

Merry Christmas and Happy New Year



**LAPSurgery Australia
Head office**

**Langwith Consulting Suites
2 Langwith Avenue
Boronia**

Operating at

Knox Private Hospital
262 Mountain Highway
Wantirna

The Valley Private Hospital
Cnr Police and Gladstone Roads
Mulgrave

St John of God
Gibb Street
Berwick

Mitcham Private Hospital
27 Doncaster East Road
Mitcham

The Bays
Vale Street
Mornington

**For all Appointments
Phone 9760 2777**

Christmas message from the directors:

Mr. Ray McHenry, Mr. Chris Hensman and Mr. Richard Gilhome

2011 has seen some changes for LAPSurgery Australia. We are now operating at five sites across Melbourne and the Mornington Peninsula. Mr. Chris Hensman commenced consulting and operating at Mitcham Private in October. He is now also Consulting and Operating at St John of God in Berwick along with Mr. Ray McHenry and Mr. Richard Gilhome. Mr. Gilhome has increased his consulting sessions on the Mornington Peninsula. He is seeing patients at The Bays Hospital in Mornington and also at Rosebud Surgicentre. We have identified the need to extend our services throughout the fast growing South East and Coastal areas. Patients need not travel into the city to receive a consultation or Surgery.

We continue to have a strong focus on treating patients for Obesity and Type 2 Diabetes and are passionate about helping patients beat this disease offering the full range of Surgical solutions and Dietary advice.

We have also consolidated our consulting sessions at our head office in Boronia which means that we have a surgeon consulting every day reducing waiting times for your patients and offering a better service. We now have a Bariatric Specialist available every day for band adjustments at Boronia.

The focus this year has also been on the diagnosis and treatment of Reflux disease. Mr. Chris Hensman runs our diagnostic clinic at Boronia with the state of the art Manoscan facilitating accurate patient selection for Lapsoscopic Nissen Fundoplication.

We wish to thank you all for your support over the past twelve months and look forward to continued relationships in 2012. May you, your staff and families all stay safe and well over the Christmas and New Year period.

We are open over the Christmas and New Year period.

We will remain open for consultations and operating over the holiday period.
We have a surgeon on call 24/7 every day and are happy to take urgent calls
Phone 9760 2777



DVA patients are treated with no out of pocket costs
This service includes:

- All Bariatric procedures
- All General Procedures
- All Dietitian care

Indefinite referrals.

We no longer accept indefinite referrals due to changes to the privacy act. Patients and GP's move from clinic to clinic and in order to ensure that our patient correspondence is going to the current treating GP we now require 12 monthly referrals. Sorry for any inconvenience. We are reviewing all patient files to reflect this.

Specialist Consultations
Stress Echocardiography
Exercise Stress Testing
Transthoracic Echocardiography
24 Hour Holter Monitoring
24 Hour BP monitoring



2 Langwith Ave
Boronia
Phone 8892 2222

- Boronia
- Mitcham
- Mulgrave
- Berwick
- Mornington
- Rosebud



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What do you know about Laparoscopic Sleeve Gastrectomy ?

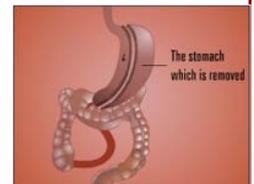
We have been performing this surgery for 5 years and have done over 200 of these procedures. Initially we recognized that we had a duty of care to our bariatric patients to offer them an alternative to the Gastric Band. We know with 15 year follow up of our Gastric Band patients that 15% will not do well for various reasons. With the incidence of co-morbidities associated with Obesity and Metabolic disease these patients need another solution to achieve healthy weight range. We offer the Sleeve gastrectomy as a salvage procedure following careful review and consultation with the patient. This operation is also offered as a primary procedure for weight loss for the appropriate patient. Our experience over the past 15 years has taught us that the gastric band is not for everyone. Compliance and long term follow up is difficult for some lifestyles and geographic locations.

We have had very pleasing results with this operation and the expectation for the patient is to lose 60 to 70% of their excess weight over two years and often reversal of their co-morbidities. It is very satisfying to see a patient come off medication for Hypertension and Type 2 Diabetes within a short time frame post surgery, dramatically improving lifestyle and life expectancy.

If you have a patient that has had Gastric Banding or even Gastric Stapling without success please remember that they still have other options. We are happy to consult with you and your patient to educate them on this path.

We have a comprehensive clinic with back up of a qualified dietitian and clinical nurse specialists to ensure your patient is well prepared and supported on their weight loss journey.

Laparoscopic Sleeve Gastrectomy is done by keyhole method removing the lateral 2/3rds of the stomach using a stapling device leaving the stomach in the shape of a tube. The patient can expect to be in hospital for 3 nights and will need two weeks off work. The residual stomach is about 200ml and the patient will be satisfied with a generous entrée size meal. The part of the stomach that is removed secretes a hunger hormone called Ghrelin. The effect of removing this greatly reduces hunger drive and gives the patient greater satiety with less food. The type of foods eaten is not restricted just the quantity. Our dietitian is involved every step of the way to educate the patient on portion control and nutrition.



We are very happy to see uninsured patients for consultation and encourage them to see our dietitian. This will get them on the track if they need bariatric surgery. We can advise them in selecting a health fund and which level of cover is appropriate. We can also help them to access their superannuation funds to finance their insurance and treatment. Obesity is a life threatening condition and we need to assist our patients in every way possible to improve their life expectancy and quality of life.

Dietitian's Christmas Recipe 2011

Risoni, pumpkin & green shallot salad (source:www.taste.com.au)

This is a great one to take to Christmas barbeques, or even serve as a side to seafood !

Salad:

- 305 g (1 1/2 cups) risoni pasta
- 1 tsp olive oil
- 800 g piece jap pumpkin deseeded , peeled & cut into 1.5 cm cubes
- 10 green shallots, ends trimmed, thinly sliced diagonally
- 1/4 cup roughly torn fresh continental parsley
- 10 pitted kalamata olives, halved, cut lengthways into strips
- 2 tbs rinsed drained capers, finely chopped

Dressing:

- 2 ripe egg tomatoes
- 60 ml (1/4 cup white wine vinegar
- 2 tps extra virgin olive oil
- 1 large garlic clove, finely chopped
- 1 fresh red Birdseye chilli, halved, deseeded and finely chopped
- 1/4 tsp sugar
- Salt & freshly ground black pepper

1. To make the dressing, use a small sharp knife to cut a shallow cross in the base of each tomatoe. Place tomatoes in a heatproof bowl and cover with boiling water. Set aside for 1 minute. Drain. Use you fingers to carefully peel. Cut the tomatoes in half lengthways and use a teaspoon to scoop out the seeds. Discard the seeds. Finely chop the flesh and place in a bowl. Add the vinegar, oil, Garlic, chilli and sugar. Season with salt and pepper, mix well.
2. Cook risoni in a large saucepan of boiling water following packet directions or until al dente. Drain. Rinse under cold running water and drain well. Place risoni in a large serving bowl.
3. Meanwhile, heat the oil in a large non-stick frying pan over medium– high heat. Add the pumpkin and cook, turning often, for 25 minutes or until pumpkin is lightly browned and just tender. Add to the risoni with green shallots, chives, parsley, olives and capers.
4. Pour the dressing over the salad and gently toss until combined. Serve immediatley

