

Treatment for non-Dutch speakers at the *Nederlandse Obesitas Kliniek*

At the moment, we only provide treatment in Dutch. If you want to be treated at our clinic, you must bring an interpreter with you.

Our treatments

You can come to us for a customized individual treatment programme in combination with surgery. Surgery will help you to lose a lot of weight. The programme teaches you how to change your lifestyle and be ready for life after surgery. This means that you will not only lose weight, but you will also resolve most of your health problems and improve your quality of life. Together, we will make positive changes to your lifestyle and eating habits so that you regain control of your weight.

We use expert, professional working methods. You will mainly be supervised by one treatment provider, but if necessary, you can always ask for a consultation with a treatment provider from another field. Specialists from various fields are involved in your treatment behind the scenes, including a doctor of internal medicine, a psychologist, surgeon, physician, dietician and an exercise specialist. Our team specializes in treating obesity, and the professionals have many years of experience. We take every factor affecting your weight and health into consideration.

Scientific research has shown that the best results are achieved if patients are supervised for a long period after the operation. The first fifteen months are the most intensive. After that, you will be asked to return to the clinic every year for a medical check-up. All in all, we will keep an eye on you for four years. During this period, you can always request an extra consultation or ask us for help. Together, we will make sure that the weight *stays off*.

The operation

Surgery can help you to lose 25-30% of your weight in a relatively short space of time. If your obesity is causing any illnesses or other health problems, there's a good chance that they will disappear (or largely disappear) after surgery. We offer various operations. All surgery has advantages and disadvantages.

Conditions

To receive surgery, you have to satisfy a number of conditions:

- Your Body Mass Index (BMI) must be higher than 40. Or you must have a BMI of more than 35 combined with health problems caused by your weight. Examples: diabetes, high blood pressure, sleep apnoea or serious joint problems;
- You just be motivated to change your behaviour;
- You must be at least eighteen years old;
- You must have been morbidly obese for at least five years.

Lastly, you must have been referred by your GP or a specialist.

Contact

For more information, please contact us on our main telephone number +31 (0)88 88 32 444, or visit the location closest to you: <https://www.obesitaskliniek.nl/vestigingen/>.