

Medical Port

PREMIUM MEDICAL TOURISM FACILITATOR

WEIGHT-LOSS PROGRAM

Agenda

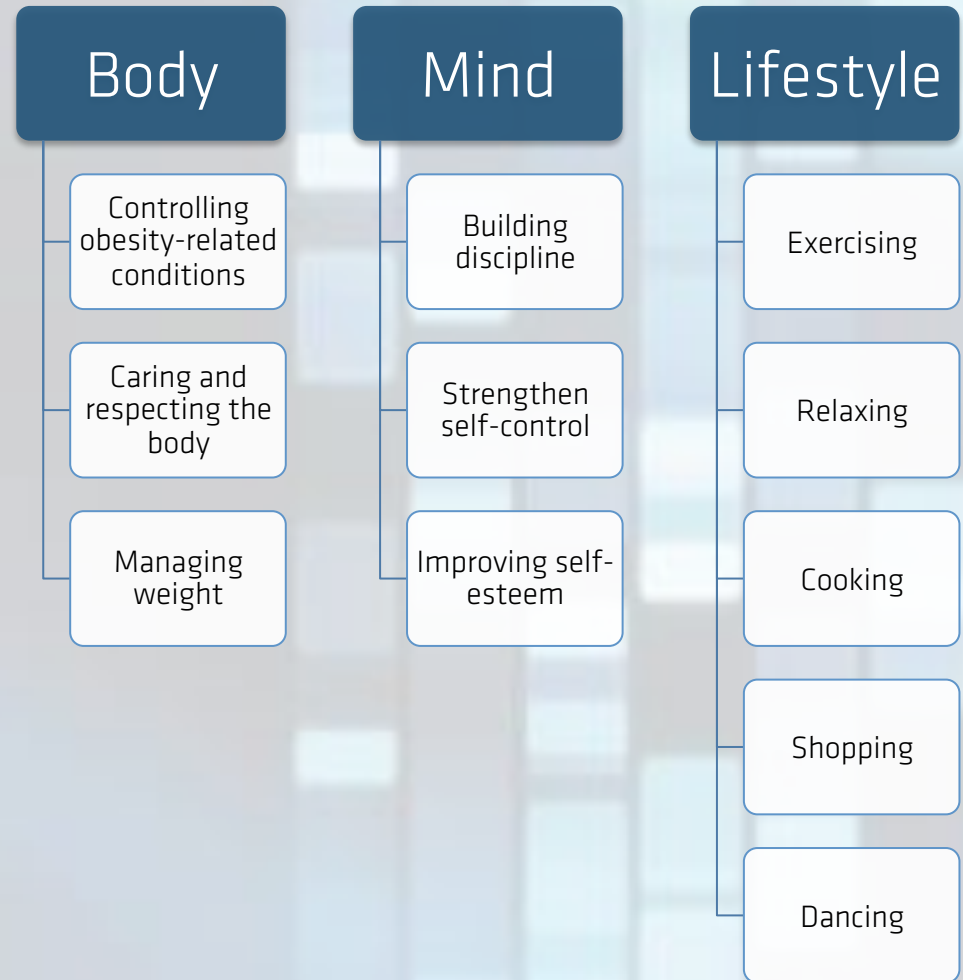
- The Holistic Approach to Weight-Loss
- Introducing the clinical body
- Different Weight-Loss Programs
- Healthcare providers

The Holistic Approach to Weight-Loss

An holistic and integrated view on Obesity

Our weight-loss programs are designed so that each individual can discover:

- The origin of the excess weight;
- The adequate medical and behavioural treatment;
- How to sustain long-term changes.



Introducing the clinical body

Ângelo Ferreira

MedicalPort
PREMIUM MEDICAL TOURISM FACILITATOR

Coordinator of the Obesity Treatment Centre, Obesity Surgery, Gastroesophageal Reflux Surgery (GERD), Minimally Invasive Surgery and Upper GI Surgery.

“Bariatric Surgery comprises a variety of procedures. The main purpose of the surgery is to reduce the volume of the stomach or the quantity of the food absorbed in the bowel, in order to promote a significant long-term weight-loss.

To achieve better results, the client should be self-motivated, psychologically prepared and at all times accompanied by a team of medical professionals. It is expected that the procedure allied with a dietary regime and physical exercise, improves overall health condition, life quality and self-esteem.

A continuous follow-up is advisable at all times.”



Madalena Lobo

CEO at Oficina the Psicologia, the leading Psychology clinic in Portugal; 20 years of managerial experience and Clinical Psychologist since 1987.

“There is simply no mind able to work without a body. We should never forget this, and we should care for our body with the same respect we care for our mind.

However, it is also true that the mind is a critical tool to regenerate the body, when it needs to undergo such important transformations. In fact, it is scientifically well documented that psychological intervention should always be part of any weight loss program if the primary goal is consistent results.”



Ana Rita Lopes

MedicalPort
PREMIUM MEDICAL TOURISM FACILITATOR

Specialized in Paediatrics, Pregnancy, Eating Disorders, Cardiovascular Diseases, Overweight, Food allergies and intolerance.

“Bariatric surgery can be an effective method for losing weight, however results are more effective when combined with a suitable nutritional care. Having a specific diet plan adjusted to each client is of extreme importance for a successful weight loss and to avoid potential complications and nutrient deficiencies.

After undergoing a bariatric procedure, a patient's diet consists of the transition from liquids to puree/blended foods, and then back onto solids, in order to preserve the staple line, enhance healing, and in all cases prevent unnecessary gastrointestinal symptoms and maximize fat loss. The duration of each stage depends on the procedure performed and the patient's tolerance.”



Different Weight-Loss Programs

Care at different stages

PREVENTION	DIAGNOSIS, TREATMENT & FOLLOW-UP
<p>Individuals with excess weight or pre-obese (at risk of becoming obese)</p>	<p>Previously identified as obese by a medical professional, according to existing clinical standards (IFSO guidelines)</p>
<p>The identification of those more likely to suffer from obesity is crucial to avoid acute developments</p>	<p>A comprehensive diagnosis is the most accurate way to understand the origin of the condition, as well as to prevent comorbidities (type II diabetes, high blood-pressure, sleeping disorders and osteoarticular). A customized treatment and follow-up plan will be designed for a lasting behavioural change.</p>

Prevention Program – 1 to 2 weeks

Preventing obesity requires an assessment on psychodynamics sustaining unhealthy eating patterns.

Includes:

In the absence of relevant psychopathology	Psychological education and creation of new habits (group therapy)	1 intensive week
If a relevant psychopathology is identified	Dialectical Behaviour Therapy (group therapy)	2 intensive weeks

Complemented with:

- nutritional counselling;
- learning new eating habits and customized regime;
- exercise plan adequate to weight loss and its maintenance.

All changes are measured objectively using valid scales and a self-report assessment and individual sessions may be required.

Diagnosis Program – 1 week

The diagnosis program allows for a thorough identification of the origins of obesity and extensive assessment of related medical conditions. This step is carried out in an hospital environment. Diagnosis includes:

Consultations	Exams
Nutritionist	Pathology
Gastroenterologist	Electrocardiogram
Endocrinologist	Thorax x-ray
Psychiatrist	Stress test
Psychologist	Upper G.I. endoscopy and biopsy
Bariatric surgeon	Abdominal ultrasound; Upper G.I. X-ray series

A detailed report with the findings is issued, including therapeutic recommendations (psychological, surgical, non-surgical).

Treatment Plan – 1 to 2 weeks

Customized treatment plan addressing the causes of obesity designed jointly by specialists from different fields.

6 therapeutic alternatives:

- Non-surgical procedures - Intra-gastric Balloon
- Surgical procedures (laparoscopic): Gastric Band; Gastric sleeve; Mini gastric bypass; Gastric bypass
- Non-invasive medical care: Psychological + Nutrition + Exercise

Psychological care, Nutrition and Exercise will also be applied to those who need one of the remaining therapeutic alternatives.

Treatment Plan – 1 to 2 weeks

Consultations in invasive procedures:

- Face-to-face and post-procedure;
- Remote consultations with the surgeon are promoted, both as assessment and follow-up tools.

During the treatment, periodic reports will include:

- Details and steps of the therapy so far;
- Recommendations on further medication and concomitant treatments needed;
- Follow-up plan that fits the patient.

Follow-up Plan – Up to 2 years

Scheduled appointments with physicians to monitor progress, adjust therapeutic and provide further guidelines. The frequency of contact depends on the course of treatment.

Consultations for non-surgical procedures and non-invasive medical care:

- 1st year - 1 monthly web + 2 face-to-face

Consultations for surgical procedures:

- 1st year: 1 monthly web + 4 face-to-face
- 2nd year - 1 quarterly web + 2 face-to-face

Follow-up Plan– Up to 2 years

The success of a Weight-Loss program depends on the patient long-term engagement and commitment.

> Next steps:

As positive outcomes are achieved after the follow-up plan, particularly in terms of weight stabilization, Plastic Surgery and Body Contouring plans should be considered in order to improve overall well-being and self-esteem.

Healthcare Providers

Hospital Lusíadas Lisboa

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Its prime location and unique space architecture allied with state of the art technology are key factors to describe some of its main features. Hospital Lusíadas Lisboa is finalizing the adaptation process required by the Joint Commission International committee. This infra-structure is considered by the Reputation Institute as one of the top 100 most prestigious brands in Portugal.



Hospital Lusíadas Porto

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Formerly known as Hospital da Boavista, is certified by the Joint Commission International since 2012 for its standards of quality, safety, outstanding client care, excellence and prestige services, making it a reference for all its clients. This is a modern infrastructure endowed with the most advanced technology as well as a solid and experienced team of health professionals operating in areas such as Obesity, Orthopaedics and Traumatology. It has a capacity of 18.733 surgeries per year and 54.780 inpatients.



Oficina de Psicologia

Oficina de Psicologia is a renowned Portuguese Psychology clinic, a leader and one of the largest European private clinics in its field. The clinic manages several specific projects and brands, including Medical Psychology, as well as carefully selected and designed treatment plans for short stays (World Brain Solutions). Oficina de Psicologia's team of highly qualified psychologists is experienced in challenging and integrated demands in the mental health area, intervention methods, designed for fast and impressive results.



Why Choose Portugal

Portugal is a unique destination for your Medical Tourism trip due to several reasons:

- Robust healthcare system
- Quality Medical Care
- Highly demanding medical training
- Internationally Accredited private hospitals
- Multilingual staff
- Affordable pricing
- Perfect touristic ecosystem
- Mild weather
- Safe environment
- Natural hospitality
- Ability to speak different languages

Why choose Medical Port

Key Role:

- Trust – Country & Process
- Coordination – All parties
- Simplification – Unique contact point
- Client's Advocate


Main Specialties:

- Obesity Treatments
- Plastic and Cosmetic Surgeries
- Orthopedics and Rehabilitation

Main Partners:

- Accredited hospitals, prestige clinics
- Professionals with international background





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