

Weight Loss and Sleep

The Woolcock Clinic offers a medically-supervised weight loss program conducted by an accredited exercise physiologist and nutritionist for patients with sleep disorders or other weight-related lifestyle conditions.

- 5-10 percent weight loss can improve obstructive sleep apnea (OSA) by up to 26 percent.¹
- Weight loss improves diabetes management, elevated cholesterol, levels, high blood pressure and insulin resistance which are often associated with OSA.
- Weight loss will help to reduce daytime sleepiness, making it easier to keep active.

Initial consultation (1 hour)	\$180
Follow-up consultations (40 minutes)	\$140

- Please note this is not a bulk billing clinic.
- Consultation fee does not include the cost of food supplements or blood tests.
- Contact your health fund to confirm your cover extends to exercise physiology.
- If you are eligible for a chronic disease management plan through your GP, you may claim part of the consultation fee from Medicare (\$55.10) for up to five visits per year with a referral for exercise physiology (item number 10953).

¹ JAMA 2000; 284:3015-3021



**The Woolcock Institute of Medical Research
is a not-for-profit organisation**

If you are interested in further information about becoming involved in our research studies or making a donation, please visit our website www.woolcock.org.au.

Your contribution will make a difference.

Thank you for your support.

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Weight Loss Services at the Woolcock Clinic



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LEADERS IN BREATHING & SLEEP RESEARCH

YOUR PLAN TO CHANGE

The inter-disciplinary team at the Woolcock Clinic is committed to helping you make the changes necessary to improve your health outcomes through sustainable, long-term lifestyle changes.

A part of your physician- or GP-directed health management may require you to lose weight. We want to help you achieve your best health in a pragmatic and sustainable way.

Our clinical services have a variety of personalised approaches to support you in a realistic and healthy way to improve cardiovascular and diabetes risk factors. We have experience with a broad range of sleep and metabolic disorders including obstructive sleep apnea, parasomnias, narcolepsy, diabetes, pre-diabetes/insulin resistance, thyroid conditions, polycystic ovarian syndrome, psychiatric disorders and other health conditions.

Our weight loss services at the Woolcock Clinic will help you each step of the way, from the initiation of lifestyle changes, with support in sustaining and continuing weight loss, during maintenance and along the road to a healthier long-term lifestyle.

Our goal is to support you in optimising your health outcomes and to minimise your long-term disease risk while ensuring you enjoy a fulfilling lifestyle.

TAKING THE FIRST STEP

Weight loss can be overwhelming and challenging, especially without professional support. A lot of patients will have tried various weight loss regimes previously that have not been sustained. This can make the journey somewhat confusing down the track. We are dedicated to making the challenge surmountable with a focus on positive outcomes.

Our exercise physiologist and nutritionist will consider your needs and tailor the approach to your

personal preferences while ensuring it is grounded in evidence-based medicine.

WHAT DO WE PROVIDE?

- Tailored lifestyle advice
- Specific long-term goal setting
- Dietary support – option for very low energy diet support when more rapid weight loss is indicated and requested by physician referral
- Help in tracking and monitoring food intake
- Individualised exercise prescription/adaptation
- Progression assistance throughout weight loss
- Regular progress assessments
- Access to specialist staff including sleep physicians, endocrinologists and psychologists

APPOINTMENT STRUCTURE

Appointments are scheduled monthly with a one-hour initial consultation followed by 40-minute follow-ups. As you make progress, your appointments move to 6-12 weekly as preferred.

All consultations are delivered within the framework of health coaching and behaviour change. Structured consultations every month identify key areas for change and are designed to target multiple facets influencing your weight in order to specifically manage your health problems.

INITIAL CONSULTATION

This consultation will include a detailed weight history and ideally a prior blood test from your GP to assess cardio-metabolic health. Previous results may be helpful including your sleep study results and any information pertaining to significant and relevant medical history. A detailed exercise and dietary assessment will also be conducted.

INTENSIVE WEIGHT LOSS PHASE (OPTIONAL)

For patients identified with significant obesity (BMI >35), a two-month very low energy diet may be discussed. This is on a case-by-case basis and relates to the current evidence for your medical

condition(s) and physicians' recommendations. It is targeted for specific health outcomes in relation to your overall health. This intervention is not for all patients and will only be used when clinically indicated and safe. Your supervising clinician is experienced and trained in the provision of intensive support during this programme. In order to promote long-term success, this approach is coupled with a focus on high vegetable intake, exercise and lifestyle with a focus on emotional eating, bingeing, lapses and maintenance plans.

Patients not indicated or willing to use a very low energy diet will be supported with a conservative and effective approach of sustainable exercise, portion management, meal adaptation and consideration for patterns of behaviours around meal timing, meal skipping and binge eating.

Appointments are usually monthly in this phase.

WEIGHT MAINTENANCE PHASE

This phase follows a period of weight stability with concurrent consistent lifestyle changes over 3-6 months. Your BMI should be 27 or less or a 10 percent sustained weight loss before moving to 3-6 monthly contact with our exercise physiologist and nutritionist to ensure you remain on track.

WHAT SHOULD I DO?

STEP 1: Meet with your GP or sleep specialist to discuss your health goals. They may have already suggested you start losing weight.

STEP 2: If you are indicated for weight loss therapy, Woolcock Reception staff can provide you with referral documents and a letter addressed to your GP to discuss your eligibility for a chronic disease management plan and team care arrangement.

STEP 3: Make an appointment with our exercise physiologist and nutritionist by phone, email or at woolcock.org.au/request-an-appointment.