

# Effective programs for a healthier, happier you...

now just a call or a click away.

Surgical Weight Loss Centre Canada's Leading Weight Loss Clinic



#### Getting started is the hardest part... Surgical Weight Loss Centre can help.

The Surgical Weight Loss Centre specializes in surgical and non-surgical medical treatments for weight loss by offering both Gastric Banding and Gastric Balloon Programs. As the Canadian leader in weight loss procedures, we have a proven record of success with patients across the country, helping them achieve sustained weight loss that can improve their health, appearance and quality of life.

The Surgical Weight Loss Centre treats hundreds of new patients each year and can point to thousands of success stories.

One goal. Two safe and effective programs.



### Gastric Banding Program

Gastric Banding is a procedure in which an adjustable band called a "Lap-Band" is placed around the upper stomach to reduce the amount of food your stomach can hold. Weight loss is achieved by helping patients with portion control by giving them a prolonged sense of fullness after eating smaller meals. It's an option for people with a BMI over 30 and who may be more than 50 lb. overweight. With a proven record of successful weight loss around the world, it is the least invasive surgical method available for achieving sustained weight loss.

Lose the weight and keep it off - for good this time.



#### Advantages

Weight loss occurs at a safe rate of about 1-2 lb. per week, maintaining muscle mass and skin elasticity. The Lap-Band is adjustable, which enables the degree of restriction to be customized for each patient.

**Weight loss with the Lap-Band is sustained**, as shown in long-term studies.

Minimally invasive, the Gastric Banding procedure eliminates many of the risks of other obesity surgeries, such as the gastric bypass or stomach stapling. Most patients are able to recover quickly and return to their normal activities within one week.



The Lap-Band does not cause nutritional deficiencies.

Special diets are not required after surgery since the Lap-Band changes how much you eat, rather than

what you eat.

**No stapling of and no permanent changes** to the stomach and gastrointestinal tract.

The Lap-Band is reversible, if desired. However, the Lap-Band should be considered a permanent implant for sustained weight loss.

**Safe for pregnant women.** The Lap-Band can be adjusted to allow increased food intake during pregnancy.

For detailed information about the Lap-Band procedure, program and patient criteria, please visit www.swlc.ca



# Gastric Balloon Program

The Gastric Balloon is a state-of-the-art weight loss aid consisting of a soft, expandable balloon that is temporarily inserted into the stomach for up to 6 months. It creates a feeling of fullness, and significant weight loss can be achieved within a few months. It is used in conjunction with a personalized support program designed to help you achieve and maintain your weight loss goals. The Gastric Balloon Program is an innovative method for achieving significant weight loss and may be an ideal solution if you are looking to lose 30-50 lb.

Stop struggling with weight loss... start living.



#### Advantages

**Safe, effective and managed weight loss.** Consider the Gastric Balloon a jump-start to weight loss, with nutritional and dietary support.

A non-surgical procedure, the Gastric Balloon is quick and non-invasive. Patients are usually at the clinic for no more than two hours.

**Encourages portion control.** The Gastric Balloon changes how much you eat, rather than what you eat.



12-month program includes the gastric balloon device, nutritional guidance and a personalized support program, tailored to help you achieve and maintain weight loss.

The most up-to-date weight loss method available. The Gastric Balloon system combines a state-of-theart device with a guided support program, administered by the country's leading weight loss professionals.

Clinically proven and medically designed, the gastric balloon system has already become a safe, effective treatment for weight loss in Europe, Australia and South America.

For detailed information about the Gastric Balloon procedure, program and patient criteria, please visit www.swlc.ca



# Look, feel and live better... starting today!

#### Comprehensive support

Our services go beyond the Gastric Band and Gastric Balloon procedures. By helping you modify your eating behaviours, develop sound nutritional strategies and by encouraging physical activity, we can simplify what may often seem like a complex process.

By partnering with the Surgical Weight Loss Centre, you can sustain your weight loss while ensuring maximum health.



We have an extensive team of dedicated and specially trained professionals, including bariatric surgeons, anaesthetists, clinical nurse specialists, a dietitian, wellness coach and patient coordinators. We provide access to other medical specialists and health care professionals when needed. All team members play a part in providing the Lap-Band and Gastric Balloon Programs – the most comprehensive weight management care in Canada.

#### Meet your weight loss journey partners

At the Surgical Weight Loss Centre you are in capable hands. We have three surgeons who have each performed thousands of laparoscopic procedures and have received advanced training in the evaluation, treatment and post-procedure care of both Lap-Band and Gastric Balloon patients. All of our surgeons are on active staff at their local community hospital. Moreover, you are treated as an individual. You will always receive a personal consultation with one of our surgeons and a program fine-tuned to your specific needs.

#### Canada's leading weight loss facility

As the leading Canadian centre providing both Gastric Banding and Gastric Balloon procedures, our credentials and facilities are second to none.

The Surgical Weight Loss Centre is a fully equipped, state-of-the-art surgical facility.

We have advanced medical equipment, including specially designed bariatric surgical equipment and highly sophisticated patient monitoring systems.



## Sustainable weight loss... closer and easier than you think

Going the distance, long and short

At the Surgical Weight Loss Centre, we provide Gastric Banding and Gastric Balloon procedures to patients from all provinces and regions of Canada. In an effort to reduce the need to travel, we have adapted our programs to meet the needs of our out-of-province and long distance patients. If you are from outside of Ontario or live more than 2 hours from the clinic, we can arrange for you to have a telephone consultation with one of our surgeons.



#### Here to help for the long run

Your procedure is just the beginning of your journey. By partnering with the Surgical Weight Loss Centre, you'll continue to receive support and education wherever you live. You'll have access to seminars, symposiums, support groups, nutritional recommendations and much more to help sustain your weight loss – right here.

#### Fast facts:

The Surgical Weight Loss Centre is a fully equipped surgical facility that performs Gastric Banding surgery and non-surgical Gastric Balloon procedures.

The Surgical Weight Loss Centre is recognized as the Canadian leader of Gastric Banding surgery and the Gastric Balloon procedure.

The Surgical Weight Loss Centre is a state-of-the-art facility that provides clients with safe, friendly and compassionate care.

Our staff has been carefully selected to meet the high standards of our clinic. Our complete and dedicated team, consisting of surgeons, anaesthetists, nurses, a dietitian, wellness coach and patient coordinators, are highly experienced and proud to provide professional and friendly service.

The Surgical Weight Loss Centre offers a comprehensive Support Program for every patient.

Disclaimer: This brochure contains introductory information only. It is not intended to be relied upon or to replace a full discussion with one of our surgeons regarding whether our procedures are right for you, and the possible associated benefits and risks.

# Canada's Leading Weight Loss Clinic



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Call for a FREE Consultation 905 278 8000 or 1 888 278 7952 or visit www.swlc.ca

SurgicalWeightLossCentre