

# Practice Newsletter

**March 27th 2017**

## UPDATE FROM THE PRACTICE

We proudly congratulate Michele Van Vuuren on completing her PhD doctorate and are delighted that she remains an integral team member. Our patients can only benefit from her outstanding knowledge of the psychological aspects of bariatric surgery.

This year our team members will have been working together at the practice for 10 years. It is a privilege to work with such a clinically focussed group of experts who strive for outstanding individual care. Of course we must also include our reception team, Nicole, Vikki Elouise and Marlene. I hope you feel welcomed into a happy work place and that your aims with weight loss surgery can be achievable.

## What is happening in 2017 ?

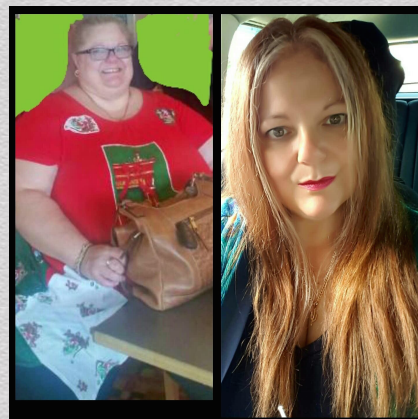
We are engaged in two research projects 2017-2018.

### High Flow Nasal Oxygen Therapy.

In conjunction with Professor John Fraser, ICU Director at St Andrews War Memorial Hospital, we are looking at improving respiratory function before and after bariatric surgery using a high flow oxygen system during surgery. Initially patients having surgery at St Andrew's War Memorial will be asked to take part, starting on 3<sup>rd</sup> April 2017. It is hoped this will be rolled out to other sites later in the year.

### Bone Mineral Densitometry ( BMD)

In conjunction with Dr Margaret Williamson, Consultant Endocrinologist, the practice has been awarded a Wesley Research Institute Research Grant, to study bone density changes after weight loss surgery. All patients will be invited to participate. It involves a bone scan prior to surgery, and at 12 and 24 months post surgery.



Renata Oparah Surgery date 24th Aug 2016

## Fatty Liver

The practice is investigating a new method of assessing patients for fatty liver, a common issue for overweight people. In conjunction with Dr Tony Rahman, Consultant Hepatologist, we have added a Fibroscan to our assessment. A fibroscan is a relatively new non-invasive test, which assesses the fattiness of the liver using ultrasound. Patients will be asked to attend for a fibroscan in advance of surgery –before you begin your pre op diet and again approximately 9 months after surgery. If, as expected, the scan shows improvements in fatty liver disease, the Practice will apply for research funding to look at this in more detail. All patients will be invited to participate. If you are just starting our program, this is a perfect time to assist the practice.

## Surgery is just the beginning!!

Our Practice has been providing an integrated team approach for 10 years. We believe our results are much better than average.

We want every patient to achieve their best outcome.

The process starts with assessing each patient and advising on the best operation for LONG TERM success.

Then education regarding diet and behavioural change for LONG TERM success.

We provide on-going LONG TERM support, but the patient must engage in the necessary lifestyle changes to achieve LONG TERM success.