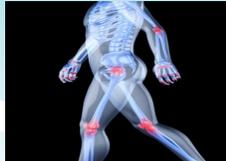


PRE-OPERATIVE WEIGHT LOSS PROGRAM

DO YOUR PATIENTS NEED TO LOSE WEIGHT BEFORE SURGERY?

A NUTRITION PROGRAM DESIGNED TO ASSIST ORTHOPAEDIC PATIENTS TO LOSE WEIGHT BOTH PRIOR TO SURGERY AND FOR LONG-TERM MAINTENANCE



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 PRE-OPERATIVE 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)

PHONE TO SPEAK TO OUR NUTRITIONIST OR EMAIL
RECEPTION@WAIKATOSURGERY.CO.NZ



KEY POINTS FROM THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS ANNUAL MEETING 2012 – 'OBESITY, ORTHOPAEDICS AND OUTCOMES' FORUM

- NOT ONLY ARE ORTHOPAEDIC OPERATIONS TECHNICALLY MORE DIFFICULT IN OBESE PEOPLE, BUT THEY HAVE TWICE THE RATE OF POST-OPERATIVE INFECTION AND TWICE THE RATE OF LONG-TERM SURGICAL REVISION
- OVERWEIGHT AND OBESE PATIENTS WITH SLEEP APNOEA WHO RECEIVE REGIONAL ANAESTHESIA BEFORE SURGERY HAVE HIGHER COMPLICATION RATES FOLLOWING ORTHOPAEDIC SURGERY
- BEING OVERWEIGHT INCREASES THE RISK OF WOUND INFECTION, PULMONARY COMPLICATIONS, DVT, PE, AMI, AND OTHER COMPLICATIONS FOLLOWING ORTHOPAEDIC SURGERY
- DR. LOSINA EXPLAINED... EVEN A RELATIVELY SMALL LOSS IN WEIGHT CAN HAVE A TREMENDOUS IMPACT. FOR EXAMPLE, A PATIENT WHO LOSES 10 POUNDS IN BODY WEIGHT WILL DIMINISH THE LOAD/PRESSURE ON THEIR KNEES BY 50 POUNDS
- HE RECOMMENDED THAT ORTHOPAEDIC SURGEONS NEED TO WORK WITH OVERWEIGHT PATIENTS BEFORE TOTAL JOINT REPLACEMENT SURGERY TO ENCOURAGE WEIGHT LOSS - EVEN SUGGESTING BARIATRIC SURGERY - AND UTILISING THE JOINT REPLACEMENT AS AN INCENTIVE FOR HEALTHIER HABITS

12 WEEK PRE-OPERATIVE PROGRAM

COST \$ 450

COVERS:

- A ONE AND A HALF HOUR INITIAL ASSESSMENT
- X 5 FORTNIGHTLY HALF HOUR ADVISORY COACHING SESSIONS

12 MONTH MAINTENANCE PROGRAM

COST \$ 800

COVERS:

- A ONE AND A HALF HOUR INITIAL ASSESSMENT
- X 11 MONTHLY HALF HOUR ADVISORY COACHING SESSIONS

WAIKATO SURGERY

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