



2014 Weight Loss Surgery Conference

Kelvin Hotel, Invercargill - 31st October – 2nd November 2014

The 5th Weight Loss Surgery NZ Trust National Conference, is to be held in Invercargill. We are looking forwards to great weekend of making new friends, meeting and putting faces to names from our Face Book page and catching up with old friends.

Speakers Include



Dr Mark Smith is well experienced in both laparoscopic weight loss surgery and other advanced minimally invasive surgical techniques. He has worked in Edinburgh, Scotland; and for two years as a specialist bariatric surgeon at Oregon Weight Loss Surgery, a certified bariatric center of excellence. Dr Smith's current surgical practice involves the application of advanced laparoscopic (keyhole) techniques for weight loss surgery as well as the treatment of gastro-oesophageal reflux, hernia, and gallstones. Dr Smith is also a Senior Clinical Lecturer at the University of Otago and a member of the American Society of Metabolic and Bariatric Surgery, the Obesity Surgery Society of Australia and New Zealand,

Mike Prouting is currently working for the Southern DHB as a clinical psychologist in medical health. Prior to this he had his own private practice working with couples, Family Court and private clients for over 10 years. He has lived for over 20 years in Invercargill. He will be doing a presentation on the changing of relationships after surgery. Many of us have lost long term friendships, marriages break up, and even family members have turned on us - Why? What is it about this surgery that changes us & changes those around us?

Renee Ladbrook is a private practice dietician specialising in weight loss and completed her undergraduate Bachelor of Science major in Human Nutrition at the University of Otago in Dunedin and postgraduate dietetics training in Christchurch. Renee has extensive experience in dietary weight loss and has previously worked for the Canterbury District Health Board at Christchurch Public Hospital, the Christchurch Diabetes Centre, and private practice and as a Diabetes Specialist Dietician in the United Kingdom.

Renee returned to Southland in 2011 to establish the nutrition component of the Southland Hospital bariatric surgery program.



Tania Roxborough underwent gastric bypass surgery over ten years ago and later documented her journey (pre and post op) in her memoir *Fat Like Me*. She lost nearly half her body weight and kept it all off for nearly five years. Although no longer at her lightest weight, Tania has never regretted the surgery, delighted at the second chance at life she was given and is conscious of the choices she now has with regard to her health. Over the decade since her operation, Tania has learned a lot about the way her mind and body ticks and has continued to deal with the underlying issues which contributed her becoming morbidly obese. Tania, a secondary school English teacher and award winning New Zealand author, is married, has two young adult daughters and currently lives in Dunedin where she is studying toward a BA in Māori and writing stories when ever she can grab the time. She happily admits that, though exercise makes her feel better and is good for her, she'd rather spend the day in her pyjamas reading a good book.

Some of the confirmed highlights:-

- Testimonies – hear about others journey into Weightloss Surgery.
- Giveaways and fabulous goodie bag
- Making new friends
- Clothing swap
- Friday Night Halloween Party
- Discussion on Regain
- Looking at our changing relationships post op.

For more information email registrations@weightlosssurgery.org.nz or phone 022 151 4752 or 022 160 4404

Register online at www.weightlosssurgery.org.nz