

## Frequently asked Questions

### *I've tried everything. Why do I have to make lifestyle changes before surgery?*

- > We are a team of experts who have the latest knowledge and will work together to help you to take control of your weight. After making some changes you may decide you no longer wish to have major surgery.
- > Making lifestyle change before surgery means your body will be able to cope better with major surgery.

### *Will surgery cure my weight problems?*

- > No. Surgery is not a cure for weight problems. It is a tool to help you to lose & manage your weight. You will need to continue with lifestyle changes after surgery otherwise you will regain weight.

### *Will my health problems be better after weight loss?*

- > Yes, more than likely. This is the biggest advantage to surgery. Problems like high blood pressure are often managed better after surgery.

### *Will my eating change after surgery?*

- > Yes definitely. Your stomach will be much smaller & you might not absorb some vitamins and minerals as well as before. To stay healthy you will need to eat a variety of nutritious foods and take a multivitamin for the rest of your life.

## COMS responsibility

- > We are here to support you to make decisions about your health that will be best for you in the long term.
- > We will provide you with opportunities to improve your health & support you to overcome problems that you may experience in doing this.

## Your responsibility

- > You will be required to attend all the appointments we set up for you. You will need to tell us if you are having problems attending these so we can try & assist you.
- > We expect that you will lose some weight from making lifestyle changes prior to being considered for surgery

### For more information

**Central Adelaide Local Health Network  
The Queen Elizabeth Hospital  
28 Woodville Road  
WOODVILLE S.A. 5011**

**Bariatric/High Risk (Clinic Nurse)  
Mobile : 0466 344 826**

C.I.S. - 04459

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Central Adelaide Local Health Network  
**The Queen Elizabeth Hospital**

# Centre for Obesity Medicine & Surgery

## COMS

*Supporting you with  
health care excellence in  
weight management*

## What do COMS offer?

- > A team of health care professionals who work together to assist you to gain more control over your weight
- > Provide expertise in ways to overcome barriers to help you to succeed in achieving your goals
- > Surgery may be an option after making lifestyle changes (Roux-En-Y Gastric Bypass, Mini Bypass or Sleeve Gastrectomy)

## Is this for me?

- > Adults aged 18-60
- > BMI  $>40\text{kg/m}^2$  or  $>35\text{kgs/m}^2$  with weight related co-morbidities
- > Be ready to commit to work with the team to make positive changes to your eating and activity

## What can I expect from COMS?

- > Your GP will need to complete a COMS referral form and fax it
- > You will receive phone coaching for at least 6 months where your own coach will help you to make changes to your eating and activity
- > You will be asked to attend an information seminar to learn more & ask questions. You are encouraged to bring a support person to all appointments
- > You will receive support from a 5 week group that will help you to gain control of any eating habits that are a problem
- > You will meet with a nurse who will co-ordinate your care and discuss your options
- > You will be guided in making lifestyle changes by a team of medical doctors, dietitians, exercise physiologist, nurses, a psychologist and social workers for at least 12 months
- > Surgeons can meet with you to discuss options after making lifestyle change

