Balance

azdelta

Uw ziekenhuis.

Dear patient,

Obesity is one of the major health problems in our Western society. Obesity is associated with major health risks such as cardiovascular disease, diabetes, high blood pressure, shortness of breath, sleep apnoea, osteoarthritis, etc. Social and psychological problems due to obesity cannot be underestimated either. Indeed, as health risks increase, quality of life often decreases. We can help you lose weight and are happy to give you more information in this brochure.
Good luck!

Physical medicine & rehabilitation service and the team at Balance

1 Programme

Research shows that multidisciplinary support offers the best long-term results. Within AZ Delta, there is a specialised multidisciplinary team ready to assist patients with obesity.

The aim of the support is a total change in behaviour and attitudes related to **healthier eating, more exercise and more positive body awareness.** The obesity programme therefore consists of exercise therapy, nutritional therapy and psychoeducation.

A weight loss of 5 - 10 per cent reduces medical consequences and complications of obesity. We regard this as healthy weight loss.

Exercise therapy

The exercise therapy is carried out under the supervision of physical medicine doctors, occupational therapists and physiotherapists. We first identify symptoms related to effort and activity level.

Then we draw up an **individual training programme** and agree on the **goals**. The aim of exercise therapy is to increase energy consumption and support weight loss. Group training takes place twice a week. Comfortable and sporty clothing is recommended for this.

Group nutrition sessions

During our sessions, we take a look at various themes such as:

- healthy diet
- meal composition
- reading labels
- drawing up a weekly menu
- eating out

We also provide various working methods so that all the theory can easily be put into practice. Examples are setting out a goal path, analysing an eating pattern or personal pitfalls, and so on.

Every group session lasts an hour. For some themes, you will be asked to bring materials or to work on a specific assignment beforehand.

Psychoeducation

Psychoeducation consists of group sessions with the psychologist. These are built around certain themes aimed at behavioural change. The aim of the group sessions is to strengthen self-control.

We also try to gain insight into factors that may be preventing weight loss, and alternative habits can be learned.
We also provide more info on the importance of a healthy diet and lifestyle.

Additional individual psychological support can be requested during the programme at an extra charge.

2 Start-up and progression

The multidisciplinary treatment plan is designed for any motivated patient with obesity. The whole programme lasts three months. You can start after contacting the coordinator of the relevant campus. The potential starting date and further steps will be discussed with you there.

Before the programme starts, another interview with the coordinator and a consultation with the physical medicine doctor are scheduled.

You will then also be asked to visit your general practitioner for blood testing and medical screening.

Once the programme has started, the following sessions can be attended:

- one hour of exercise therapy twice a week
- group sessions with the dietician
- group sessions with the psychologist

3 Times and location

Upon registration, you will be informed of the dates and locations of the various sessions. If you participate in the programme, we expect your presence during as many exercise sessions as possible so you can achieve the best results. If you cannot keep an appointment, we ask that you notify us in good time. If there are frequent unnotified absences, we may charge an administrative fee.

BALANCE campus Brugsesteenweg

- Tuesday: 6 p.m. to 7 p.m.
- Thursday: 6 p.m. to 7 p.m.

The rehabilitation room is located in Sport'R, green route, floor 00. If a group session is scheduled, it will start at 5 p.m. The full calendar will be provided at the first interview.

BALANCE Torhout Campus

- Monday: 6 p.m. to 7 p.m.
- Thursday: 6 p.m. to 7 p.m.

The rehabilitation room is located on route 181.
If a group session is scheduled, it will start at 5 p.m. The full calendar will be provided at the first interview.

4 Practical

Clothing and hygiene

It is recommended that you come to each exercise session in **comfortable, loose-fitting or sporty clothes**. There are lockers to store your other clothing and valuables.

To ensure hygiene for every patient, we ask that you **disinfect the equipment** after use with the product available for that purpose in the exercise room. We also ask you to disinfect your hands when entering or leaving the exercise room . You should also bring a towel.

Cost

Participating in the programme costs EUR 500 (all included, except the consultation with the physical medicine doctor). Most health insurance funds will reimburse you. Please contact your health insurance fund for more information.

Rehabilitation treatment at AZ Delta cannot be combined with a kinesiology treatment outside the hospital on the same day.

If you don't start after the screening interview, the interview will be billed separately. You will receive an invoice at your home address.

For further questions regarding cost, please contact the invoicing department: factuur@azdelta.be or 051 23 76 66

Notes

Contact

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Rehabilitation administration

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Source: info physical medicine & rehabilitation and dietetics service

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