

# THE BUDERIM WEIGHT MANAGEMENT CLINIC

Lyrebird Specialist Centre  
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*even the longest journey starts with a first step*

## about our clinic

The Buderim Weight Management Clinic is the first one of its kind on the Sunshine Coast.

The Clinic has been specifically designed to help and support with the weight management of women who suffer from metabolic and/or hormonal diseases, including but not limited to :

- Polycystic Ovary Syndrome,
- Thyroid Dysfunction
- Type 2 Diabetes
- Menopause
- Bulimia, Anorexia and other eating disorders

## we are here to help

Our professional, experienced and non-judgmental team can help you to :

- optimise your weight (BMI)
- lose fat, build muscle, toning & fitness
- improve hormonal status
- improve blood pressure levels
- lower cholesterol and glucose levels
- manage menopause symptoms
- improve fertility rates
- reduce the risk of recurrent miscarriage
- lower risk of heart attack and stroke
- lower risk of diabetes related complications
- minimise mood disorders
- reduce stress levels
- improve general wellbeing & overall health
- improve body image and self esteem.

## our experienced and passionate team

**Dr Kitrina Spilsbury** – GP & Menopause Specialist  
**Dr Dana Moisuc** - Specialist Obstetrician / Gynaecologist  
**Rochelle Gardiner** – Clinical Psychologist  
**Shane Nettleton** – Personal Trainer, Exercise Physiologist  
**Danielle Gage** – Practice Manager  
**Ruth Jessup** – Receptionist

## a tailored, structured, supportive program

### STEP 1 - An Initial comprehensive consultation

Dr Kitrina Spilsbury will :

- identify problem areas, history of conditions
- conduct a full physical examination as needed including gynaecological and pap smears
- record measurements, weight, BMI
- take relevant blood tests
- complete additional investigations as required
- set goals and outline your customised program

### STEP 2 - Weekly assessments

Dr Spilsbury will meet with you weekly to :

- monitor your progress
- provide personal motivation and support
- identify problem areas
- refine and adjust the program

### STEP 3 - Specialist support as required

Dr Dana Moisuc is available should specialist care and treatment be recommended, including minor and major gynaecological procedures.

### STEP 4 - Clinical Psychologist support

An initial risk assessment conducted by Rochelle Gardiner is available and may be recommended as part of your program.

### STEP 5 - Training and Fitness support

Our personal trainer, Shane Nettleton is available to help you achieve and maintain your goals. Programs are individualised and flexible to your needs and availability.

The first 30 minute assessment session is free.

