

# Non-surgical weight loss program

*Do your patients need to lose weight but don't want  
Or need surgery?*

*We have A Nutrition Program Designed to assist patients to lose weight without surgery and  
to sustain weight loss long-term*



## Your patients can expect:

- ✓ A one-on-one personalised nutritional coaching program
- ✓ A complete analysis of their current lifestyle and dietary habits
- ✓ Practical tips and solutions, recipes and meal ideas to facilitate sustainable weight loss
- ✓ Goal setting and realistic timeframes for short and long term weight loss and maintenance
- ✓ Ongoing support and accountability to achieve their goals
- ✓ Nutritional education sessions for special dietary requirements (lactose and gluten intolerances, diabetes, etc)

## Did you know?

- Obesity is the sixth leading cause of mortality (WHO) highlighting its transformation into a global health pandemic
- The levels of obesity and its co-morbidities are rising every year
- GPs can play a vital role in addressing obesity in their consultation
- Patients were not likely to bring up weight management when they visit their GP, presentations to GPs for weight management make up less than 1% of total consultations
- GPs generally target only those with obesity related co-morbidities
- Studies have shown that the GP was the least likely person to tell a patient to lose weight after partner, family and friends
- Time limitation on both the patient's and doctor's part was one of the main factors

**The role of the General Practitioner in weight management in primary care – a cross sectional study in General Practice** (*BMC Family Practice* 2008, 9:66 doi:10.1186/1471-2296-9-66)

Phone to speak to our dietitian or email  
[reception@waikatosurgery.co.nz](mailto:reception@waikatosurgery.co.nz)



### 12 week intensive program

**Cost \$ 800**

#### Covers:

- A three hour Initial assessment
- X 3 three weekly, hour Advisory coaching sessions
- X 1 activity assessment/program

### 12 month weight loss and maintenance program

**Cost \$ 1800**

#### Covers:

- A three hour Initial assessment
- X 11 monthly, hour Advisory coaching sessions
- X 1 activity assessment/program

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