



LAP Surgery Australia
Head office
Langwath Consulting Suites
2 Langwath 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

Locations

Boronia

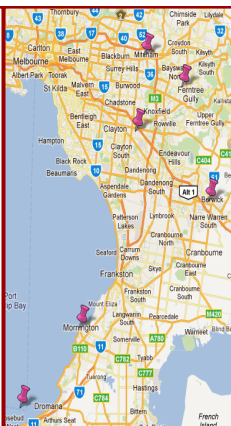
Mitcham

Mulgrave

Berwick

Mornington

Rosebud



December Newsletter 2012



Message from the Directors

2012 has been a very exciting year for LAP Surgery Australia.

Our new patient numbers are increasing for General procedures and Weight Loss Procedures.

We are being supported by our longstanding regular referring GP's and many new GP's across the South East and the Mornington Peninsula

We are very mind full that the GP plays a very important role in the ongoing care of our patients. Over the past twelve months we have visited a number of clinics to develop relationships with our referring GP's and offer something back in the form of education. If we have missed out on visiting your clinic this year we will try to visit you next year. We have enjoyed interacting with GP's and putting faces to the names.

We have also run some suturing workshops. These have been very popular. We have a very hands on demonstration and practical session with small groups and have found that the GP's attending have gained a lot from these sessions. If you would like to be involved in a Lunch meeting or a suturing workshop please call Trish King (GP Liaison for LAP Surgery Australia)
Phone 9760 2777
Email: info@lapsurg.net.au

We wish you all a Safe and Happy Christmas and New Year and thank you for your loyalty in 2012. Looking forward to working with you 2013.

Richard, Ray and Chris

**LAP Surgery Australia will remain open throughout the
Holiday period for appointments and operating.**

**“Our Surgeons can be contacted 24/7 during the holiday season for
any GP who has a patient emergency or query”. Phone 9760 2777**



Managing the Festive Season



Dietitian
Laura Jones

Christmas and the New Year is the time when we are all tempted to eat and drink more than we normally would. But it is possible to enjoy the festive season without undoing all of your hard work! Use the following tips to help get you through this time of year without overdoing it!

Enjoy treat foods in small quantities.

Don't deprive yourself of all the yummy treats at Christmas time. Allow yourself to have a few treats, just enjoy them in small amounts. Eat only enough to give you the taste and allow you to feel satisfied. Remember to taste, savour and enjoy every mouthful!

Have healthy snack alternatives.

Healthy snack foods such as low fat dip with vegetable sticks and backed pita bread, rice crackers, pretzels, plain popcorn, wholegrain crackers with low fat cheese, dried fruit and unsalted nuts can make a tasty alternative to high fat snacks.

Enjoy the summer fruits.

Summer brings an abundance of delicious fresh fruits so enjoy them while they are in season. Prepare a fruit platter as either a snack or a quick and easy dessert.

Beware of liquid calories.

It is easy to forget about the calories we drink over the festive season. Moderate your alcohol intake by alternating an alcoholic drink with a non-alcoholic drink such as water or diet soft drink.

Distribute leftovers.

No matter how hard you try to limit the amount of food leftover after Christmas there is always enough to feed the family all over again! Keep enough food for one meal the following day and send the remainder home with the family and friends.

Keep Active.

Be Active with the whole family. Go for a walk, play a game of backyard cricket and enjoy other active games together.



Stephen's Story



At my worst I weighed 181 kilos and was still gaining. I had leg ulcers on both legs, bad knees and was contemplating knee surgery, serious lower back pain and then I was told I had diabetes and my liver was starting to show signs of failure, I was struggling to keep my business running. I just couldn't find a solution and there was no magic pill or physiotherapy to take the pain away. Life was a battle which I was going to lose. I had lost weight in previous years but always put it back on plus more.

This was one battle I could not win on my own. Life became a battle of survival.

The cost of carrying this weight was also financially difficult with doctor's visits, specialists, and medication not to mention the depression it all took its toll.

It has taken 5 years to make the decision with my brother having the Lap Band procedure 4 years prior with success but the band wasn't for me.

I was looking for a procedure that didn't give me an option. So many people and friends were telling me "Steve you have got to do something we don't want to lose you"

With my health getting worse I made a phone call and made an appointment to see Mr Hensman. He discussed the procedures of the lap band and the sleeve in a way I could understand and then I made my decision base of the advice of Mr Hensman. We agreed to go with the sleeve procedure. I don't take operations lightly. In my head I knew it could be a life or death situation but as I looked at my life and it was a battle I was losing anyway.

On the day before the operation I had made a decision that was going to be the turning point in my life. With the support of my wife, friends and the LAPSurgery team I felt confident and committed to a successful outcome which was achieved.



After the operation I felt excited about the future and couldn't wait to start my new life.

The support given to me by the team was instrumental in my fast recovery.

With the on going support in the weeks after the operation from the dietitian and the team I was able to overcome any obstacles.

Now I am 6 months down the track and 53 kilos lighter whilst learning and still learning to eat again and listen to my body. I am still receiving support from the team with amazing results I am achieving better health.

My diabetes is gone, leg ulcers have healed, liver is now functioning properly, back and knee pain have eased dramatically. I no longer require all the medication.

The cost of the operation is nothing compared to the spending on medical and food bills of the past. It has basically been paid off in 5 months.

I am feeling like a bottle of champagne that has just been uncorked.

I have so much energy and I have a second shot at life and I'm not wasting a day.

No words can express the gratitude and appreciation I have for the team for giving my life back. I feel the sleeve procedure that I have had, is too important not to share with others suffering obesity.

It's nice to know there is help "You don't have to suffer anymore"



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

Small lumps and bumps

Reflux Clinic—High Resolution Impedence Manometry—Nissen Fundoplication

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