

WHY LOSE WEIGHT

There is proof that excessive body weight seriously affects health. Common problems include:

- Hypertension
- Osteo-arthritis
- Respiratory disease including asthma, and sleep apnoea
- Vascular disease with associated heart attacks, strokes and varicosities
- Diabetes with associated blindness, renal problems and sexual dysfunction
- Gallstone and Cholesterol problems
- Infertility and Ovarian problems
- Psychosocial problems

DO I NEED THIS SURGERY?

Ask yourself these questions: Have I tried many and varied weight loss programs unsuccessfully? Am I always hungry when I try to lose weight? Can I play with my children? Am I going to live long enough to see them grow up? Are they embarrassed to walk to school with me? Do they get teased by their peers because of my appearance? How are my personal relations with my spouse? Can I tie my own shoelaces? Is chafing a painful problem? Do I have a social life?

WILL THIS BAND MAKE ME LOSE WEIGHT?

No, it will help you lose the excess body weight however you do need to be intent on losing weight. The band will strengthen your will power, however you do need to want to assist in the process. Adjustment of the band enables you to lose weight at a gentle and controlled rate.

WHAT IF I WANT TO TRAVEL OR PERHAPS HAVE A PREGNANCY?

The reservoir can be emptied quite easily if there is a risk of problems when a patient is away from his/her home base or if problems of vomiting associated with pregnancy occurs. When the situation returns to normal, a simple adjustment to tighten the band once more, in the Doctor's rooms will once again establish control.



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LOSING WEIGHT FOR THE LONG TERM

Whilst there are numerous successful conservative means of losing weight, there is only one means of maintaining this loss into the future.....Surgery.

Successful weight loss maintenance is difficult to achieve. A Lapband suppresses the appetite and makes it easy to control calorie/kilojoule intake. Excessive intake of food leads to pain or discomfort in the abdomen and this reinforces the message of Dieting.

The secret of The Lapband system is that the volume of the controlling band is variable and can be tightened (or loosened) when required to further strengthen "the will-power" when further weight loss is required.

The operation of choice, for safe, rapid recovery and rapid return to work, is the laparoscopic placement of a Silastin or Silicone band, the Lapband.

The lifespan of the band is unknown, however more than ten years of experience in Australia has shown that the system continues to function well at this time. The fluid used to fill the band/reservoir is inert Saline and is inserted or removed by a fine needle in Doctor's rooms. Both weight loss and suppression of appetite usually occur from day one but the band doesn't actually begin functioning until eight weeks.

The loss is usually gradual with the aim of a loss of 2/3 of excess weight over a couple of years. Together with a gentle exercise program, the loss is accompanied by firming up of muscle tissue. Removal of excessive skin is not normally contemplated until a patient has held his or her weight at the chosen level for some three months.

Our mission is to empower our patients to take control of their lives and regain their self esteem. Through the provision of holistic health care we aim to improve our patients' health and quality of life, thereby increasing their life expectancy by helping them achieve a healthy, manageable weight.

● About Us

Dr Douglas A Nicholson is a Specialist Surgeon with many years of specialist obesity experience. He has significantly improved the lives of many people.

● Obesity Surgery

Morbid Obesity is a growing health issue and has many associated diseases and risks attached to it. For a growing number of people Surgery is the only solution.

● Obesity Clients Forum

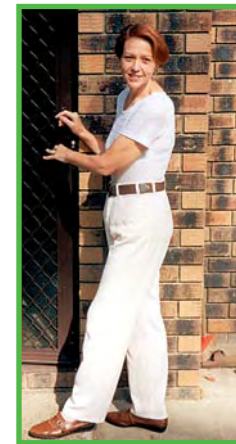
By accessing our website patients can participate in a forum addressing frequently asked questions, use the chat room, access the bulletin board, food clues, exercise regimes and much more.

● General Surgery

Dr Nicholson is a Specialist Surgeon who also has a large General Surgical Practice which deals with both Laparoscopic and Open surgery including Hernia, Gallbladder, Appendectomy, Vein Surgery, Vasectomy, Anal Surgery, and many minor operative procedures.

● Contact Us

Contact us now and change your life for the better. Contact us via our website, email, fax or phone for information or appointments.



Kym's Lapband has changed her life...

When Kym Lewis, 44 could no longer weigh herself on conventional scales she knew she was in serious trouble.

Kym has lost more than 60 kg since her Lap-Band® surgery in 1999 and she has not looked back.

"Getting lap banding was no quick fix, but it certainly helps," Lewis says - "It has given me a chance at life I had never had"

IT'S SO EXPENSIVE...

WHAT ARE THE LIKELY ON-GOING COSTS?

This is a major operation where your Surgeon has had extensive workshop training to safely insert a widely tested Laproscopic Band in an operating theatre where a whole trained team will use special instrumentation, including video equipment, to perform an operation which is about to change, for the better, the whole of the rest of your life. The operation and its associated success will indeed lengthen that life.

On booking your operation, Dr Nicholson will provide you with the Sunnybank Obesity Centre Handbook, the Food and Nutrition Guide for Lap Band patients, the MacLeod's diet book and MacLeod's products to reduce the volume of the fatty liver invariably present in bigger people, making the operation easier and thereby safer. Also included in your package are four Dietition's appointments as well as two consultations with a Psychologist. After your initial out of pocket payment all post-operative follow-up visits will be at no cost to you into the future for routine management. The financial cost of the operation is a significant investment for a long and healthy future. Savings on other diet programs and indeed on day to day grocery shopping will more than cover this cost. Please do not hesitate to contact us for an individual quote.