

## What do COMS offer?

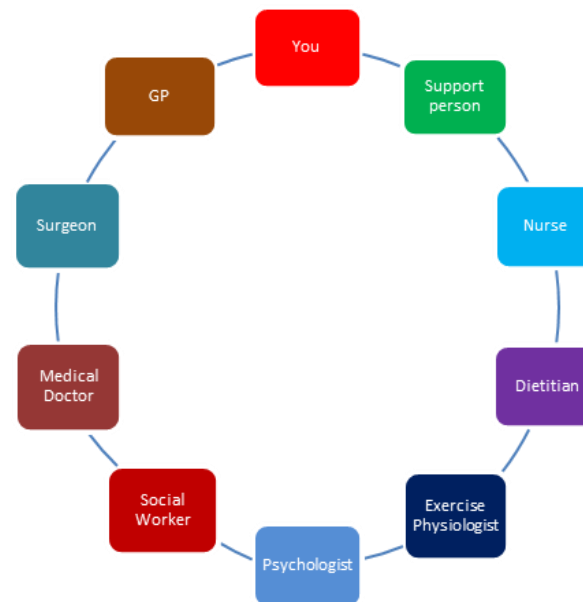
- > A team of health care professionals who work together to assist you to gain more control over your weight.
- > Provide expertise in ways to overcome barriers to help you succeed in achieving your goals.
- > Roux-en-Y Gastric bypass or Sleeve gastrectomy surgery may be an option after making lifestyle changes.



WHICH STEP HAVE YOU REACHED TODAY?

## Is this for me?

- > Adults aged 18-65
- > 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
- > Must be a *non-smoker* and free from any addiction to be considered for surgery



## What can I expect from COMS?

- > Your GP will need to complete a COMS referral form and submit by fax.  
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- > You will receive information about a 6 month phone coaching program where your personal coach will help you to make changes to your eating and activity habits.  
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- > 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.  
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- > After the seminar you will receive support through a 6 week program that will help you gain control of any problematic eating issues.  
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- > You will meet with a specialist nurse who will coordinate your care and discuss your options.  
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- > You will be guided in making lifestyle changes by a team of health care professionals (doctors, nurses, dietitians, social worker, and exercise physiologist) for at least 12 months.  
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- > Surgical options will be discussed after making lifestyle changes.

## Frequently asked Questions

*I've tried everything.*

*Why do I have to make lifestyle changes before surgery?*

- > We are an experienced team who have the latest knowledge and will work together to help you take control of your weight. After making some suggested changes you may decide you no longer need or wish to have major surgery.
- > Making lifestyle changes before surgery means your body will be able to cope better with major surgery & facilitate its effect.

*Will surgery cure my weight problems?*

- > No. Surgery is not a cure, it is a tool to help you 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 of surgery - problems like high blood pressure, diabetes etc. 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 alter your eating habits, eat a variety of nutritious foods and take a multi-vitamin 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 and support you to overcome problems that you may experience.

## Your responsibility

- > To **attend** all appointments and comply with instructions.
- > **Inform** us if you are having problems attending appointments so we can assist you.
- > **Inform** us of any changes to your personal contact details so we can update them.

## For more information

Bariatric Clinic  
The Queen Elizabeth Hospital  
28 Woodville Road  
WOODVILLE SA 5011  
T: 0466 344 826



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An interpreter can be arranged for you where English is not your first language. Please ask clinical staff for more information.

Information in this document does not constitute medical advice and is for general information only.

Readers should always seek independent professional advice where appropriate.

Central Adelaide Local  
Health Network  
The Queen Elizabeth  
Hospital

# COMS

# Centre for Obesity Medicine & Surgery

*Supporting you with health  
care excellence in weight  
management*