

Welcome to the August edition of the Innovations Healthcare Newsletter. This month we have contributions from the Allied Health Team.

The Importance of Follow-up

Chris Thompson, Psychologist

At Innovations Healthcare, we have noticed that the patients who take advantage of the follow-up offered at the clinic often do well, not just in weight loss, but physical and mental health. This is supported by scientific evidence too. A recent article, “Long term results of laparoscopic adjustable gastric banding in patients lost to follow-up” (British Journal of Surgery, June, 2010) makes some very clear links between those who have received follow-up and those who haven't. This study compares the difference in weight loss between two groups – those that have kept in contact with the clinic and those who haven't (described as “lost to follow-up”).

In a similar way as Innovations Healthcare, the clinic studied recommended allied health follow-up appointments every 2-3 months in the first year following surgery, and routinely after that.

Some of the reasons that the authors listed that might account for the difference in results include – support is often required when changing eating habits; a tendency for patients to drink high energy (calorie/kilojoule) liquids after surgery; and for some patients, continuing issues with binge eating. These are things that allied health team members can assist with.

A few interesting points:

- Of 93 patients who hadn't attended the clinic for 18 months, 73 were actually motivated to re-attend, but for a variety of reasons just hadn't keep in contact.
- Of these, 60 per cent had lost less than 25 percent of excess weight, compared to 16 per cent in the group who had regular follow-up.
- Most patients who attended follow-up had very good weight loss and health outcomes.

The conclusion was that patients who attended follow-up appointments had much better outcomes, emphasising the importance of follow-up after gastric band surgery.

It is understandable that life gets busy, and sometimes other things swallow up the time that was set aside for health. Regular contact with the allied health team (Ru, Kia, Nutrition NT or Bodyfit NT) can help you to keep on track with healthy behaviours, and making the most of banding.

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Head to the website for our **blog**: blog.innovationshealthcare.com.au
For patients who are remote, we also offer appointments via **Skype**.

Exercise after Gastric Band Surgery – Its Role in Long Term Weight Loss

Sara Slayman, Accredited Exercise Physiologist

Participation in physical activity and exercise is important for successful long term weight loss. People who do a longer duration of exercise (equal to or more than 200 minutes per week or half an hour of moderate intensity exercise daily) maintain greater weight losses than those not exercising.

Participating in exercise and physical activity is a good ‘marker’ for compliance to other lifestyle behaviours that can affect weight loss. That is, when your exercise levels reduce (due to any reason), motivation to comply with other lifestyle changes can be affected.

This reinforces the importance of regular follow up with your Allied Health team, including the dietitian and psychologist! Post operative follow up appointments with your Exercise Physiologist are not only used to measure and assess your physical progress, but act as a motivational tool to keep you on track with your physical activity and exercise.

Reference: Jakicic, J.M., Wing, R.R. & Winters-Hart, C. (2002). Relationship of physical activity and weight loss in women. *Medicine and Science in Sports and Exercise*, 34, 10, 1653-1659.