

Dr Laurent Layani



WeightLoss Solutions Australia

Experience-Knowledge-Care

Newsletter August 2011

Introducing Melanie our Patient Relations Officer

Hi, I am the new Patient Relations Officer at WLSA. I am a band patient myself and can really appreciate the struggles our patients have had with their weight. The clinic realised patients wanted more support after surgery and hopefully I can fill the gap.

I love talking with patients about their journey and helping with advice and motivation. I am also here to support our new patients right from their initial phone call through to surgery and beyond. I have been lucky enough to meet a lot of our patients at our new social meetings. We have had morning teas at Robina, lunch at Varsity Lakes and we're getting ready for some cooking classes! And the pinnacle will be our patient walk to Mt Warning details further on. We will also be holding support groups in our rooms every month, at lunch time and evenings. If you are looking for a little extra support or just need a chat this might be suited for you.



I will keep you up to date on the events we have coming and I hope to meet many more of you as time goes on, please don't be a stranger, drop me a line and say HI and if you need help with anything I am here Monday to Thursday.

Support Groups

Taryn, Melanie and Hannah (our new staff member) will be running fortnightly support groups. They will be held in our rooms and will run for approx. 1 hour. It is a great opportunity to share your experiences and talk about any struggles you may be experiencing. We will be having lunch and evening sessions and all weightloss patients are welcome. Light lunch or supper will be provided. Numbers are limited so please phone Melanie on 5598 0500 or email melaniec@wlsa.com.au to reserve your place.

Reaching New Highs

Well we're going to do it again...we're going to climb Mount Warning! Our personal trainer Korey will once again lead a team of our patients up the mountain on **Saturday 22nd October**. You don't need a high level of fitness to participate and you can go at your own speed. There will be



plenty of opportunity to train beforehand, Korey will be running a session on Saturday mornings at Nerang, plus we will assist in coordinating walking groups at various times with fellow patients to get you in the groove.

Setting goals for Mount Warning by Personal trainer Korey

- *Set some goals, start walking daily and slowly, each week.
- *Join a walking group, I will start one up on Saturday mornings if we get enough support.
- * Keep a training log, it will help to keep you motivated, plus you can monitor your progress.
- * Don't be scared! Anyone with general fitness will be able to climb Mount Warning.

Conquer your fitness fears once and for all! For further information or to let us know if you're interested in participating, phone Melanie on 07 5598 0500 or email melaniec@wlsa.com.au. Please check with your doctor if you are unsure of participating due to health concerns.

Dietary Factors that Impact Long Term Weight Changes by Dietitian Taryn Swift

In a series of 3 large studies looking at how lifestyle factors relate to long term weight gain, researchers from the Harvard School of Public Health found that changes in specific foods had the greatest effect on weight changes over time. The research evaluated changes in specific lifestyle factors in over 120 000 people. They were monitored every four years over 12-20 years of follow up. Results revealed that within each 4 year period, participants gained an average of 3.35 lbs (7.3kg).

The foods associated with the greatest weight gain over time were potato chips and other potatoes, sugar sweetened beverages, unprocessed and processed meats. While the foods associated with the least weight gain, even when their consumption was increased, were vegetables, wholegrains, fruits, nuts and yoghurt.

The researchers emphasise the importance of focusing on overall dietary quality and the long term benefits of eating more minimally processed foods (fruits, vegetables, whole grains, nuts, yogurt) and fewer highly processed foods (chips, processed meats, sugary beverages). If you're having any concerns about your diet, please contact us to make an appointment with Taryn on 5598 0500.

References

Dariush Mozaffarian, Tao Hao, Eric B. Rimm, Walter C. Willett, Frank B. Hu. Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men. New England Journal of Medicine, 2011; 364 (25): 2392-404

Filming for Testimonials

We had a great 2 days filming patient testimonials just recently. We had 9 amazing stories with people losing between 20 to 130 kilos with past patients going back 10 years. We filmed on the beautiful beach at



Coolangatta plus other locations in the area. It was so inspiring to hear stories of how losing weight has helped people get their lives back, whether it be just to play with their grandkids, or after a stroke and getting their health back or losing over 100 kilos and regaining the confidence to start a new career. Thank you to all our patients for your time and sharing your personal stories. I hope someone thinking of weightloss surgery may see one of them and decide you were the factor that made them take that step to change their lives for the better.

We would like to wish Melinda (pictured) a very happy 7 year band anniversary. Why would she not be smiling after loosing over 130 kilos!

Turkey Balls by Carol Meyer

This is a great band/sleeve friendly dish that our very own Carol came up with. It can be made with any left over vegetables you wish or replace anything with a vegetable you prefer. To get more serves of vegetables you can grate a carrot and zucchini or capsicum into the mix.



Ball meat mixture

250 grams turkey mince
1 spring onion
1 egg
2 tblsp oats
Salt & pepper to taste

Sauce

1 tin crushed tomatoes
1 cup water
½ cup dry white wine (optional)
2 tblsp tomato paste
½ onion chopped finely
1 clove crushed garlic
2 sprigs chopped basil
½ tsp cinnamon powder
1 tbsp olive (light) oil or olive oil spray (to sautee onion)

Method

Combine all meat ingredients together, it should be a sticky almost wet consistency. Combine all ingredients for sauce in a large dish saucepan, simmer do not boil, make small balls (small golf ball size) and drop into sauce. Cover with lid and leave to simmer, after 10 minutes turn balls over in the sauce. Leave for another 10 minutes. Cook some angel hair pasta per directions on pack. Serve 2-3 balls with sauce on a small bed of the angel hair pasta. Yum!

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