

Medsana Medical Clinic is a multidisciplinary weight loss clinic. We have a team of general practitioners, specialists and allied health professionals who can help you achieve your weight loss goals. We value collaboration, compassion and clinical outcomes. Medsana Medical Clinic is located in **Building 10 Freeway Office Park, 2728 Logan Rd Eight Mile Plains QLD 4113**. There are ample parking bays, parents room, wheelchair access and 360kg capacity scales.

### Dr Linh, Dr Jamie, Dr Champak, Dr Uyen

Our friendly General Practitioners have done additional training and look forward to meeting you. We will also deliver focused psychological strategies to help if required.

### Dietitian Venus So, Angeline Stania

30 min consults \$95 (Medicare rebate available if eligible and your GP has done an EPC referral under a GPMP & TCA). Bulk billing is available (conditions apply).

### Exercise Physiologist Darcie Rehbein

30 min consults \$77 (Medicare rebate available if eligible and your GP has done an EPC referral under a GPMP & TCA). Bulk billing is available (conditions apply). \$10 group classes Saturday 8-9am.

### Visiting Specialists

Dr Waqas Fazal - offers Endoscopic Sleeve Gastroplasty and Gastric Balloon. Phone: 07 3517 4301  
Dr Shenaz Seedat - offers Endocrinology services.  
Ask reception for more details.

### I've tried to lose weight before and it hasn't worked. How is this different?

As bariatric doctors, we understand the science behind body weight regulation and all the biological ways that the body will try to defend you against weight loss. We will show you how you can overcome these hormonal changes so that you can keep the weight off for life and keep hunger at bay.

We will administer a treatment plan that is suited to your individual medical needs – there is no one-size-fits-all approach. Your doctor will be here to support you in the long-term and ready to help you get back on track if you ever relapse in the future.

### I have complex medical needs. Can I still access your care?

Yes! Our bariatricians are specially trained in obesity management and the management of weight-related conditions. We can adjust your treatment plan to suit your particular medical needs, consider your current medications and discuss with you whether appetite-suppressant medications are appropriate for you.

### Can I claim a Medicare rebate?

Absolutely! Our services attract a Medicare rebate, helping to make weight management care more accessible for our patients. You can find out more about our fees on our website.

### Are Telehealth appointments available?

Yes, we love how convenient Telehealth appointments are for our patients! You can book in a phone or video call consultation with our bariatric doctors and receive the same excellent medical care as you would in person. (Note: in order to receive a Medicare rebate for Telehealth appointments, you need to have had an in-person visit with us in the last 12 months first).



## Medical Weight Loss Clinic

Safe, effective and compassionate medical weight management care

(07) 3852 4878

To find out more or to book online visit us at  
[www.medsana.com.au](http://www.medsana.com.au)

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## Why is it hard to lose weight?

## Weight loss that works

## A doctor on your side

Managing weight effectively starts with understanding the cause!



### Genetics

The genes you inherit from your family are a significant factor in determining your weight. The impact of genetics on weight is somewhere in the range of 40-70%. Your genes determine your set point of weight – a weight which your body will try to defend.



### Physiology

Ghrelin, leptin and several other gut hormones help to mediate your hunger and level of fullness, which then affects the amount of food you eat.



### Environment

Complex factors such as the availability of high calorie foods, reduced levels of physical activity and increased levels of stress, depression and anxiety have all contributed to higher rates of obesity in our Western culture.



Evidenced by the latest medical research

### Dietary Plans

- Low-carbohydrate diets
- Reduced-energy diets
- Meal replacements for rapid weight loss
- Special catering for specific dietary needs & referrals to our dietitian where needed

### Medications

- Appetite suppressant medications to reduce feelings of hunger & cravings

### Lifestyle Advice

- Assistance for those who struggle with emotional eating, anxiety and depression
- Exercise plans to help you increase your muscle mass and reduce your fat percentage
- Education modules to explain the science behind your weight gain, cravings and handy tips to maintain your body weight in the long-term

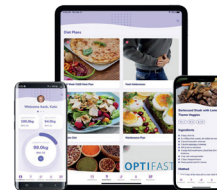
### We also:

- Offer pre and post bariatric surgical care, where necessary
- Work closely with your regular GP and other healthcare providers as part of a multi-disciplinary approach
- Assist with outgoing referrals to other specialists, where appropriate, including dietitians, exercise physiologists, psychologists, bariatric surgeons and cardiologists

**Our patients typically lose 1-2.5kg per week\***

### The Valita App

- Daily weight, mood and water intake tracking
- Two-way communication between you and your doctor
- Access to all of our resources and educational modules
- Recipes, dietary plans and an in-house exercise program



Our services are delivered via ongoing one-on-one medical consultations with your bariatrician

### In your initial consultation, we will:

- Determine the causes of your weight gain
- Perform a biometric analysis
- Order appropriate investigations
- Administer the most appropriate medical treatment option for you

**In order for you to rapidly and safely achieve a healthy body weight**



### Medical expertise

Our bariatric doctors are members of RACGP Obesity Management Specific Interests Network and are certified in Obesity Management training. Each doctor has undergone extra training to provide the safest, most effective and compassionate weight management treatments.

Our bariatricians understand the causes behind your weight gain and will work with you to administer the most appropriate medical treatment to help you maintain a healthy body weight for life.

\*Individual results will vary

