



MELBOURNE
WEIGHT LOSS
SURGERY

The Surgery Experience

with Melbourne Weight Loss
Surgery

Sarah's story*:

Before having weight loss surgery, Sarah was facing many challenges. She was coming up to her 35th birthday and had already struggled with her weight for decades, stuck in a never-ending cycle of various diets and exercise routines.

Sarah would lose a bit of weight and feel great for a while, but each time she'd start to feel exhausted from strict rules, from pushing herself too hard, and from holding back on enjoying her life in the fear that that one bit of birthday cake would set her back months.

Over time, she found herself further isolating from her friends, family and the world around her.

Feeling uncomfortable in her body hurt her self-esteem and she started to avoid opportunities. She started to fear food so much that she began to use it for comfort and emotional relief when things weren't going well.



What no one told Sarah is that it wasn't because of her willpower that these diets never seemed to last. It wasn't all her fault that she felt stuck in this cycle of dieting.

Without a tool to reduce her hunger, those diets were nearly impossible to maintain and achieve lasting weight loss.



The surgery decision:

As she started to consider surgery, Sarah had a rollercoaster of emotions as she went through the risks and benefits. She worried about potential complications and the lifestyle changes she would need to embrace.

However, deep down, she dreamed about a fresh start, one where she could finally feel comfortable in her own skin.

The decision to have surgery wasn't an easy one, and she had many questions which we went through in detail. Sarah spoke with nearly everyone in our team to make sure she knew this was right for her.

The final decision to have surgery was a brave step towards overcoming these challenges and starting her journey towards a healthier and happier life.

After the operation:

The first few months were full of ups and downs as Sarah adapted to a new way of living. There were moments of doubt, as her body and mind adjusted to the reduced portions and dietary changes.

She experienced both physical discomfort and emotional challenges, but through it all, **she felt determined knowing that she was taking control of her life.**

Having a supportive team at the clinic was a true blessing for Sarah. They became her source of strength, guiding her through each stage of her journey with compassion and understanding. Their expertise and unwavering encouragement helped her navigate the toughest moments, inspiring her to stay on track.

Starting to feel the change:

As time passed, Sarah began to notice many changes in her life. The weight loss increased her energy, which helped her to engage in activities she once thought impossible.

Each milestone felt like a personal victory. Learning to see herself in a new light and embracing her changing body and mind was an ongoing process.

Even though there were hurdles along the way, Sarah couldn't help but feel grateful.

Grateful for the supportive team that believed in her when she struggled to believe in herself.
Gratitude for the freedom and confidence that came with her weight loss journey.
Gratitude for the small, everyday wins that reminded her she was becoming the person she had always wanted to be.



Life long term post-surgery:

Today, a year after her surgery, Sarah knows that as the journey continues, with its highs and lows, that now can she face it with courage and determination.

Sarah's story is a realistic reminder that transformation isn't always a straight path, but it's worth every step along the way. And she knows that having a supportive team by her side makes all the difference in this incredible journey.

Sarah's story is just one of hundreds we have the privilege of being a part of.

How will your story change after weight loss surgery?

More than just a physical change



Weight loss surgery helps you lose weight by reducing the physical space in your stomach. This makes you feel full from smaller portions of food.

But that's not all...



Hormonal changes:

- Weight loss surgery can change the way your hormones regulate hunger and fullness, reducing feelings of hunger and increasing feelings of fullness after eating.



Absorbing fewer calories:

- In the case of gastric bypass surgery specifically, the body absorbs fewer calories from the food that you eat.



Changes to the gut microbiome:

- Some studies suggest that bariatric surgery may influence the gut microbiome (the ecosystem of bacteria in our gut), which can play a role in metabolism and weight regulation.

Unlike other methods, surgery addresses the root causes of obesity and helps people make lasting changes in their lifestyle, making it the most effective option for successful weight management.

Benefits beyond just weight loss



Reducing blood pressure:

- **High blood pressure** is a major risk factor for heart attacks and strokes.
- Weight loss & improving your diet can potentially reduce blood pressure and the need for medication.



Improving cholesterol:

- **High cholesterol** is a major risk factor for heart attacks, strokes and narrowing of the arteries.
- Dietary changes and weight loss may improve cholesterol levels and potentially reduce the need for medication.



Improving diabetes:

- **Uncontrolled Diabetes** can lead to heart attack, stroke, kidney disease, limb amputation and blindness.
- Weight loss can reduce your risk of developing diabetes or help with existing diabetes management.



Improved Sleep:

- Losing weight may improve sleep quality and help or even cure sleep conditions such as Obstructive Sleep Apnoea (OSA).



Reducing Joint Pain:

- Losing weight can ease stress and pain on weight-bearing joints, including the hips, knees, ankles, feet and back.



Better Quality of Life

- **Quality of life** Improved energy levels, ease of movement, confidence and overall greater enjoyment of life are among the benefits of weight loss.



"Cannot begin to express how supportive, encouraging and committed this incredible practice is at helping you to become the best version of yourself!"


Kendall, P

"The ongoing support provided by all at MWLS has been invaluable. I feel cared for every time I attend the rooms, it shows how much they enjoy their work."


"I left my appointment feeling informed, empowered, heard and most importantly supported. Moving to Melbourne away from my country town was a challenge. You are an absolute breath of fresh air, I felt understood and cared for. Can't thank you enough."

Are you ready to take control of your own story?

Call us at the clinic if you have any questions, our team is happy to talk you through the process.

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 melbweightloss.com.au

If you're ready to take the next step, we can book you in to talk with one of our surgeons with a referral from your GP.

We offer both telehealth and face-to-face options to suit your needs.



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