



Orbera™

managed weight loss system



**THE FIRST DESIGNATED INTRAGASTRIC
BALLOON PROGRAM IN SOUTH AFRICA**



EXCLUSIVE TO
AHMED AL-KADI
PRIVATE HOSPITAL
Excellence In Healthcare

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**THE ORBERA™ MANAGED
WEIGHT LOSS SYSTEM IS HERE.**
No drugs, no surgery, just results.





The Orbera™ Weight Management Program has been developed by the Hernia & Gallbladder Centre of Excellence based at the Ahmed Al-Kadi Private Hospital. The program is designed to target overweight individuals for the purpose of lifestyle rehabilitation. The patient is armed with all the tools to achieve gradual weight loss to desired weight and maintain that weight independently thereafter. The Orbera™ intragastric balloon is the chosen balloon for the program and is the international market leader.

Features of the Orbera™ Weight Management Program:

Non-surgical

Reversible

Excellent side-effect/ complication profile

Repeatable

Patient assumes responsibility for his/her own weight loss

Weight loss goals are closely linked to the patients' degree of commitment to the program

·Based on solid evidence-based principles: no fads, gimmicks or tricks!

·Sends the correct message about weight management



Patients not suitable for the program, amongst others, include:

Co-morbidities (medical conditions) precluding physical activity

Prior gastric (stomach) surgery

Pregnancy; patients approved for the program are advised to use contraception during the first 6 months of the program

A highly skilled and dedicated team has been assembled to support the various aspects of weight management during the program period. The team includes a surgeon, medical doctor, clinical psychologist, registered dietitian and fitness trainer. Upon enquiry, the patient is screened by Dr Mansoor (surgeon) with specific regard to suitability for the program. Thereafter, the intragastric balloon is implanted endoscopically as an out-patient procedure. The balloon remains in-situ for 6 months after which, once again, it is endoscopically explanted on an out-patient basis. During the 1 year period, the dietitian, clinical psychologist and fitness expert takes the patient actively through the paces of their weight loss journey.

FITNESS SCHEDULE

Month : Sessions

2 4

Intervention

Assess client's profile:

Exercise and lifestyle history
Previous or current injury analysis
Girth measurements and body mass recording
Discuss proposed training schedule for the 12 month period
"Before" photos to track visual progress
Initial sessions will remain as beginner training sessions focusing on body movement and creating awareness of body biomechanics

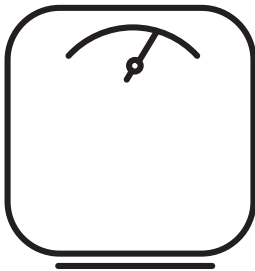
Month : Sessions

3-6 24

Intervention

Training Routine
See phases 1-3 below

THE PROGRESSIVE TRAINING PLAN PHASES



Phase 1: The De - Conditioning Phase

To use what the patient already has in order to change their expectations of what they will experience with exercise

Focus primarily on strength exercises that mimic everyday movements and on very limited amounts of endurance activities. "Feel better first" - this improves program adherence

Squats, lunges, upper-body pushes and pulls, and body awareness exercises

Endurance activity: Start low. Go slow. Progressive and gradual increase as endurance improves

Progressions are added in small increments in the first few weeks and then onto larger steps later on. At this point, the program can begin to look more like a traditional program

FITNESS SCHEDULE

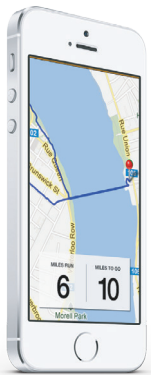
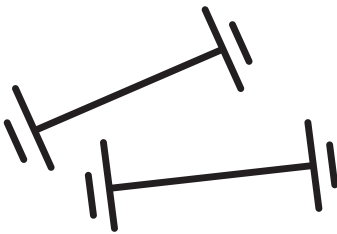
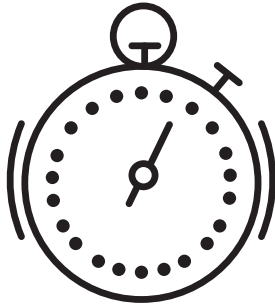
Phase 2: Adapting to the various training techniques and exercises

Core work: "Re-connect" abdominal and back muscles. We will keep core exercises to four initial exercises: modified front planks, gluteal bridges, bird dogs and back extensions

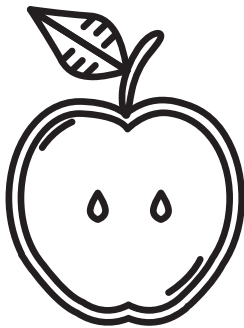
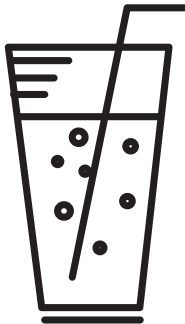
Building endurance capacity: the objective is to increase cardiovascular endurance with a variety of activities. Endurance is built up over the earlier weeks so that patients gain confidence, muscular strength and self-esteem from their accomplishments. Our goal for them is to complete the workouts thinking they could have done more and eager to come back, until the desire for exercise as a lifestyle modification is established

The Use of Pedometers: Pedometers are an invaluable tool for monitoring physical activity outside of the structured training environment. We will ask Orbera™ patients to increase their total steps by 50-100 steps every day until they reach the 10,000 steps/day goal. Gradually increasing the number of steps serves to motivate patients. This is something that can be done with friends, co-workers and family members

Cardiovascular Activity: this will be increased based on patient tolerance. Overweight patients may have musculo-skeletal concerns. As such, overuse symptoms may occur sooner than with patients of lower weight. The knees, hips and back are primary areas of concern



FITNESS SCHEDULE



Phase 3: Adopting fitness as part of a healthy lifestyle

Overweight patients are often initially afraid and unwilling to watch their form in a mirror while working out. In resistance training, they turn sideways or turn away from the mirrors all together. However, after they improve self-confidence, they begin to see their bodies as amazing, functioning assets. Then they will independently turn to face the mirrors, watching their bodies and checking form. This is when we know they have made that next big leap into their level of wellness.

Reassess and evaluate: Progress Trackers

Weight, girth measurements
Before and after photos
Patient updates: concerns, obstacles etc.
Assess current lifestyle habits and improvements e.g. sleep patterns, stress levels, coping mechanisms
Training and fitness plan will be updated in accordance to the patient's personal goals

Month : Sessions

7-12 36

AIM: emphasise maintenance, sustainability requirements and pre-requisites of a healthy lifestyle

Prescribe a reasonable and achievable training routine for their specific goals and lifestyle
Ongoing monthly assessments include:
before and after photos
girth measurements and weigh-ins
Fitness tests if client is keen and suited for such progress trackers

SESSION BREAKDOWN



OVER 12 MONTHS

Month 1:
no training

Month 2: (4 sessions)
1 x session per week

Month 3 - 6: (4months)
6 x sessions a month
(24 sessions)
1 x rest week per month

Month 7 - 12: (6 months)
6 x sessions a month
(36 sessions)
1 x rest week per month

DIETETICS SCHEDULE



- Pre-implantation 1** | AIM: Problem Evaluation
Comprehensive diet history - identify problem areas to focus on
Anthropometric assessment - weight, body fat % and muscle mass
- Pre-implantation 2** | AIM: Dietary counseling; assess readiness and suitability for lifestyle change and Orbera™ Program respectively
Counsel on mindless vs. mindful eating; importance of portion control and focusing on physical hunger
Information - avoiding comfort eating and healthier snack options
Evaluate desire for change; discuss role of Orbera™ Program towards achieving a healthier lifestyle
Discuss realistic expectations and outcomes from the Program
Prepare patients for liquid and puree foods post implantation
- Weeks 1-2 (one visit)** | AIM: Preparation for post implantation dietary modification - liquids/puree
Counsel on post placement dietary modifications and guidelines to prevent and manage complications
Information - Fluid diet with nutritionally complete meal replacement options, sample menu and dietary guidelines to cope with possible symptoms
Counsel on dietary progression to pureed foods
Information - Pureed soft and solid foods with meal plan, as well as dietary guidelines to adjust to modifications



DIETETICS SCHEDULE

Weeks 3-4 (one visit)

AIM: Transition to solid foods and starting a regular healthy weight loss diet
Counsel on planning healthy balanced meals
Information - dietary guidelines on healthy eating and regular personalised weight reducing meal plan
Monitor weight loss - anthropometric assessment

Months 2-12 (one visit monthly)

AIM: Maintaining a healthy lifestyle with healthy balanced eating and regular physical activity
Provide food journal to record food intake
Assess compliance to regular nutrition plan and satisfaction with meal options recommended. Adjust if necessary
Counsel on fueling workouts with the correct nutrition
Information - appropriate snack options pre- and post-workout
Counsel on reading food labels
Information - how to identify low fat, low sugar, low sodium products
Focus counselling on any problem areas identified in terms of nutrition
Month 6: preparation for balloon removal
Month 7: making responsible choices post balloon removal; how to deal with 'hunger'
Anthropometric assessment - weight, body fat % and muscle mass at every visit

Patients will be provided:

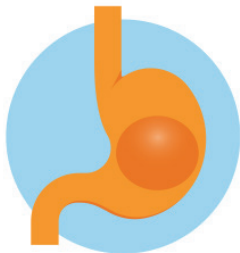
- a food journal to record intake which will assist with comprehensive dietary review
- a nutrition care file to keep



CLINICAL PSYCHOLOGY SCHEDULE

*MDT : Multi-disciplinary team

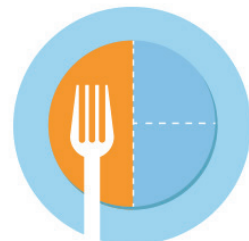
Sessions	Intervention
1	Clinical Interview, Assess suitability for Orbera™ Program, examine existing relationship with food (Discussion with members of MDT)
2	Follow-up assessment, further assessing readiness for procedure (assess likelihood for adjustment) (Discussion with members of MDT)
3-8	First 6 months post procedure: 1 session per month to: <ul style="list-style-type: none">· monitor adjustment· adherence to program rules / requirements· behaviour modification (healthy relationship with food healthy lifestyle factors)· assess motivation, providing psychoeducation and self-esteem work (family / psychosocial intervention if necessary)· monitor for presence of shift in mood· preparation for extraction
9	Final preparation - pre-extraction: Assess readiness. (Discussion with members of MDT)
10-12	Last 6 months of program: 1 session every second month to: <ul style="list-style-type: none">· Monitor progress and adjustment· Motivation / Encouragement· Adjustment to the new self, post procedure.



Simple Design



3x the Weight Loss of Diet & Exercise Alone



Portion Control

MEET THE TEAM



From left: Sumaya Jeewa, Sumaiya Essa, Tasneem Kharwa, Mariam Manack

Profiles and Credentials:

•**Sumaya Jeewa: Clinical Psychologist**

BA Psychology (*cum laude*) BA HONS Psychology (*cum laude*) M. Soc. Sci

•**Sumaiya Essa: Registered Dietitian**

BSc Dietetics (*cum laude*) Post Grad Diploma Dietetics (UKZN)

•**Tasneem Kharwa: Medical Doctor**

MBChB (UKZN) *cum laude*

Dr Kharwa is an extended member of the team and will only attend to the medical issues of self-referred patients. All other patients referred by general practitioners or specialist physicians will have their medical needs attended to by the referring doctor.

•**Mariam Manack: Personal trainer and conditioning expert; iTrainSA**

B. Sport Science (UKZN)



Dr Ebrahim Mansoor

MBChB (*cum laude*) MMED (UKZN) FCS (SA) D MAS (WALS)
Specialist General and Minimal Access Surgeon
Endoscopist



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COST

PROGRAM DURATION: 12 MONTHS

Package 1:

R 52 000

Includes cost of balloon, endoscopic implantation & explantation, 12 sessions with clinical psychologist, 15 sessions with dietitian, surgeon fees and 64 sessions with personal trainer

Package 2 (no balloon package)

R25 000

Only for patients in whom the intragastric balloon is contraindicated



After six months with the ORBERA™ two-part program, people lost an average 3.1x the weight patients lost with diet & exercise alone.

Ahmed Al-Kadi Private Hospital



Ahmed Al-Kadi Private Hospital Waterfall Road main entrance



Private Suites



Surgical 2 Bedded Ward



Medical Ward

World Class Medical Facilities



Enquiries Desk



Lower Ground Waiting Area



First Floor Waiting Area



Main Lobby



Main Entrance



Main Entrance Lobby Area

Medical Ward

- 18 Beds
- 2 Isolation Beds

Surgical Ward

- 39 Beds
- 3 Isolation Beds
- 1 Private Bed



Bed Bookings: 031 492 3403

Maternity Unit

- 20 Beds
- 2 Delivery Rooms
- Well Baby Nursery
- 9 Neo Natal Care Beds
- Private Suites available
- Male & Female Obstetricians & Gynaecologists



Bed Bookings: 031 492 3403
Ward Tour: 031 492 3430

Paediatric Ward

- 18 Beds
- 2 Isolation Beds
- Kiddies Playroom
- 7 Day Ward Beds



Bed Bookings: 031 492 3403

General Ward

- 14 Beds
- 3 Private Beds

Private Suites

- 7 Luxury Suites
- 1 Isolation Luxury Suite



Bed Bookings: 031 492 3403

24 Hour Emergency Department

- 3 Examination Rooms
- 2 Resus bays
- 1 Procedure Room
- 1 POP Room
- 1 Comfort Room



031 492 3425



LOSE THE WEIGHT

No Drugs, No Surgery, Just Results

 <p>ORBERA™ Balloon</p>	 <p>3x the Weight Loss</p>	 <p>Portion Control</p>
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