

For English-speaking patients

We do not currently offer treatment in English. If you still wish to be treated by us, you will need to bring an interpreter with you.

Our treatment

We offer you an intensive treatment programme in combination with an operation. You will lose a lot of weight as a result of the operation. Our programme for lifestyle change will teach you to adapt your lifestyle after the operation. As a result, you will not only lose weight – your health issues will also disappear and your quality of life will improve. We will work with you to ensure that your day-to-day diet and lifestyle change. This will help you regain control of your weight.

Our working method is professional and multidisciplinary. Multidisciplinary means that you receive advice from experts from different specialist fields. You will be treated by an internist, psychologist, surgeon, physician, dietician and exercise specialist. The team specialises in treating obesity and the professionals have years of experience.

You will achieve the best results if we provide you with support over a longer period. Scientific research has proved this. The first fifteen months are the most intensive. After that, we will support you for around four more years. By working together in this way, we ensure that your weight loss is permanent. You are not on your own. Sessions with other patients are also part of our treatment programme.

The operation

With an operation, you can lose 25-30% of your weight in a relatively short time. That amounts to 50-75% of your excess weight. If you have illnesses or other health issues as a result of your obesity, these are likely to disappear after the operation. Different types of operation are possible. Every operation has various advantages and disadvantages.

Conditions

In order to qualify for an operation, you must meet several conditions:

- Your Body Mass Index (BMI) must be higher than 40. Alternatively, your BMI must exceed 35 and you must also have health problems that are a result of being overweight. These can include diabetes, high blood pressure, sleep apnoea or serious issues with your joints;
- You must be willing to change your behaviour;

- You must have made serious efforts to lose weight. To do this, you must have received at least six months of (demonstrable) professional assistance in the last five years;
- You must be between the age of 18 and 65;
- You must have been seriously overweight for at least five years;

In addition, you will need a referral from your general practitioner or specialist.

Contact

For further information, you can call our general telephone number on +31 (0)88-88 32 444 or search for the location closest to you: <https://www.obesitaskliniek.nl/vestigingen/>.