



LAP Surgery Australia
Head office
Langwith Consulting Suites
2 Langwith Avenue
Boronia 3155

AMPLE FREE PARKING

Consulting at:
Boronia, Mulgrave, Berwick,
Cranbourne, Mornington
and Rosebud

Operating at:
The Valley Private Hospital
Cnr Police and Gladstone Roads
Mulgrave

Knox Private Hospital
262 Mountain Highway
Wantirna

St John of God
Gibb Street
Berwick

The Bays
Vale Street
Mornington

For all Appointments
Phone (03) 9760 2777



Boronia, Mulgrave, Berwick,
Cranbourne, Mornington & Rosebud



Baby News

The two babies we were waiting on last newsletter have arrived and are thriving. Two gorgeous little girls Evie on the left is Lara's little treasure and Paige on the right is Nic's little treasure.

Congratulations to both Mum's

Case Study—Sleeve Gastrectomy 47 year old female

The choice of operation for this patient was the sleeve gastrectomy. After battling her weight for all her adult life and presenting with a BMI of 35 and hypertension that was increasing it was time to do something about it. At five months post op this patient has lost 20 kilos. She is seeing our dietitian regularly and is maintaining a balanced diet achieving fantastic results.

She also will have annual blood tests to assess nutritional levels.



Housekeeping

SMS messages

As a courtesy we will send you an SMS message 3 days prior to your appointment. Please remember to check the details of your appointment and if for some reason you can't attend that day please call us to reschedule.

*Many Thanks from our
reception staff and Surgeons.*

Are you still covered by your Health Fund?

Please ensure your health fund will still cover you for bariatrics as there have been changes with a number of health funds. Please ring and check

Is your referral still current?

Have you changed your GP?

Please keep us informed of any changes to your details.

Inspirational Quote

**“I am glad I did it,
partly because it was worth it,
but mostly because I will
never have to do it again.”**

Mark Twain





LapSurgery Australia staff compete in "Run for the Kids"

Staff from LSA participated in this fun raiser on 13th April 2014

On Sunday 13th April, 2014 some of the staff and surgeons from LapSurgery Australia completed the 5.5km "Run/walk for the Kids" in support of the Royal Children's Hospital Good Friday Appeal.

The weather was perfect for the event with the sun shining at the right moment compared to the cold and miserable day prior.

The run/walk took place around the Yarra River, Federation Square and the Tan of Melbourne.

Our congratulations to our dietitian Ms Alex Hoare who was first over the line for the group and completed the run in just over 1/2hr - well done Alex!

A well deserved breakfast was enjoyed by all following the valiant effort put in. We raised \$150.00. Training for next year has started already in an effort for a little competition between staff so look out for them around town.

Dietitian's Recipe

Salmon with Roast Asparagus

Ingredients: (serves 2)

400g sweet potatoes, diced
2 tbsp olive oil
8 asparagus spears, trimmed and halved
2 handfuls cherry tomatoes
1 tbsp balsamic vinegar
2 salmon fillets, about 120g each
handful basil leaves



Directions:

Heat oven to 220C. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish. ENJOY!