



Press Release

Monday, 8th September, 2008

Derry Clarke Unveils Beacon Hospital Website on Obesity

- *Obesityireland.ie will offer information, advice and solutions for those concerned about their weight -*
- *Beacon Hospital is the first full service hospital to offer a weightloss surgery programme -*

Celebrity chef, Derry Clarke, was on hand today (Monday, 8th September) to launch Beacon Hospital's new website on obesity in conjunction with the hospital's new weight loss surgery programme. Beacon Hospital is the first full service independent hospital in Ireland to offer weightloss surgery. The website, www.obesityireland.ie, will provide information, guidance and solutions and will be an invaluable resource for anyone concerned about their weight. The site aims to raise awareness of obesity, and the health risks associated with it, and to offer advice on diet, nutrition and exercise.

Derry Clarke, Chef/Owner of Dublin's famous Michelin star L'Ecrivain restaurant has contributed a number of exciting recipes to the website demonstrating that whilst diet needs to be monitored as part of a weightloss programme mealtimes need not be boring.

39% of Irish people are overweight and 18% are obese¹. The World Health Organisation has described the problem as a global epidemic with obesity figures soaring all over the world, not least in Ireland. Obese people have an increased risk of developing many serious medical conditions such as type 2 diabetes, coronary heart disease, hypertension and stroke, certain cancers, sleep apnoea and psychological problems.

¹ Figure taken from 'The Report of The National Taskforce on Obesity 2005'

The Consultant led team at Beacon Hospital, Sandyford, Dublin is now offering Laparoscopic Banding (Lap Banding) surgery to those who are morbidly obese and have a Body Mass Index (BMI) equal to, or greater than 35. Consultants at the hospital will assess a patient’s suitability for the procedure on an individual basis following a GP referral. The insertion of a lap band results in average long term (5 year) weightloss of 54% of a patient’s excess weight. Lap banding also significantly reduces the risk of weight related diseases as illustrated in the table below:

	Remission/recovered	& Improved	= Overall benefit
Diabetes	29-75%	8-63%	65-100%
Hypertension	38-58%	23-57%	63-100%
Reflux symptoms	76-82%	5-14%	87-90%
Arthralgia	52%	24%	76%
Sleep apnoea	38%	13%	51%
Dyspnoea	85%	12%	97%

The surgery offers a solution for those with a significant amount of weight to lose who have been unable to do so by other methods.

During surgery the size of the patient’s stomach is reduced by placing an inflatable band around the stomach to divide it into two parts, creating a smaller pouch at the top. This smaller pouch restricts the amount of food the patient is able to consume and causes a feeling of ‘fullness’ even when small portions are eaten. The band is inserted laparoscopically through four or five small incisions, otherwise known as ‘keyhole surgery’. The band can be inflated by injecting fluid through a very small tube to ensure that it is at the correct level of restriction for the patient –this may require a number of visits to the hospital after surgery.

Speaking at the launch of obesityireland.ie, Robert Stuart, Consultant Surgeon at the Beacon Hospital Bariatric Clinic said, “Lap band surgery can contribute significantly to the improvement of a patient’s overall health as it reduces the risk of obesity related conditions such as heart disease, diabetes and cancer. On average patients will experience a weight loss of 55% of their excess weight not to mention a significant boost to their confidence and overall wellbeing.”

Aftercare

During the weeks following surgery, patients should continue to mobilise and wear TED stockings to reduce the risk of DVT (Deep Vein Thrombosis). They must stay on a liquid diet, consisting of small portions of very soft food for a period of three weeks and should limit their intake of high-density carbohydrates and carbonated drinks. Patients' skin clips are removed after one week by their GP and they should return to the Bariatric Surgery four to six weeks after the procedure for their first check up and band readjustment.

Bariatric Team

Consultant – Mr. Robert Stuart MB ChB BAO FRCSI MCh FRCS (Gen)
FHKCS FRCPS (Glas)

Robert Stuart has extensive clinical expertise in surgery and endoscopy for benign and malignant diseases of the upper gastrointestinal tract with 15 years experience in open and laparoscopic weight loss surgery. He is currently an EAES trainer in advanced laparoscopic and Bariatric surgery. Robert is a member of BOSS, AUGIS and EAES, he is also registered on the Specialist Register.

Nurse Specialist - Patricia Madden, RN, BSc.(Hons) Psych.

Patricia qualified as a general nurse from St. Vincent's University Hospital in 1987. She has extensive clinical experience having worked in both St. Vincent's University Hospital and St. Vincent's Private Hospital. Patricia developed an interest in weight management while specializing in Diabetes care. Patricia also holds a degree in Psychology.

Dietician - Margaret O'Donoghue, BSc.(Hons) M.I.N.D.I.

Margaret is a graduate of Trinity College Dublin with a degree in Human Nutrition & Dietetics. She has worked in the UK gaining clinical experience in well-established teaching hospitals such as the Royal Free Hospital in London and University College London Hospitals NHS Trust. In 2002 she took up a position at the Adelaide and Meath Hospital, Dublin, incorporating the National Children's Hospital and was later promoted to the role of Acting Clinical Specialist Dietician in Diabetes. With over ten

years clinical experience in weight management, Margaret currently provides the nutrition service to the Beacon Hospital and is a member of the Irish Nutrition & Dietetic Institute.

Physiotherapist - Ruth Gibson, BSC (Hons) Physiotherapy, MSc (Sports Physiotherapy), Stott Pilates Instructor, MISCIP.

Ruth Gibson is the Physiotherapy Manager in the Beacon Hospital. She graduated from University College Dublin with an honors Physiotherapy degree and also received a first class Masters in Sports Physiotherapy from University College Dublin in. Ruth worked for 6 years in St. Vincent's University Hospital. During this time, Ruth was Senior in both Musculoskeletal Outpatients and in clinical education and also lectured on the undergraduate programme for University College Dublin. In 2007, Ruth successfully completed the Stott Pilates Instructors course and now teaches Pilates to both staff and patients in the Beacon Hospital. More recently, Ruth has undertaken an Acupuncture course and hopes to introduce this into her practice over the next year.

About Beacon Hospital

The 238,000 sq ft, nine-floor Beacon Hospital was opened in October 2006, and provides world-class acute care services, including heart surgery, neuro-surgery, and emergency medicine services. Beacon Hospital has eight operating theatres, two endoscopy suites and fourteen critical care beds. The eight operating theatres are divided into dedicated rooms for neurosurgery, urology, cardiac, general, orthopaedic and ophthalmic surgery.

The Critical Care Unit is a fourteen-bed unit with individual glass-fronted cubicles, in order to ensure privacy and to minimise the risk of infection. The open plan design allows for visibility of all patients at all times.

Beacon Hospital opened its Consultant-delivered Emergency Department at Beacon Hospital in March 2007. Beacon Emergency Department is the first Emergency Department in the Eastern region attached to an independent hospital, giving patients immediate access to all of the major specialities on site, including some of the most advanced diagnostic and laboratory services available in the region, such as X-Ray,

Ultrasound, CT, MRI, routine and specialised blood tests.

Beacon Cancer Centre offers an unparalleled range of cancer treatment and uniquely has key services such as diagnostics, surgery, chemotherapy, radiology, two state-of-the-art Linear Accelerators (LINACs), and follow-up under one roof.

The hospital has also introduced a dedicated Beacon Women's Centre, which encompasses the full spectrum of women's gynaecological needs in a modern environment, utilising minimally invasive procedures whenever possible, with a speedy turn around time for patients.

Beacon Hospital is the European showcase for General Electric (GE) equipment and is the only hospital in Ireland that has a full complement of the most advanced radiology equipment under one roof.

About UPMC

UPMC, (University of Pittsburgh Medical Centre), is an integrated global health enterprise headquartered in Pittsburgh, Pennsylvania and one of the leading nonprofit health systems in the United States. As western Pennsylvania's largest employer with 48,000 employees and nearly \$7 billion in revenue, UPMC is transforming the economy of the region into one based on medicine, research and technology. By integrating 20 hospitals, 400 doctors' offices and outpatient sites, long-term care facilities and a major insurance plan, UPMC has advanced the quality and efficiency of health care and developed internationally renowned programs in transplantation, cancer, neurosurgery, psychiatry, orthopaedics and sports medicine, among others. UPMC is commercializing its medical and technological expertise by nurturing new companies, developing strategic business relationships with some of the world's leading multi-national corporations, and expanding into international markets including Italy, Ireland, the United Kingdom and Qatar. For more information about UPMC, visit our website at www.upmc.com.