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Thank you for choosing Auralia, a market leader in weight loss procedures in Ireland. Contained within this brochure is an overview of our team, clinic and treatments we offer our clients.

We provide an extensive range of options, from surgical to non-surgical, that are tailored to suit the patient's individual needs and desires. Here in Auralia, patient care is at the forefront of our agenda when it comes to being a weight loss surgery provider.

We continually invest to create an exceptional patient service, which begins upon first contact and continues until the full aftercare program has been completed.

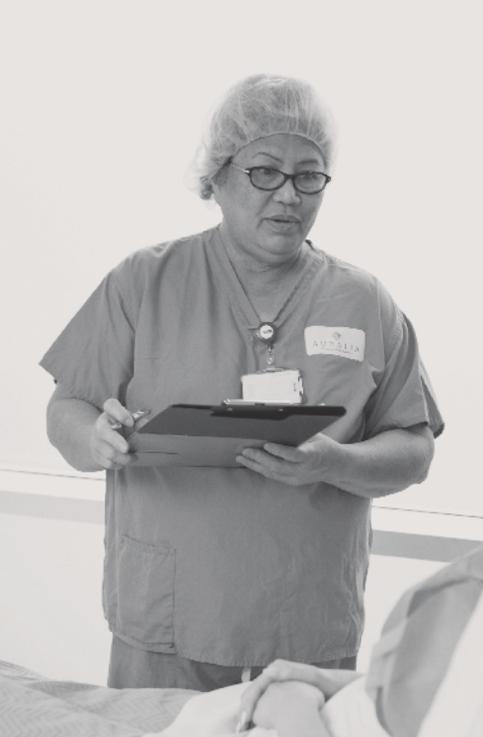


GASTRIC BAND / LAP BAND SURGERY

The Laparoscopic Adjustable Gastric Band, or Lap. Band, is a minimally invasive surgical procedure which is carried out in order to assist with weight loss. The purpose of the procedure is to reduce the amount of food a person can eat, whilst also making them feel full quite early on whilst eating. The Lap. Band has proven results with over 800,000 being placed worldwide.

An inflatable silicone band is placed around the upper part of the stomach. When placed around the upper part of the stomach, a new small stomach “pouch” about the size of a golf ball is created above the band, leaving the larger part of the stomach below. This procedure is carried out within our state of the art, fully CHKS, NTPF and ISO accredited, private hospital in Dublin. The procedure is carried out under general anaesthetic and is completed via laparoscopy (keyhole surgery). The procedure usually takes around 35–45 minutes to complete.

- The main advantage of the Lap. Band is its adjustability. The Lap. Band can be tightened or loosened in a matter of minutes in our clinic. We understand that no two patients are the same, therefore, we will adjust every individual Lap. Band until we find the perfect fit for each patient.
- The surgery itself is minimally invasive, only taking around 35–45 minutes to complete. There is minimal scarring with very small incisions made. The stomach itself remains fully intact, along with the full digestive system.
- Unlike other obesity surgeries, the Lap. Band is fully reversible. Although it is not our intention to do so, should anybody wish to have the Lap. Band removed, they will be left with a fully intact stomach and gastro-intestinal tract.



AFTERCARE

Here at Auralia Weight Loss Clinic we take pride in our comprehensive after-care program which has been proven to be the most effective program for long-term weight loss and weight management. As part of your after-care:

- You will have access to twenty-four hour phone lines which put you through directly to a member of our medical team.
- You will receive full expert nutritional guidelines, which are worded in a way that is easy to understand whilst still explaining every detail of the foods and drinks which you should consume, along with explaining portion sizes, cooking instructions and how to re-adjust your eating habits.
- You will receive tailored exercise guidelines which are structured around your own abilities. We have structured these guidelines for many of our customers around long-term goals such as walking a 5km race or even running a marathon! Whatever your goal is, we will work towards it as a team!
- You will be entitled to regular appointments with our weight loss team in order to maximise your results for the entire duration of your after-care!
- You will be entitled to have your gastric band adjusted every month throughout your after-care.
- You will receive FULL surgical cover!



“Just wanted to say thank you and to let you know how much I appreciate what you have done for me. You have a lovely manner and made the whole experience far less scary and intimidating than I thought it would be. Keep up the good work and thanks again for everything.”

E.T. Dublin

A typical weight loss goal would be between 5 and 6 stone (32–38kg) within the first year. Several customers have lost as much as 9 stone (57kg) within this time. A customer’s weight loss is largely dependent on how much effort they put into the program. Generally, the more you interact with the program, the more successful you will be. It is also important to note that Auralia Weight Loss Clinic has NEVER had a patient who simply hasn’t lost weight on our gastric band program!

The particular device we use is the most advanced gastric band worldwide and is the first and only gastric band device to receive full FDA approval for patients with a BMI above 30 as a result of more than 10 years of research in collaboration with leading surgeons throughout the world which has proven it to be the safest and most reliable gastric band available throughout the world by a significant margin. With more than 700,000 Allergan gastric bands being placed worldwide, it is the most widely used device on the market. The Allergan gastric band also boasts the highest fill volume available compared to every other device on the market which allows for more accurate individual adjustments along with greater flexibility for our patients. The Allergan gastric band is the most researched medical device for weight loss worldwide and has been the focus of more than 5,000 published research papers.

With this in mind, you can be rest assured that you are receiving the safest, most reliable gastric band available throughout the world!



EXPERTISE,
IS PEACE
OF MIND



STEP BY STEP CONSULTATIVE PROCESS

EXCELLENCE IN AFTER CARE



GASTRIC BALLOON

The Gastric Balloon is a non-surgical weight-loss device for moderately obese individuals which is used to assist in losing their excess weight. The objective of the Gastric Balloon is to partially fill the stomach, giving a feeling of fullness, whilst restricting the amount of food you can consume. You not only feel less hungry, but feel fuller more quickly after small meals. The gastric balloon is a temporary device and is removed after a number of months.

The Gastric Balloon is placed in a deflated state into your stomach via an endoscopic tube through the mouth and inflated with an external catheter once it is in place. The procedure is not normally carried out under general anaesthetic, however, the patient is given a mild sedative to help them relax beforehand, and a local anaesthetic to numb the throat. The procedure will take approximately 20 minutes and the patient can return home within a couple of hours after the procedure. There are no incisions made to any part of the body whatsoever.

The Gastric Balloon is removed in the same way it was placed, via an endoscopic procedure through the mouth. You will be given a mild sedative and a local anaesthetic to numb the throat. Using an endoscopic camera, the physician will introduce a catheter through the mouth and into the stomach. The balloon will then be drained of the saline fluid and deflated. Once the balloon is drained it can be grasped and removed easily. You can return home within a couple of hours.

AFTERCARE

Here at Auralia Weight Loss Clinic we pride ourselves in our comprehensive after-care program, which you will receive for one year after your procedure.

- You will have access to twenty-four hour telephone support after the procedure.
- You will receive daily telephone checks for one week after the procedure.
- You will have as many follow up sessions as needed with our weight loss surgery team for one year after your procedure.
- You will receive our expert nutritional and exercise guidelines in order to maximize your weight loss and sustain your loss long-term.
- You will receive FULL surgical cover whilst your gastric balloon is in place.

Our customers who participate in the program can expect to achieve significant weight loss. The amount of weight you lose will depend on how much you adhere to the nutritional and exercise guidelines. In general, we would expect our patients to lose a minimum of 16kg (approx. 2.5 stone).

Before

3 Months

After



Aline, 3 stone 2lb loss over 6 months, following our Gastric Balloon Program

Before

After



Jennifer, 8 stone 8lb loss over 12 months, following our Gastric Band Program

The following results were achieved in two large published clinical studies using the gastric balloon.

Brazilian study 2004

323 PATIENTS

Average weight loss after 6 months:

15kg
(2 Stone,
5 lbs)

European study 2005

2,515 PATIENTS

Average weight loss after 6 months:

20kg
(3 Stone,
2 lbs)



**“What more can I say but the BIGGEST
thank you to the team at Auralia.
You have given me my life back.”**

R.H. Limerick

NON-SURGICAL WEIGHT LOSS PROGRAM

Our non-surgical weight loss program greatly assists patients in shedding those stubborn pounds without the assistance of surgical procedures or implanted devices. Each patient will have their program tailor-made to suit their ability and goals, however big or small they may be.

We provide you with expert exercise and nutritional guidelines whilst also providing constant support and motivation through regular meetings with our weight loss co-ordinator throughout the program. You will not only lose excess weight, you will also be educated on how to keep the weight off long-term and how to build a healthier, happier lifestyle. You will also have your cholesterol levels, glucose levels and blood pressure determined before and after the program.

- No medical procedure is required.
- Nutritional and exercise guidelines are structured around each individual's goals and capabilities.
- Our program is designed to not only assist you in losing weight, but to also teach you how to keep the weight off.
- Regular consultations throughout the program make achieving your goals easier and increase your motivation to succeed.

AFTERCARE

Here at the Auralia Weight Loss Clinic, we take pride in our comprehensive after-care program.

- You will receive regular telephone calls from our weight loss team.
- You will receive expert nutritional and exercise guidelines in order to maximise your weight loss along with educating you on your long-term weight loss management plan.
- You will have regular follow up sessions with our weight loss surgery co-ordinator in order to gain your best results.



TAILORED
TO YOUR
NEEDS

OUR CLINIC

Our purpose-built clinic is one of the most modern facilities in Ireland, employing the highest standards in both our equipment and staff. Conveniently located just off the M50 in Park West, which is easily accessed from all parts of Dublin and the wider area.

