

# TWO PATHWAYS, ONE SUPPORTIVE TEAM

There's no single right way to manage your weight. Here is what each pathway involves, step by step, so you know what to expect before you decide anything.



BOTH PATHWAYS START HERE

## Consultation with Mr Siva Gounder

In person or by telehealth. Your pathway is agreed with you, not decided for you.

### MEDICATION PATHWAY

6 steps

## Medical weight management



### 1 At your consultation

A medical review and assessment: your history, current medications and goals.



### 2 Agree on a plan

Whether medication is appropriate, and which supports are added: dietitian, exercise physiologist, psychologist.



### 3 Start under medical supervision

Your plan begins with your doctor overseeing it from day one.



### 4 Regular reviews

Your progress, any side effects and your dose are checked at each review.



### 5 Review the plan

Together you decide what comes next.

Continue

Adjust

Add support

Discuss surgery →



### 6 Long-term maintenance

Weight is a long-term health condition, so your support continues after the early results.

### SURGERY PATHWAY

5 steps

## Weight loss surgery



### 1 At your consultation

Eligibility is discussed and, if surgery is suitable, your options are explored. A GP referral is needed for the surgery pathway.



### 2 Detailed discussion and investigations

Blood tests, scans and endoscopy as needed, plus a clinical assessment of your readiness and support.



### 3 Confirm your surgery option

Your procedure is confirmed and your dietitian appointment is booked.



### 4 Surgery at the hospital

Your operation takes place in hospital.



### 5 Recovery and aftercare

Support from the team, including follow-up appointments.

Some people come to this pathway from a medication plan review (step 5 of the medication pathway).

EVERY STEP, BOTH PATHWAYS

## One team supports you



Surgeon-led care


Dietitians and exercise  
physiologist


Psychologists



## Not either/or

The two aren't mutually exclusive, and many people use both over time. You don't have to know which is right for you. You just have to be ready for a conversation.

General information only. Every pathway is planned with your doctor after your assessment, and steps may vary for each person.

Book a consultation: call **08 6155 8822**

Monday to Friday, 8am to 4pm · In person or telehealth

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