

Introducing Brooke Street Medical Centre's Weight Management Clinic

Managing your weight can be a challenging task.

Many people have attempted weight loss interventions and often experience temporary success and rebound weight gain, which can be demoralising and frustrating.

However, in recent years, the understanding of the biology of obesity has advanced, which is leading to the development of new treatment approaches.

The Weight Management Clinic Doctors at Brooke Street Medical Centre aim to help patients with realistic and sustainable weight loss over a period of time, thereby also reducing the risk of associated diseases such as heart disease, diabetes, and other health issues.

The cornerstone of long-lasting weight loss is creating a personalised, healthy lifestyle that can be maintained for many years.

Certain diets, exercise, medications, and sometimes surgical options can kick-start and assist in creating these lifestyle changes.

At Brooke Street Medical Centre, patients have access to dietitians, exercise physiologists, physiotherapists, personal trainers, psychologists and specialists who can all be part of your weight management plan if needed.

Over the last year, the doctors have developed a structured intervention approach, which will be tailored to your individual needs. Your weight management Doctor will step you through this process and provide you with a personalised intervention plan during your first sessions.

Weight Management Clinic - Appointment and Fee Structure

<i>Time</i>	<i>Follow-up plan & session time</i>	Gap Fee-Private	Gap Fee-Concession
Week 0 (starting)	In-person, 45-minute assessment, information, and investigation session	\$45	Bulk Billed
Week 1	In-person, 30 minutes for plan and results	Bulk Billed*	Bulk Billed
Week 3, 5, 8**	Via telehealth (TH) - phone or face to face	\$45	Bulk Billed
Week 12 (3 months)	In-person, to review care plan and progress, check weight, BP, HR, and blood tests.	Bulk Billed*	Bulk Billed
Week 16	In-person or Telehealth, to decide whether or not to continue treatment.	\$45	Bulk Billed
Six months	In-person, to review care plan and progress, check weight, BP, HR, and blood tests.	Bulk Billed*	Bulk Billed
Nine months	In-person, to review care plan and progress, check weight, BP, HR, and blood tests.	Bulk Billed*	Bulk Billed
Any Time	If issues arise, in person or via Telehealth.	\$45	Bulk Billed
* Bulk Billed (BB) if eligible for a Chronic Disease Management Plan otherwise a \$45 gap payment will apply			
** Personalized, depending on your treatment program			