

November 2015



LAP Surgery Australia

SHARING A PATIENT'S STORY

HEAD OFFICE

Langwith Consulting Suites
2 Langwith Avenue
Boronia 3155

For all appointments
Phone (03) 9760 2777
24 Hour on call service
www.lapsurgeryaustralia.com

CONSULTING

- Boronia
- Mulgrave
- Berwick
- Cranbourne
- Frankston
- Rosebud

HOSPITAL LOCATIONS

Knox Private Hospital
262 Mountain Highway
Wantirna

The Valley Private Hospital
Cnr Police and Gladstone Roads
Mulgrave

Peninsula Private Hospital
525 McClelland Road
Frankston

Our Patient Policy is

Every time you visit us we aim to achieve the highest possible standards in the treatment we offer. However, if for some reason we have not met your expectations we would like to hear from you so we can continue to grow with your positive support.

I had made multiple attempts at dietary programs during years of young children. I had always battled with weight issues but it was worse after having my three children. I tried Gloria Marshall, Weight watchers and Jenny Craig which was a significant financial outlay with little long term success.

At my heaviest weight I was **110 Kgs** and I joined a Gym and **lost 35kgs** over two years. That was back in 2005 to 2006.

Over the next 5 years in spite of a Personal Trainer and going to the gym 3 times a week with more financial outlay I regained 5kg a year **(25 kgs back on)**

After consulting with Mr. Ray McHenry, we made a joint decision to try the Orbera Intra Gastric Balloon. Unfortunately I was unable to have the balloon due to medical reasons. I was actually relieved I couldn't have it done rather than disappointed.

After further consultation with Ray McHenry we decided on the Gastric Band, which I had done in January 2011.

Initially I had success with weight loss and **lost 25kgs**. I began to have increasing issues with intolerance which caused me to slowly regain the weight.

Eighteen months after having the gastric band surgery Mr. McHenry removed my Gastric Band. With no gastric band in place, I **regained all the weight I had lost over the next 12 months** despite following a careful healthy eating and exercise program.

After having a Sleeve Gastrectomy performed in June 2014 I have lost 35 kgs. I am healthy, happy and I have great quality of life. This is much easier than managing a Gastric Band and my BMI is down to 23.

"I now feel like the me that was always hidden on the inside."

I am off blood pressure medication, my knee problems which were heading towards knee replacement have now significantly improved. I am now looking forward to healthy active retirement.

It has been quite a journey but the team at LAP Surgery Australia have supported me all the way to success. THANK YOU!



**What you do TODAY
Can improve all your
TOMORROWS**



Importance of taking daily Vitamins and Minerals

Vitamins and Minerals are very important for the body.

They help to keep you healthy and full of energy. Every day our body uses these Vitamins and Minerals so they need to be replaced by eating nutritious foods. If you are unable to get enough Vitamins and Minerals each day this can lead to poor health making you unwell, low in energy and unable to lose weight.

The Bariatric population is at a higher risk of not having enough Vitamins and Minerals as they cannot consume the same amount of nutritious foods as the general population. Also in some surgeries Vitamins and Minerals are not well absorbed from the food. Due to these reasons it is very important that all bariatric patients take their advised Vitamins and Minerals.

There are many different types of Vitamins and Minerals sold and advertised. If you are not sure which Vitamins and Minerals you should be taking, ask your Dietitian or Doctor which are most appropriate for you.



Dietitian's Recipe of the month!

Grilled chicken salad with yoghurt dressing



Ingredients (serves 4)

olive oil spray
4 x 120g skinless chicken breast fillets (or thigh if better tolerated)
1 large red onion, peeled, cut into thin wedges
350g broccoli, cut into florets
400g can borlotti beans, rinsed and drained
100g baby spinach leaves

Dressing

1/4 cup low-fat yoghurt
1 1/2 tbs lemon juice
2 tsp tahini
1 tsp honey

Directions:

Preheat a chargrill pan over medium-high heat. Spray chicken and onion with olive oil. Chargrill chicken for 4-5 minutes each side until cooked through. Chargrill onion wedges for 2 minutes each side or until lightly charred and tender. Meanwhile, blanch broccoli in a large pan of boiling water until bright green. Drain well. Transfer to a large bowl.

Make dressing: Combine yoghurt, lemon juice, tahini, honey and 1 tbs hot water in a small bowl. Set aside. Slice chicken into 1 cm thick slices. Place chicken, onion, beans and spinach in bowl with the broccoli. Toss to combine. Divide salad between 4 plates. Drizzle with dressing. Serve.



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

Perform Key Hole Surgery for:

Weight Control

Excessive Sweating

Hiatus Hernia

Inguinal and Incisional Hernia

Haemorrhoids

Gall Bladder

Carpal Tunnel Release

Perform small procedures for:

Small lumps and bumps, ingrown Toenails

Reflux Clinic—Severe Indigestion

High Resolution Impedence Manometry

We have a surgeon on call 24/7—365 days a year!