loss surgery. This is a combined fee that covers surgery and the assistance.

In addition, once this program fee has been paid, all subsequent surgeon appointments are “bulk billed”.

For details of the program fee and costs involved, please contact us directly.

How effective is Bariatric Surgery?

Effectiveness of Bariatric Surgery and the actual weight a patient will lose after the procedure is dependent on several factors. These include:

- Patient's age
- Weight before surgery
- Overall condition of patient's health
- Surgical procedure
- Ability to exercise
- Commitment to maintaining dietary guidelines and other follow-up care
- Motivation of patient and cooperation of their family, friends and associates

In general, the effectiveness of bariatric surgery and success is defined as achieving loss of 50% or more of excess body weight and maintaining that level for at least five years. Clinical data will vary for each of the different procedures mentioned on this site. Results may also vary by surgeon. Ask your doctor for the clinical data stating their results of the procedure they are recommending.

Is Bariatric Surgery safe?

At Darebin Weight Loss Surgery our primary focus is ensuring safe bariatric surgery.

This task is the shared responsibility of a team which includes the surgeon, anaesthetist and physician. All three specialists work to ensure that every patient is well prepared so that on the day of surgery all necessary steps have been completed.

Safe bariatric surgery commences with the initial consultations with the surgeon and physician so that a tailored program is developed. Sometimes, special tests may be required to further assess cardiac and respiratory function to ensure safe bariatric surgery.

Pre-existing medical problems are optimised and aspects that may impact on the anaesthetic are conveyed to the anaesthetist. For some patients, post-operative care may require higher levels of support in the high dependency unit.

Close monitoring and attention to detail by experienced experts ensures that all elements of care are well managed.

How fast can a patient be seen by our team?

This is often pending patient preference and patient availability. A member of our team will be in contact with the patient within 24 hours and an appointment is made within a week.

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Graphs

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