

Diabetes and Endocrinology
Service Profile

Department	Obesity Service
Facility	

Telephone numbers	
Facsimile numbers	
Email addresses	

Hours of Service	
Location	
Postal Address	

Function:

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Organisational Position and Staffing:

Clinic Staff include:

Endocrinologists
Dietitian
Exercise physiologist
Psychologist

For appointments, telephone Westmead Hospital University Clinics on 9845 6544. Patients must have a current referral to Dr Jonathan Marks, or Dr Vincent Wong. For more information on the Obesity Clinic phone 9891 1511.

Scope of Service:

The Westmead Hospital Obesity Clinic assists general practitioners in Western Sydney manage patients with obesity. The Clinic prefers to help patients with moderate to severe obesity ie BMI > 35 or where obesity is associated with significant other medical problems such as heart disease, arthritis, diabetes and respiratory disorders.

The Clinic runs weekly on Tuesday mornings 9-1200 h, and fortnightly Friday afternoons 1400-1700 h in the in the University Clinic.

On first attending the Clinic, patients will be assessed by an endocrinologist and dietitian. Problems identified by the patient and referring doctor will be addressed and the cause of weight gain identified where possible. Generally a treatment regime will be outlined in consultation with the patient's wishes.

Clinic management is based on current medical opinion on practical management of obesity. Rapid and marked weight loss through food restriction and excessive exercise is not encouraged, nor is emphasis placed on an ideal weight. Clinic staff will try to improve the general health and well-being of patients through sustainable

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lifestyle changes, exercise and diet, and possibly medications. In many cases this includes some weight loss, but this is not the only goal. In some patients with serious conditions exacerbated by obesity, substantial and rapid weight loss is aimed for.

Available treatments include:

1. low fat eating plan
2. individual exercise programme
3. appetite suppressant medication
4. very low calorie diets

Most patients will be seen initially fortnightly, then monthly for 2-3 months then every 2-3 months for the long-term. As obesity is not curable, we believe follow-up should continue for years.