



**LAP Surgery Australia**  
**Head office**  
**Langwith Consulting Suites**  
**2 Langwith Avenue**  
**Boronia 3155**  
**AMPLE FREE PARKING**

**Also consulting at**  
**Mitcham, Mulgrave, Berwick,**  
**Mornington and Rosebud**

### 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

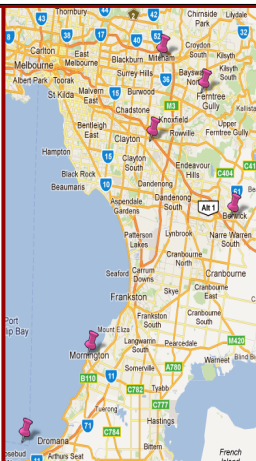
**For all Appointments**

**Phone 9760 2777**

[www.lapsurgeryaustralia.com](http://www.lapsurgeryaustralia.com)

### Locations

Boronia  
Mitcham  
Mulgrave  
Berwick  
Mornington  
Rosebud



## NON SURGICAL Weight Control Program for patients with or without private health insurance

We recognize that not everyone is ready to have surgery for weight control. We offer the opportunity for these patients to be assessed, guided and supported by our expert team.

Dietitian—Laura Jones  
(EPC plans can be applied)  
Support Group  
Clinical Nurse Specialists  
Research programs



### Our Dietitian Laura Jones

Laura will offer practical advice and tips on how to manage non hungry eating, making good food choices, choosing snacks and keeping a food diary. Good nutrition, and portion control along with the no diet approach to an eating plan will get the patient on the path to achieving weight control. Recipes and motivational thinking make the journey fun and rewarding.

*"Laura is passionate about helping your patients' achieve their goals."*

**Even 10% loss  
=  
health benefits**



### Warm chicken, herb and rice noodle salad



#### Ingredients

- 3 (680g) skinless chicken breast fillets (or thigh if better tolerated)
- Olive oil spray
- 200g Chang's rice vermicelli noodles
- 2 carrots, cut into thin matchsticks
- 2 Lebanese cucumbers, seeded, cut into thin matchsticks
- 1 1/2 cups shredded wombok (Chinese cabbage)
- 1 cup fresh mint leaves
- 1 cup fresh coriander leaves
- 1 cup been sprouts trimmed

#### Dressing

- 1/4 cup sweet chili sauce
- 1 teaspoon fish sauce
- 2 tablespoons lime juice
- 2 teaspoons soy sauce
- 1 clove garlic crushed

#### Directions

1. Spray chicken with oil. Season with pepper. Heat a large non-stick frying pan over medium-high heat. Cook chicken, for 6 to 7 minutes each side, or until browned and cooked through. Transfer to a plate. Cover, set aside for 5 minutes. Thinly slice.
2. Meanwhile, place noodles in a heatproof bowl. Cover with boiling water. Stand for 5 minutes or until tender. Drain.
3. Place chicken, noodles, carrot, cucumber, wombok, mint, coriander and bean sprouts in a bowl.
4. Make dressing: Using a fork, whisk sweet chili sauce, fish sauce, lime juice, soy sauce and garlic in a jug. Season with pepper. Pour dressing over noodle mixture. Toss to combine.
5. **Serve, enjoy & eat slowly...**



# Winter Newsletter 2012



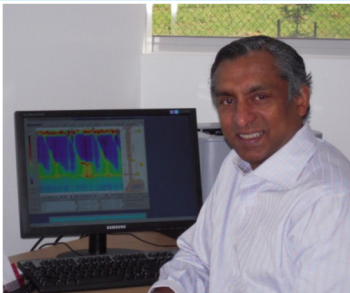
## Reflux Clinic

### With State-of-the Art Oesophageal Manometry

We offer a full range of diagnostic procedures, as well as medical, surgical and minimally invasive treatment options to meet the individual needs of patients with oesophageal conditions. In cases of diagnostic uncertainty, a single referral to our Centre will cover all diagnostic and therapeutic requirements.

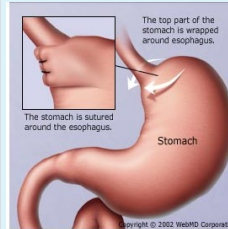
Our Centre provides diagnosis and treatment for common and rare conditions of the oesophagus, including:

- Gastro-oesophageal reflux disease
- Dysphagia
- Barrett's oesophagus
- Oesophageal achalasia
- Hiatal hernia
- Oesophageal diverticula
- Cancers of the oesophagus
- Submucosal tumors of the oesophagus



Referral to Mr. Chris Hensman phone 9760 2777

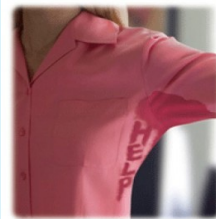
## Laparoscopic Nissen Fundoplication



All three of our surgeons perform Laparoscopic Nissen Fundoplication at Knox Private in Wantirna, The Valley Private in Mulgrave, Mitcham Private in Mitcham, St John of God in Berwick and The Bays in Mornington.

Patient selection is a key factor in the success of this surgery. Oesophageal Manometry & PH monitoring is performed prior to surgery to assess for Gastro-oesophageal reflux disease (GORD). The surgery is performed laparoscopically and the patient is hospitalized for approx. 2 - 3 nights.

Our success rate with patients having Laparoscopic Nissen Fundoplication is 90-95% with patients advising us that they have had an excellent result from surgery and that they are thrilled not to have to take medication anymore.



## Excessive Sweating of Armpits (Axillary Hyperhidrosis)

**Botox injections** are a treatment option for excessive sweating of the armpits. (Axillary Hyperhidrosis)

Mr. Chris Hensman and Mr. Ray McHenry offer this service at LAP Surgery Australia.

This treatment is offered as a procedure in our consulting rooms. A half hour appointment time is allocated for the procedure. The botox is injected into the armpits and treatment lasts between two to six months and can be repeated as required. Appointments are made two weeks in advance and a referral from a General Practitioner is required.

Phone 97602777 for all appointments.



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

### Key Hole Surgery for

Weight Control

Excessive Sweating

Hiatus Hernia

Inguinal and Incisional Hernia

Gall Bladder

Carpal Tunnel Release

Reflux Clinic—High Resolution Impedence Manometry—Nissen Fundoplication

Boronia

Mitcham

Mulgrave

Berwick

Mornington

Rosebud