

SIOS Team Members

MANAGER -BARIATRIC

CO-ORDINATOR

Ms Patricia Saran, RN

SURGEONS

Dr Michael Talbot

Dr Vytauras Kuzinkovas

Dr Robert Wilson

WEIGHT LOSS GPs

Dr Phillip Seeley

Dr Jang Lee

PSYCHOLOGISTS

Dr Bernadette Bywater

Ms Marie-Lisa Boukarim

DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

Ms Mary Houhoutas

Hello again....

Who can believe that we're already half way through the year!

SIOS has had a busy start to the year and a few new faces have helped us kick it off.

We'd like to welcome Dr Jang Lee to the team. Dr Lee is our Parramatta physician and surgical assistant.

Dr Robert Wilson has joined our surgical team and is performing bariatric surgery as well as general surgery.

Mary has joined our administrative team and is already becoming famous for her friendly smile.

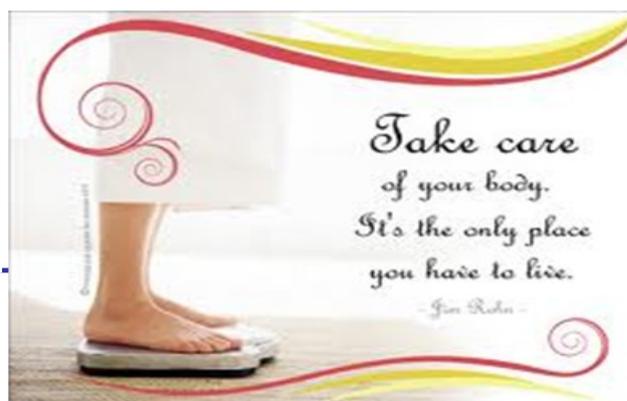
Don't forget to ask us about Botox and Injectables. Rosie Piper is here once a month. Check out our Facebook page for dates or your email in-box.

Obesity in Australia

- Fourteen million Australians are overweight or obese.
- More than five million Australians are obese (BMI ≥ 30 kg/m²). If weight gain continues at current levels, by 2025, close to 80% of all Australian adults and a third of all children will be overweight or obese.
- Obesity has overtaken smoking as the leading cause of premature death and illness in Australia.
- Obesity has become the single biggest threat to public health in Australia.
- On the basis of present trends we can predict that by the time they reach the age of 20 our kids will have a shorter life expectancy than earlier generations simply because of obesity.

Aboriginal and Torres Strait Islander Australians are 1.9 times as likely as non-indigenous Australians to be obese.

<http://www.modi.monash.edu.au/obesity-facts-figures/obesity-in-australia/>



What's in season for Sydney & NSW this Winter?

FRUIT

Apples	Persimmons
Kiwifruit	Pears
Lemons	Grapefruit
Mandarins	Bananas
Oranges (Navel)	

VEGETABLES

Beans	White Turnip
Broccoli	Silverbeet
Cauliflower	Okra
Mushrooms	Leek
Chinese Cabbage	

Did you know....

The annual energy the average person burns doing housework is the equivalent of 767km of cycling.

Lack of sleep = weight gain. The sweet cravings you may experience around 3pm usually means you didn't get enough sleep during the night.

In the US, the number of surgeries performed exclusively for weight loss has increased by seven times over the past decade.

Bodyandsoul.com.au

SMILE



YOU'RE
LOSING
WEIGHT

Why do we eat?

We eat for a variety of reasons other than hunger. This sort of eating is called non-hungry eating. From time to time it is normal to do some non-hungry eating. But if we do this on a regular basis, it may create an unbalanced eating habit and weight gain.

Triggers to eating: hunger, stress, boredom, depression, celebrations, culture, seeing food, smelling food.

To break non-hungry eating, it is important to follow the 3 key steps:

Step 1: Rate your hunger before you eat. Before you eat rate yourself on the hunger scale. (0-10)

Step 2: If you rate 5 or above on the hunger scale, try to think about other reasons that trigger you to eat.

Step 3: Plan ahead and take control.

For more information, see our dietary or psychology team.

Recipe: Carrot dip

Taste.com.au

Ingredients: 7
Makes about 2 cups

- 1kg carrots, peeled, cut into 2cm pieces
- 1/3 cup (80ml) extra virgin olive oil
- 2 tsp harissa
- 1 tsp ground cumin
- Pinch ground ginger
- 2 garlic cloves, roughly chopped
- 2 tbs red wine vinegar



Preheat oven to 200°C. Line a baking tray with foil. In a pan, cover carrots with water and simmer over medium heat for 10 minutes until just tender. Transfer to the baking tray, drizzle with 2 tbs oil and roast for 20 minutes until browned. Cool, then whiz in a processor with harissa, spices, garlic and vinegar. Slowly add remaining oil and whiz until smooth. Add a small amount of water if it needs thinning down. Season and serve.

Dr Seeley says.....

Have protein with meals twice per day at least.

Eat at a table, not in front of the television or whilst reading or working. This is forbidden!

Have a calorie friendly routine for your work week, your week-end and when you go on holidays. No routine leads to no weight loss.

Things go better with fluids. Stay hydrated and enjoy the many benefits. Water and tea are best.

HOUSEKEEPING



Support Groups are held on the **first TUESDAY** of every month at 6.30pm @ SIOS. Suggestions and topics for discussion can be emailed to info@sios.com.au

Jul: 'Mindfulness and eating mindfully', with Marie-Lisa
Aug: 'Eating out', with Shannon
Sept: 'Dressing for your shape', with Maria

Got an email address? Email us at info@sios.com.au so that we can register your email address to receive important notices and improve communication with you.

SIOS is on FACEBOOK!!

Search for "Sios-The Sydney Institute for Obesity Surgery" and 'LIKE' us. Also see the story on our champion patient Felix as featured in The Sunday Telegraph | 6.6.13

Changed address, phone number or GP? Help us keep in touch with you and your GP. Please remember to update your details with the receptionist when you arrive.



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For your follow-up appointments please call Maria or Anna on 97163522. If you are unable to keep an appointment or will be late for the appointment, please call us and we will be happy to re-schedule this for you. 24 hours notice is required for cancellation of appointments; otherwise a cancellation fee of \$50.00 may apply.

We are committed to providing the best possible medical care at SIOS. At times we are obliged to spend more time than scheduled with some patients. This inevitably puts us behind in our efforts to deliver appropriate medical care to everyone on time. Please be patient with us and be assured that your health is of the greatest concern to us and that we will attend to you as soon as we possibly can.

For suggestions, stories or any other contribution to this newsletter please email us on:

info@sios.com.au

In the next issue:
 Mary's weight loss journey