

Exercise plays an important part in satisfactory weight reduction.

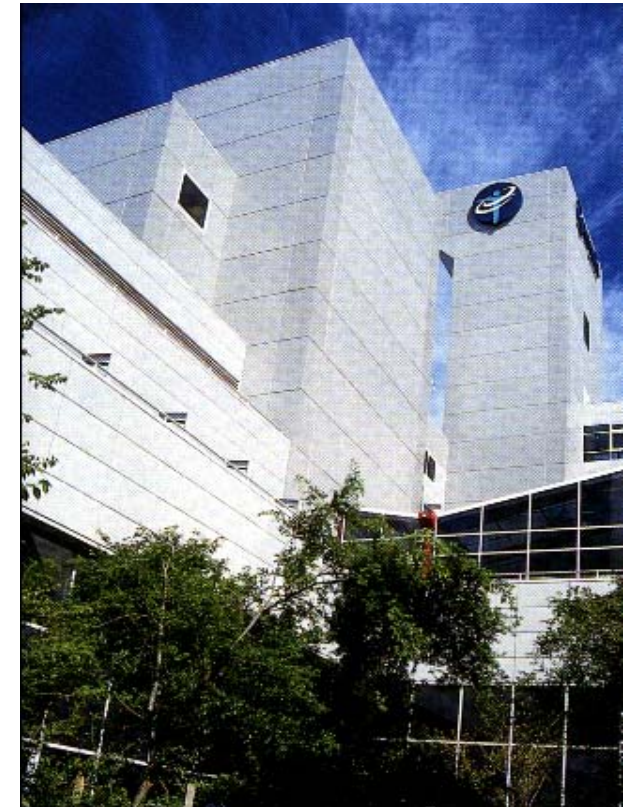


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# Obesity Surgery

Epworth Centre for Bariatric Surgery



Epworth Hospital has long been at the forefront of medical care in Melbourne and has grown to be one of the most respected hospitals in Australia.

A commitment to maintain the highest standards of patient care and the latest facilities, coupled with its experienced and dedicated staff has won Epworth a reputation for excellence.

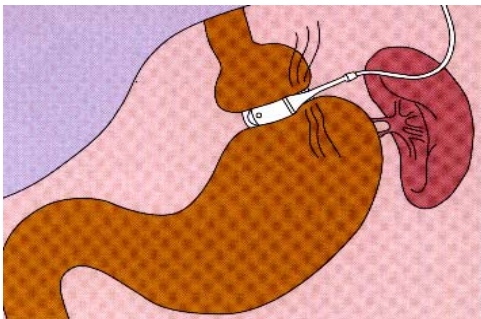
On-site services include:

- Radiology
- Pathology
- Pharmacy

## LAPAROSCOPIC GASTRIC BANDING

Gastric banding is an operation for obesity, which assists you to lose and control your weight.

It is the morbidly obese whose weight is a physical, social and medical problem who require this surgery.



The operation involves placing an adjustable band around the stomach, usually via the laparoscope (keyhole surgery). This requires a shorter stay in hospital.



Epworth Hospital has a “team approach to nursing care”, so that you will see familiar faces, who will co-ordinate your stay in hospital and make any necessary arrangements for your comfort and needs. They will also co-ordinate the many health care providers, such as physicians and dietitians involved in your care.

## AFTER YOUR OPERATION

Following your surgery, arrangements for discharge and any follow-up appointments that you require with your surgeon or dietitian will be made by your ‘team’.

Gastric banding surgery is the first step in achieving weight loss.

Nevertheless, if you are to be successful at long term weight reduction and weight control, it will be your responsibility to adjust to a new way of eating - not only controlling the amount of food, but also the type of food eaten.

