

# Finally, a solution to achieve and maintain weight loss!



When you struggle with your weight, the constant feeling of hunger can make sustained weight loss seem impossible. The Lap-Band can change all that.

**Q: How does it work?**

**A:** It's simple, really. It's a tool for portion control which can help you to eat less, lose weight and achieve long lasting results. The increased satiety and reduction in food intake leads to weight loss.

**Q: What are the benefits?**

**A:** No more yo-yo dieting! The Lap-Band is adjustable, reversible and can help you achieve weight loss of one to two pounds per week. Studies show that sustained weight loss can result in the improvement or resolution of many health risks associated with obesity, such as Type 2 diabetes, sleep apnea and hypertension.

**Q: What is the support after the surgery?**

**A:** We offer a customized support program delivered by our dietitian, wellness coach, patient coordinators, nurses (including Canada's first certified bariatric nurse) and surgeons.

**Q: What does this mean for me?**

**A:** We can help you achieve sustained weight loss which can improve your health, appearance and quality of life. There are three aspects of a successful program - the Lap-Band, a comprehensive support program and you!



Dr. Chris Cobourn



Dr. David Mumford

- Surgeons, Surgical Weight Loss Centre.

## DID YOU KNOW?

- **SWLC** has performed more than 3,000 Lap-Band and Gastric Balloon procedures for patients from across Canada.
- If you have a BMI of 30 or more you may be a candidate for the Lap-Band or Gastric Balloon Program.
- **SWLC** offers customized coaching and nutritional support to all of our patients.
- **SWLC** offers phone consultations for long-distance patients.



SurgicalWeightLossCentre

## CONTACT US TODAY FOR A FREE CONSULTATION

Lose weight | Improve your health | Achieve life-long weight loss success

**1.866.279.8199 or visit us at [www.lapband.ca](http://www.lapband.ca)**

Lap-Band and Gastric Balloon Programs • Mississauga, Toronto, Vancouver, Calgary