

WEIGHT MANAGEMENT CENTRE

LESS WEIGHT  
BETTER HEALTH  
BETTER LIFE





“I didn’t realise how much the weight was affecting me or maybe I didn’t want to admit it to myself. I was having difficulty moving, bending and walking. I was told I was cutting my life expectancy by 12 years. The surgery has given me a tool to get a new life and I am having an exciting time planning all the things that I’m going to do.”

Gastric bypass patient

# At the Bupa Cromwell Hospital Weight Management Centre our aim is to help you lose excess weight.

Most people who come to us have battled with weight issues for many years. Like them, you know the negative health impact of being overweight and are aware that losing weight can bring many benefits including improved self-esteem and confidence.

At the Weight Management Centre, we look at your individual circumstances and work together to help you lose excess weight. For some people, this will be through having bariatric (weight-loss) surgery. For others, it may be possible through lifestyle changes or drug treatment. Whichever option is right for you, we will provide exceptional care from a highly knowledgeable and experienced team.

This booklet gives a brief introduction to the Weight Management Centre and the treatments we offer. As part of the prestigious Bupa Cromwell Hospital, we benefit from having clinically leading-edge diagnostic and treatment facilities, plus access to a wide variety of therapies and support services, all under the same roof.

If you would like more information on the Weight Management Centre or if you would like to arrange an appointment, please call us on 0800 169 1055 or email [weight.management@cromwellhospital.com](mailto:weight.management@cromwellhospital.com).

We understand that the step to making a first appointment can be a big one. However, we hope you are encouraged by the success stories you read here, and we look forward to being able to help you.

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To contact one of the Weight Management Centre team, call 0800 169 1055 or email [weight.management@cromwellhospital.com](mailto:weight.management@cromwellhospital.com)

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“I was visiting my GP with a plethora of woes. I was feeling tired, had no energy and I was pre-diabetic. My GP was constantly telling me to lose weight before things got any worse, but how could I? I had put on far too much weight and my willpower was zero.

Since the operation a year ago, life is good medically, professionally and personally. Let’s be honest, big people are negatively judged before they even open their mouths. I have lost 35 kg (5 stone 7 lbs), dropped from a size 22 to a size 12, am definitely not pre-diabetic, have lots of energy and am full of confidence. It’s the best investment I have ever made.”

Sleeve gastrectomy patient

## A weighty issue

People can become overweight at any stage of life and for many different reasons. You may have been overweight since childhood. Perhaps, if you are a woman, you put on weight after your pregnancy. You may have gained weight gradually over many years, or following a health or emotional problem.

Whatever the background to your weight gain, the fact remains that being overweight can do serious damage to your health and affect your quality of life in many ways.

People who are obese (see our Body Mass Index chart at the back of this booklet) have a shortened life expectancy and a higher risk of a number of serious medical conditions. These include diabetes, heart and lung problems, high blood pressure, high cholesterol, asthma, infertility, painful joints and sleep apnoea. Being overweight can affect your body image which in turn can influence your emotional state.

There are many benefits of losing excess weight. For example, you may find your blood pressure is improved, your cholesterol level lowered, your joints less painful and your diabetes, if you have it, improved or gone altogether. You may also feel happier with your appearance, which can boost your self-confidence.

# Your needs, your challenges, your goals

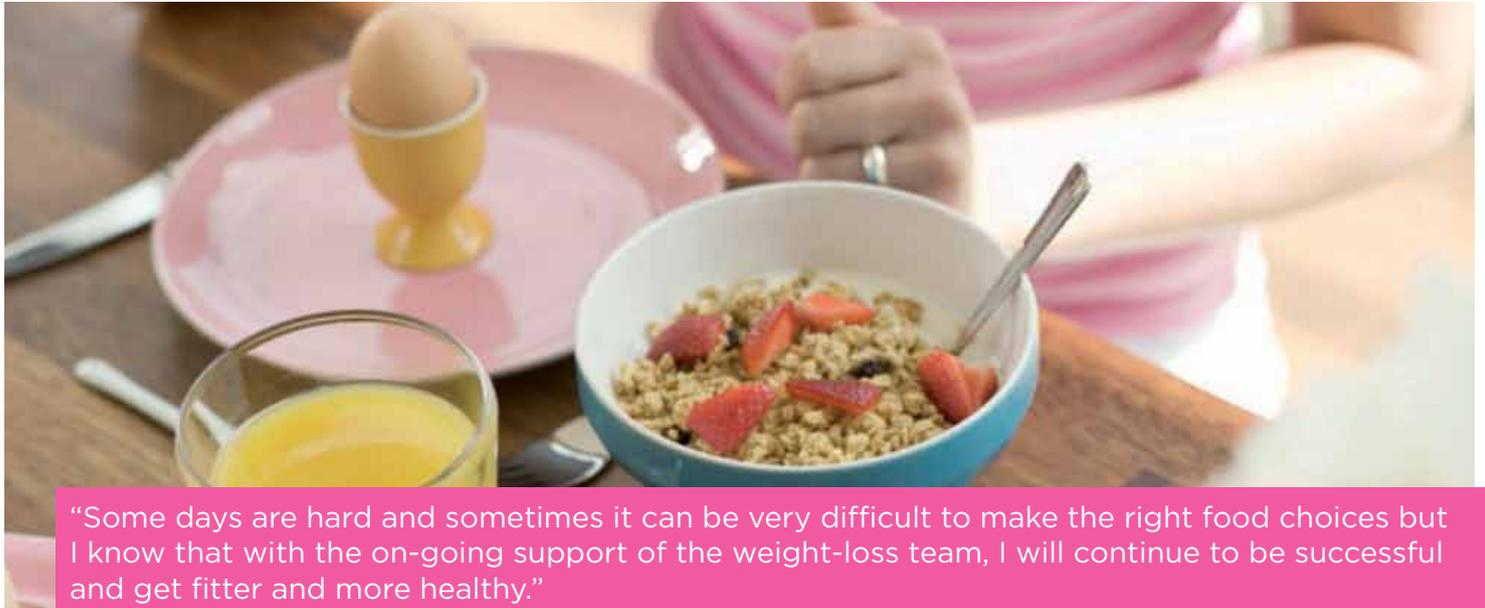
When we set out to help you, we will always remember that you are an individual with your own unique set of circumstances and challenges. Fully understanding you and your lifestyle is key to helping you lose excess weight.

We offer three different programmes:

- Lifestyle clinic
- Drug treatment
- Bariatric surgery (gastric band, sleeve gastrectomy and gastric bypass)

These treatments often mean big lifestyle changes so we will talk to you openly and clearly about what is involved. We will give you a full health assessment, including a mental wellbeing check by a psychiatrist. This will help you to choose which programme is most suitable for you.

Throughout this booklet you will see references to Body Mass Index (BMI). BMI indicates the amount of body fat you have and shows whether you are a healthy weight for your height. If you don't already know your BMI, you can work it out from the table at the back of this booklet.



“Some days are hard and sometimes it can be very difficult to make the right food choices but I know that with the on-going support of the weight-loss team, I will continue to be successful and get fitter and more healthy.”

Gastric bypass patient

## Lifestyle clinic

This clinic is for people who want to lose excess weight through making lifestyle changes. It involves a minimum six-month commitment and is generally most appropriate for people looking to lose up to 10 percent of their starting weight.

You will benefit from a hospital-based programme run by a specialist bariatric dietitian who will provide a personalised six-month programme tailored to your specific goals.

This will include:

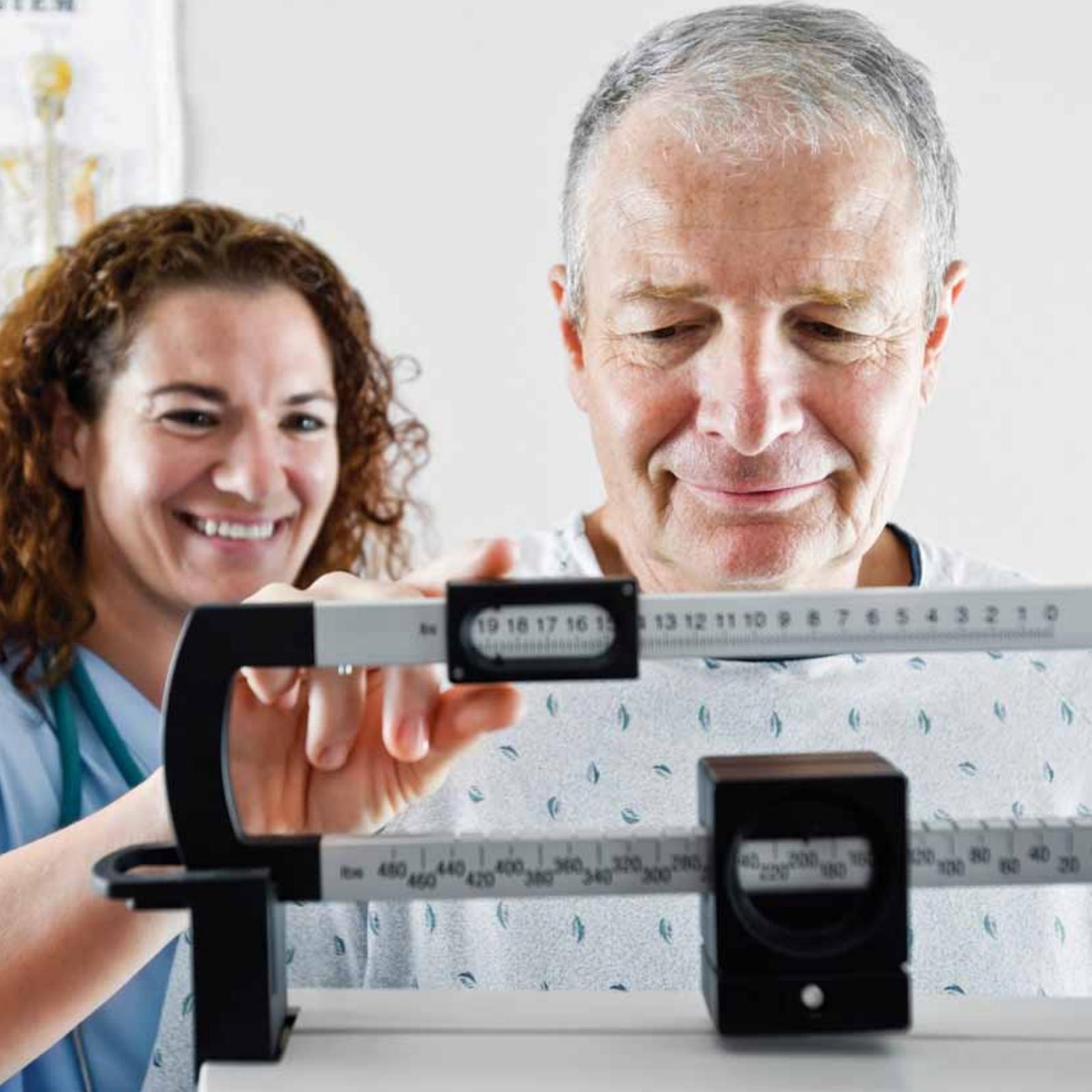
- a discussion about your eating behaviour and specific advice on how to change it
- clear dietary advice
- an assessment of your physical activity and advice on how to do more to improve your health
- advice on general lifestyle changes to replace old patterns of behaviour
- an assessment of whether you should consider weight-loss medication
- continuous support and advice from our dedicated dietitian
- onward referral to other services if appropriate

## Drug treatment

Medication is available to help you lose excess weight. Our team will advise you on whether drug treatment would be suitable for you and will then explain the options.

One type of medication is taken with meals and prevents the digestion of around 30 percent of the fat in your diet. By absorbing fewer calories you lose weight. It works best when used regularly and in conjunction with daily exercise and a reduced-calorie diet. Other types of medication work on reducing appetite.

Note: Drug treatment is generally suitable for patients who have a BMI of over 30 with no other medical conditions, or those who have a BMI greater than 27 and one or more medical condition such as heart disease or diabetes.



## Bariatric surgery

Surgery is an increasingly common and effective treatment for obesity. If diet, exercise and medicines haven't worked for you, it may be something you would like to consider.

There are a number of different types of surgery available and we can discuss which may be most suitable for you.

A [gastric bypass](#) operation makes your stomach smaller and shortens the length of your small intestine. This means you eat less and some of the food you eat isn't fully digested.

[Gastric banding](#) works by reducing the capacity of your stomach. It involves attaching an inflatable band around the top of your stomach. The band slows down the speed at which food moves into your stomach, making you feel full more quickly and reducing the amount you want to eat.

[Sleeve gastrectomy](#) involves removing part of your stomach and making the remaining part into a long thin tube. This means you feel fuller sooner, and for longer, and therefore don't eat so much.

Please contact the Weight Management Centre on 0800 169 1055 if you would like more details on these different types of bariatric surgery.



“I have lost 28 kg (4 stone 6 lbs) so far. I still have a bit to go but I’m on my way there. My waistline has gone down, my old clothes are very loose and I feel very lively compared to before. The treatment I got from Mr Ahmed and his team can’t be matched by anyone. The only regret I have is that I should have had it done a long time ago.”

Gastric band patient

“I have lost over 38 percent of my weight within the first six months. I have been given a new life and feel absolutely wonderful. I would recommend the surgery by Mr Ahmed wholeheartedly.”

Gastric bypass patient

“I had gastric bypass surgery six and a half months ago and have since lost nearly six and a half stone (41 kg). This surgery has given me back my life.”

Gastric bypass patient

## A surgical decision

If you are considering surgery, our bariatric consultants will give you an honest opinion as to your suitability for it, with their top priority being your safety and wellbeing.

All of our bariatric operations are performed by laparoscopic or 'keyhole' surgery under a general anaesthetic. Our consultants, who are led by Mr Ahmed, are experts in their field and have a wealth of surgical experience in these procedures. They are supported by a specialist bariatric anaesthetist. Weight-loss surgery is regularly carried out at the hospital, where we have a very high safety record and excellent results.

Gastric band surgery can be done as a day-case procedure or with an overnight stay. If you have a gastric bypass or a sleeve gastrectomy procedure, you will generally need two nights in hospital.



# Exceptional care

At Bupa Cromwell Hospital we seek to give every patient exceptional care.

The Weight Management Centre team are friendly, approachable and, above all, very knowledgeable. You will be given the time and information you need to make what will be very important decisions for your future health.

You will be supported by the team throughout your programme. In addition to their wide expertise, we can provide additional services such as home visits from a personal trainer or dietitian. We also offer a range of additional therapies that you may find helpful including pulmonary rehabilitation for people with breathing difficulties and alternative therapies, such as massage.

If you choose to have surgery, you can be confident in the expertise of our bariatric surgeons. Your safety and wellbeing is their prime focus. They want your operation to be as successful as possible and your recovery to be comfortable and smooth, so they pay particular attention to your pre- and post-operative care. The surgeons are supported by experienced bariatric nurses.

As a hospital, we are continuously investing in the world's most advanced medical technologies. Leading-edge diagnostic and treatment equipment enhances our capabilities, especially across our four specialties: cardiac, cancer, paediatrics and surgery. If you have weight-related health problems, you can be assured that you are being treated in a hospital that can give you all-round care, all under one roof.



# The best birthday present...

“They say that life begins at 40 but, as I approached that special birthday, my future appeared very bleak indeed. After a lifetime of dieting, losing weight and then regaining it, I’d somehow ended up at 5’ 2” (152 cm) and weighing 31 stone (197 kg). Like many, I covered up my desperate unhappiness with a bubbly personality and a beaming smile but there was no hiding from the ever-growing list of problems my weight was causing. Terrible pain in my back and knees meant that I was no longer able to stand for more than a few minutes and walking had become so painful and difficult that I rarely left the safety of my home.

I’d seen TV shows about weight-loss surgery and I read enviously about people who had lost huge amounts of weight and managed to keep it off. I was very tempted. I was also a bit scared. I knew that any kind of operation at my size would have its risks, but that wasn’t really what was worrying me. How on earth would I be able to live the rest of my life never being able to eat a proper sized meal again? Food was my comfort and my friend – but it was also my biggest enemy and my downfall. So, on that milestone birthday I made a big decision. The special present I was going to mark my birthday with was a sleeve gastrectomy.

Five months on, how are things? Food never used to be far from my mind; now it’s just not something I think about. It’s like a huge burden has been lifted from my shoulders. There are no types of food that I can’t manage and it takes such a small amount to make me feel totally full up that I never feel deprived or even hungry. I’m already ten and a half stone (67 kg) lighter and still losing. I can now walk and climb the stairs again, drive my car, sleep in my own bed and get a straight seven hours rest for the first time in years. I’ve got so much more bounce and energy that everyone around me is astonished by the change. I can now do some exercise and I’m getting fitter and stronger by the day.

It was the best birthday present I could ever have wished for and, thanks to Mr Ahmed and his team, it really is true what they say – life has begun at 40.”

Sleeve gastrectomy patient



# The team

Our highly experienced team is made up of bariatric surgeons, bariatric anaesthetists, psychiatrists, specialist nurses and bariatric dietitians.

## Lead surgeon: Mr Ahmed R Ahmed BSc(Hons), FRCS(Gen)

Mr Ahmed is a consultant in gastrointestinal (GI), bariatric and laparoscopic surgery. In addition to operating at Bupa Cromwell Hospital, he is Lead Surgeon at the Department of Bariatric and Metabolic Surgery at Imperial College Healthcare NHS Trust.

Mr Ahmed trained in general and upper GI surgery in the UK and the USA, including a one-year fellowship in laparoscopic and bariatric surgery at the University of Rochester Medical Centre in New York, one of the world's leading centres for bariatric surgery. He is actively involved in bariatric surgery research and is a member of the American Society for Metabolic and Bariatric Surgery (ASMBS), the Society of American Gastroenterological and Endoscopic Surgeons (SAGES), the Association of Upper GI Surgeons (AUGIS) and the British Obesity Surgery Society (BOSS). In 2007 he was awarded the International Federation of Surgery for Obesity (IFSO) Scholarship. Mr Ahmed also sits on the panel of judges visiting centres applying for Centre of Excellence status.

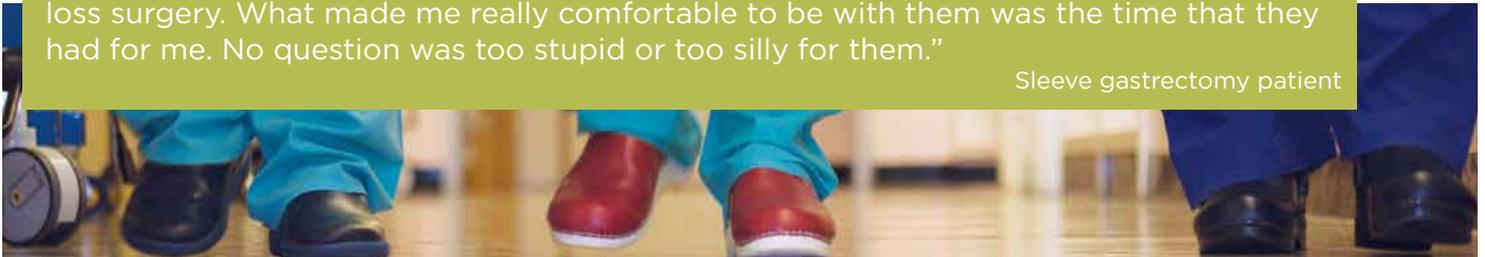
## Lead anaesthetist: Dr Jonathan Cousins BSc, MBBS, FRCA

Dr Cousins specialises in anaesthesia for bariatric surgery and has created a tailored anaesthetic package to allow the most rapid return to full mobility and respiratory function in patients with an increased BMI.

He is currently performing research into peri-operative thrombosis in weight-loss surgery at Imperial Healthcare and is responsible for post-operative shared care pathways. As the founder of the Society of Bariatric Anaesthetists UK, he is involved with national and local projects into improving bariatric anaesthetic services across the UK.

“This is a team of extremely professional doctors who are at the cutting edge of weight-loss surgery. What made me really comfortable to be with them was the time that they had for me. No question was too stupid or too silly for them.”

Sleeve gastrectomy patient



## Lead psychiatrist: Samantha Scholtz MBChB, MRCPsych, Dip (CBT)

Dr Scholtz is an honorary consultant psychiatrist and Wellcome Trust funded Research Fellow based at the Department of Bariatric and Metabolic Surgery at Imperial College Healthcare NHS Trust and the Robert Steiner MRI Unit, Hammersmith Hospital, Imperial College London. She provides expert assessment and support to patients undergoing bariatric surgery.

Dr Scholtz graduated from Stellenbosch University and completed her higher specialist training at St. George's University of London, with specific training in the management of patients with eating disorders. Since 2006 she has specialised solely in treatment for obesity. She has trained in various psychotherapeutic approaches including cognitive behavioural, cognitive analytical and guided self-help techniques to support patients using food as an emotionally regulating substance following bariatric surgery.

She undertakes research at the MRC Clinical Sciences Centre, Imperial College London into appetite changes following bariatric surgery using functional magnetic resonance imaging, and has published in peer-reviewed journals on eating disorders and obesity.

## Nurse: Karen O'Donnell

Karen O'Donnell is our lead specialist nurse for bariatrics and weight-loss management. She is an expert in her field and has more than 14 years experience in the field of gastrointestinal surgery (bariatric, upper GI cancer, HPB and colorectal surgery). She has visited and attended courses in many different bariatric centres across Europe.

Karen performs gastric band adjustments and forms a key link with patients to this service. She offers advice and support for patients, relatives and carers. With her specialist knowledge she can also liaise with GPs and other health professionals on your behalf.

## Bariatric dietitian: Candace Bovill-Taylor

Candace Bovill-Taylor is a clinical dietitian who specialises in diabetes and weight-loss management. In addition to her work with patients at Bupa Cromwell Hospital's Weight Management Centre, she has spent over 10 years at London's Hammersmith Hospital, in both clinical and research roles.

Candace offers lifestyle dietary advice to our patients and supports bariatric surgery patients before and after their procedures.

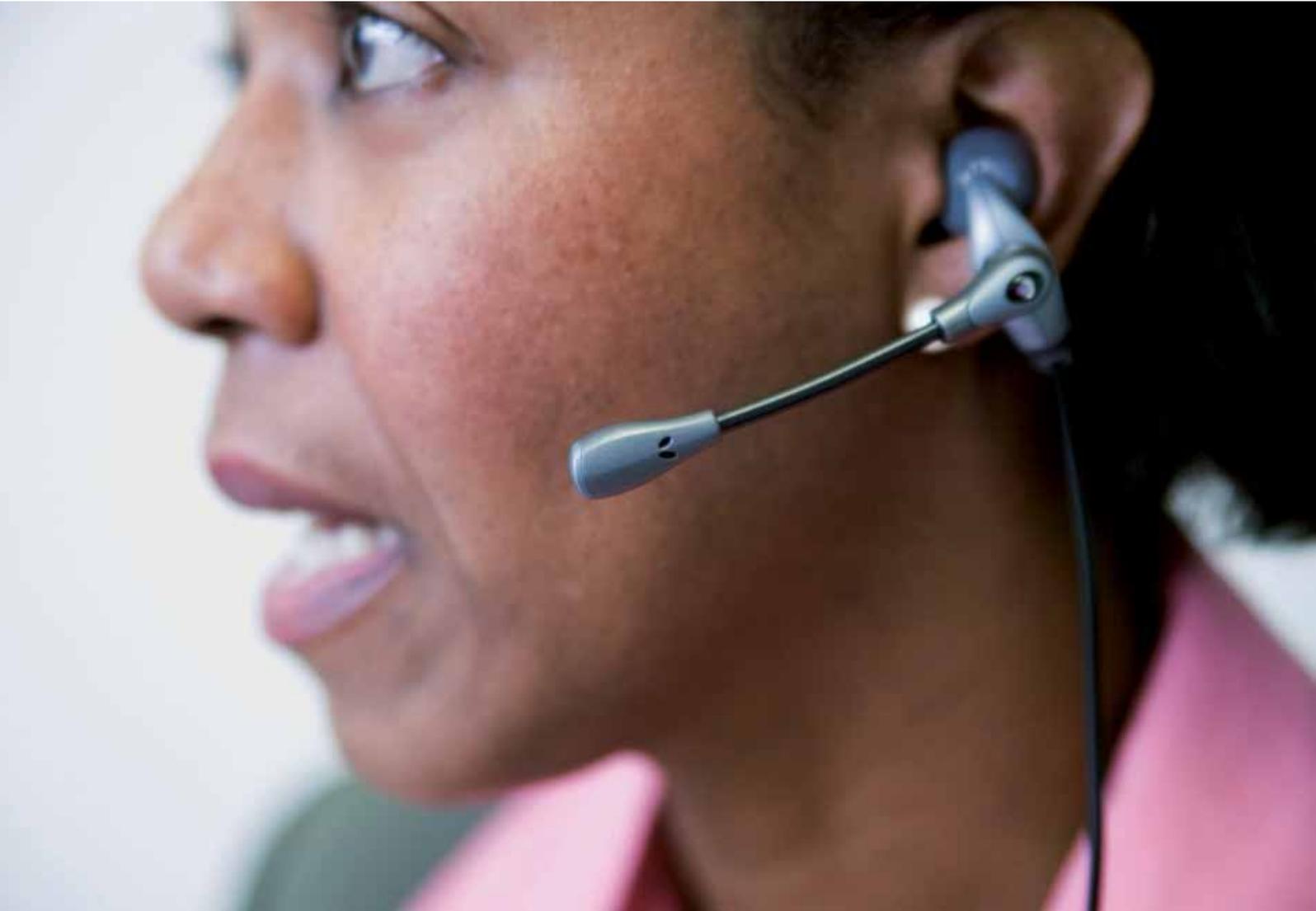
# Contact

The Weight Management Centre team can be contacted directly by phone or email.

T: 0800 169 1055

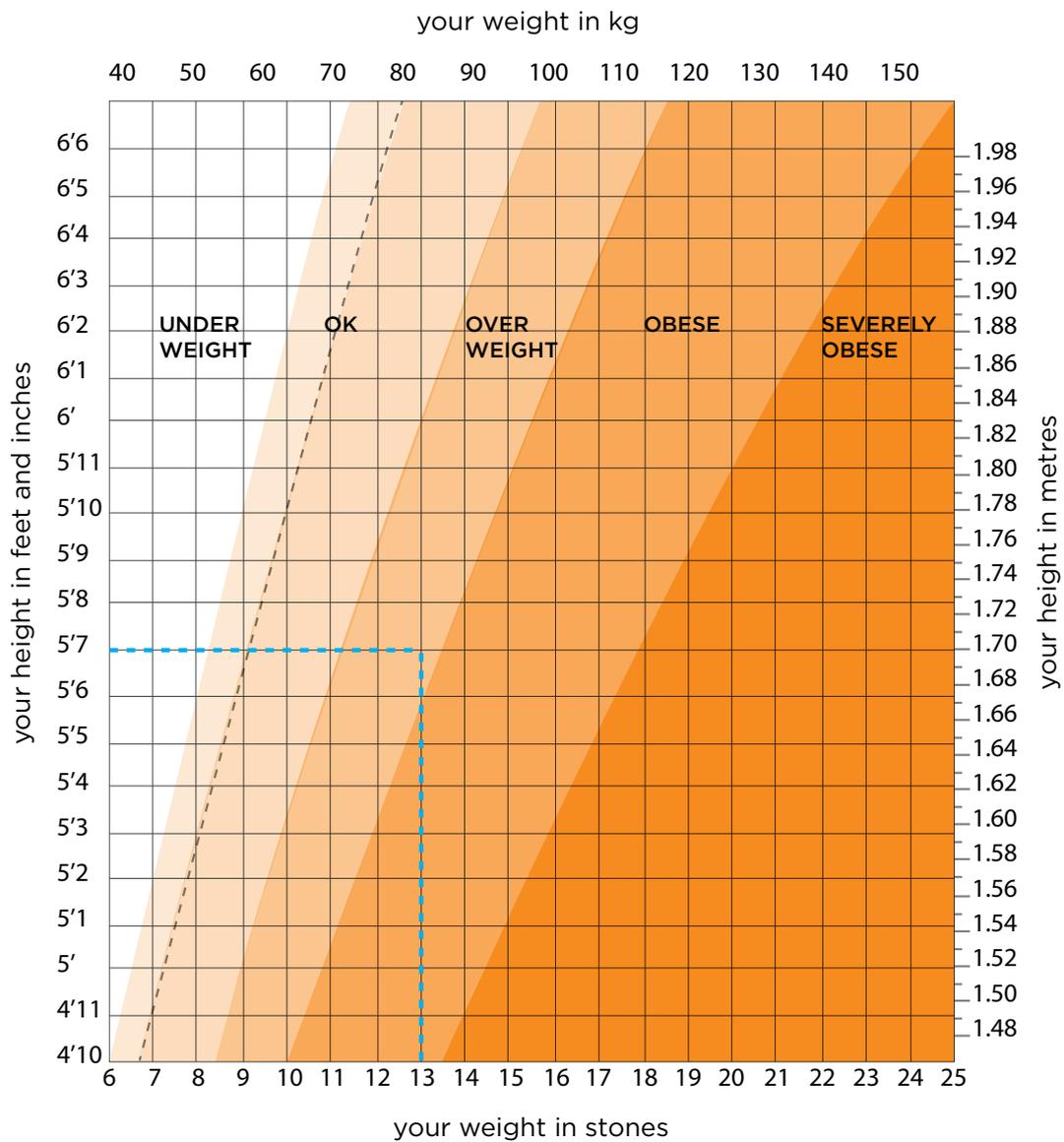
E: [weight.management@cromwellhospital.com](mailto:weight.management@cromwellhospital.com)

Alternatively you can make an appointment to see Mr Ahmed by calling the hospital appointments team on [020 7460 5700](tel:02074605700).





# BMI chart



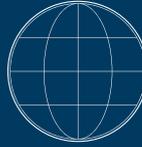




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