



DO YOU NEED HELP TO LOSE WEIGHT?

The Woolcock Clinic offers a medically supervised weight loss program conducted by an accredited exercise physiologist and nutritionist for patients with sleep disorders or other weight related lifestyle conditions.



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Weight Loss Services at the Woolcock Clinic



YOUR PLAN TO CHANGE

The inter-disciplinary team at the Woolcock Clinic are committed to helping you make the changes necessary to improve your lifestyle for the long term. A part of your health management may require you to lose weight.

We want to help you achieve your best health in a realistic and sustainable way.

Our weight loss service at the Woolcock Clinic will help you each step of the way, from the initial diagnosis, through weight loss, during health maintenance and along the road to a better lifestyle for the long term.

Our ultimate goal is to aid you in attaining your best health outcome to minimise long term disease risk and ensure you reach your potential with a fulfilling lifestyle.

Be the change you want for your future

TAKING THE FIRST STEP

Weight loss can be overwhelming and challenging, let alone when doing it without professional support. A lot of patients will have trialled various weight loss regimes previously that have not been sustained. This can make the journey somewhat confusing down the track. We are dedicated to making the challenge surmountable with a focus on positive health outcomes.

Our qualified exercise physiologist and nutritionist will help you each step of the way - starting with the first step: a committed plan and dedication to change. Our approach considers your needs while being strongly grounded in current evidence based medicine.

WHAT DO WE PROVIDE?

- Tailored lifestyle advice
- Specific long term goal setting
- Dietary prescription and support - option for Optifast when more rapid weight loss is indicated
- Help in tracking and monitoring food intake
- Individualised exercise prescription
- Progressive assistance throughout weight loss
- Regular progress assessments
- Access to specialist staff including sleep physicians, endocrinologists and psychologists

WEIGHT LOSS PROGRAM AT THE WOOLCOCK

We have two options available to patients:

- Casual visits where appointments can be booked as you need them (usually every 1 - 2 months)
- or a structured 12 month program

Both options shall provide similar outcomes, different patients prefer different approaches.

The 12 month program is delivered within the framework of health coaching and behaviour change. Structured consultations every month identify key areas for change and are designed to target multiple facets influencing weight to specifically manage your health problems.

Initial Consultation

Detailed weight history and ideally a prior blood test to assess cardio-metabolic health. Blood tests are conveniently available at our onsite Medlab collection centre (specialist or GP referral is required). A sleep study may also be available.

1. Intensive weight loss phase (optional)

For those patients identified with morbid obesity, a two month very low energy diet may be supervised to aid 10 - 20 kg weight loss for better health outcomes. Lifestyle modifications will also be provided along the way with a focus on emotional eating, bingeing, lapses and maintenance plans.

2. Weight maintenance phase

The weight maintenance phase is when patients are weight stable and have demonstrated consistent lifestyle changes. Your BMI should be 27 or less or a 10% sustained weight loss. 3 - 6 monthly contact with our exercise physiologist and nutritionist will help ensure you remain on track.

HOW WEIGHT LOSS IMPROVES SLEEP OUTCOMES

- 5 - 10% weight loss can improve sleep apnea by up to 26%¹
- Weight loss also improves diabetes management, elevated cholesterol, high blood pressure and insulin resistance which are often associated with obstructive sleep apnea
- Weight loss will help to reduce daytime sleepiness, making it easier to keep active.

¹ JAMA 2000; 284:3015-3021

WHAT SHOULD I DO?

Step 1:

Meet with your sleep specialist to discuss your health goals. They may have already suggested you start losing weight.

Step 2:

If you are indicated for weight loss therapy, ask reception for referral documents and a letter addressed to your GP to discuss your eligibility for a chronic disease management plan and team care arrangement if indicated.

Step 3:

Make an appointment with our qualified exercise physiologist and nutritionist at the Woolcock Clinic.

Appointments are available on Tuesdays between 10am and 6pm.

PRICING STRUCTURE

Initial consultation (1 hour): \$150

Follow up consultations (45 minutes): \$80

12 month plan (12 consultations): \$1030 (\$150 + 11 x \$80)

- *Please note this is not a bulk billed clinic*
- *Consultation fee does not include the cost of food supplements or blood tests*
- *Please contact your health fund to confirm whether your cover extends to exercise physiology*
- *If you are eligible for a chronic disease management plan through your GP you may claim part of the consultation fee from Medicare (\$52.95) for up to 5 visits per year at your GP's discretion*

Please feel free to ask reception for more information about billing structure.

The Woolcock Institute of Medical Research is a not-for-profit organisation.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website www.woolcock.org.au.

Your contribution will make a difference.
Thank you for your support.