

SIOS Team Members

MANAGER -BARIATRIC

COORDINATOR

Ms Patricia Saran RN

SURGEONS

Dr Michael Talbot

Dr Vytauras Kuzinkovas

Dr Fadil Khaleal

WEIGHT LOSS GPs

Dr Phillip Seeley

PSYCHOLOGISTS

Dr Bernadette Bywater

Ms Marie-Lisa Boukarim

DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

EXCUSE-PROOF YOUR LIFE!

“I don’t have time”

Instead of getting down on yourself, try to take a positive approach. How many hours of TV are you watching a day? Could you drop one for exercise? Walk part-way to work. It might take less time than public transport in heavy traffic. Plan in advance so your exercise becomes a priority, not a chore. Just like brushing your teeth daily, make exercise a part of life

YOU WILL MAKE TIME FOR WHAT IS IMPORTANT TO YOU.

“The weather’s been terrible”

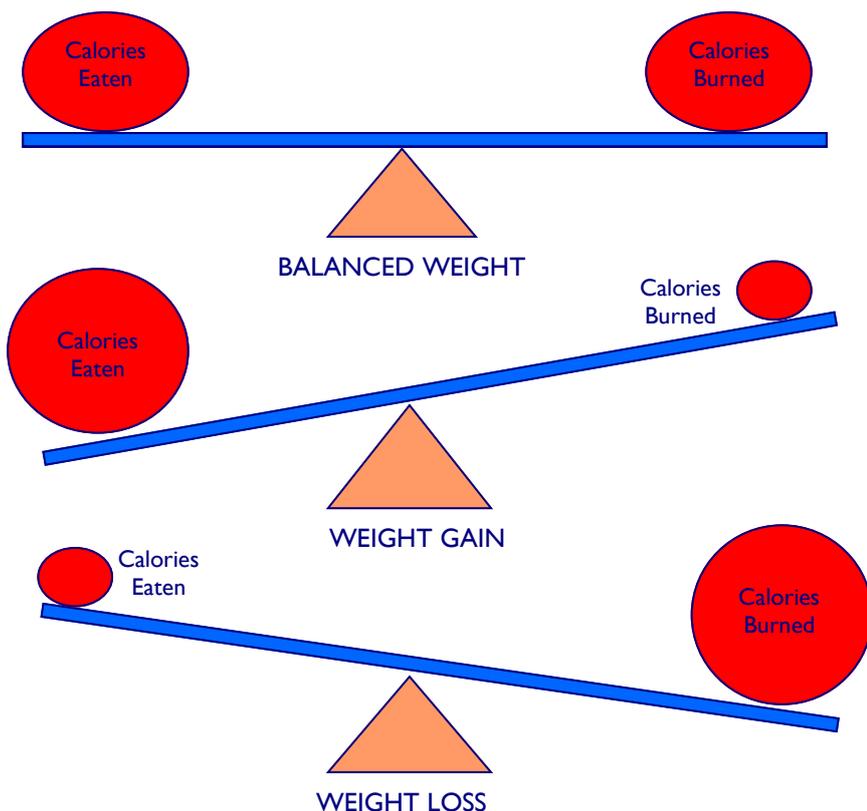
So it’s been raining all weekend, and no-one likes exercising in the rain. You don’t need to leave your home to exercise. Try jogging on the spot, step exercises, dancing or light weight lifting, such as a can of peas. Also, think of vacuuming, mopping and cleaning windows as an inexpensive workout. Yes, chores can be a bore but cleaning will burn fat and tone muscles just as well as a gym session.

“I have kids”

Go for a bike ride with them, run around the park or put on their favourite tune and dance along with them.

“I’m really too stressed”

We tend to eat more when we’re stressed, but one of the best ways to feel less frazzled is to do something physical. Exercise is a great de-stressor. Walk the dog or do some gardening.



MEDICARE IS GOING CASHLESS

All Medicare Service Centres are going cashless.

Medicare will pay all benefits directly into your bank account.

Don't forget to register your bank account details (BSB and account number) with Medicare.

Many doctors can lodge your Medicare claim for you. You can also claim some Medicare benefits through Medicare's online services.

For more information visit humanservices.gov.au/medicare or call 132 11



USEFUL WEBSITES AND APPS

www.myfitnesspal.com “Free online calorie counter and diet plan. Lose weight by tracking your caloric intake quickly and easily. Find nutrition facts for over 1000000 foods.”

www.calorieking.com.au “**TOTALLY FREE** online weight-control club. Built by Australians, for Australian!” Log on for a meal plan.

<http://www.bupa.com.au/health-and-wellness/tools-and-apps/mobile-apps/foodswitch-app>

Use FoodSwitch for healthy grocery shopping and make better food choices for you and your family.

SIOS AFTER HOURS EMERGENCY NUMBER

0408 409725

Please call (**do not SMS**) this number if you require after hours medical support. For all enquiries regarding appointments or administration, please call 9716 3522 during office hours.

If you are in need of urgent medical attention, please proceed to the emergency department of your nearest public hospital and notify us at SIOS as soon as practical.

We ask that you always refer to our message on our landline for updated information.



KEEPING YOUR HEALTH INSURANCE CURRENT

A kind reminder to all our patients to maintain appropriate health cover or if uninsured take out health cover for weight-loss surgery, in the event that you may require re-surgery in regards to your procedure. Please note that at present, weight-loss surgery is not covered by Medicare.

Provided you have the appropriate level of health insurance cover, our SIOS Doctors are able to GapCover you for the procedure at no cost to you, if you require re-surgery. Unfortunately, we have no control over the hospital and operating theatre fees and anaesthetist fees, if uninsured. If you do not have private health insurance with the correct level of cover, the procedure costs are substantial.

Please note the following points from the SIOS Surgery Procedure Agreement:

“10. I agree that I will maintain or undertake private health insurance to cover item # 30511/30512 in order to be able to be admitted and undergo further surgical treatment in a private hospital if ever required— as any revision surgery is not currently available in the Public Health System. If revision surgery is required and I have maintained private health cover SIOS will be able to GAP cover this surgery if it occurs within three years of the primary surgery.

11. If I do not maintain or take out adequate private health insurance, I am fully aware that all costs for any reoperation including hospital, anaesthetist and prostheses will be covered by me.”

Therefore, we strongly recommend that all our patients are covered for weight-loss surgery (Item Nos. 30511/30512) in a private hospital.

HOW SMALL CHANGES IN PHYSICAL ACTIVITY AND FOOD

CHOICES CAN MAKE A BIG DIFFERENCE

- Choosing tomato-based sauces (eg: marinara) instead of cream-based sauces (eg: carbonara) on pasta can save around 630 kJ. This small change in one meal saves approximately the number of kilojoules used to walk up 30 flights of stairs!
- Drinking a stubby of light beer twice a week rather than regular beer, will save around 650 kJ or the same kilojoules used during a 40-minute walk.
- Switching from full-fat yoghurt to a diet yoghurt three times a week can save around 1755 kJ, which is approximately the kilojoules used in an hour's gardening and lawn mowing.
- At a medium pace, an extra 10 minute walk per day equates to a whopping extra 328kms walked per year ...that's like walking from Sydney to Newcastle and back.
- By playing a ball game for 30 minutes once a week instead of playing a computer game for the same amount of time, you will burn an extra 466 kJ....over a year, this equates to an amazing 24,232 kilojoules.

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



Oct: Global Bellies creator
Katherine Jukic

Nov: Dr Bernadette Bywater
SIOS psychologist

Dec: Xmas party

**SIOS is on
FACEBOOK!!**

Search for "Sios-The Sydney Institute for Obesity Surgery" and 'LIKE' us.

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.

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.



The Sydney Private Hospital
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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

We're on the web!
www.sios.com.au