



Approaches to Weight Management in General Practice

Overview

Obesity is a complex, chronic, relapsing condition and, along with ageing, is the greatest contributing factor to chronic disease burden in our society. It is well recognised that Australia has one of the highest prevalences of overweight and obesity in the developed world, affecting over 60% of adults and 25% of children and adolescents.

There is a great deal of misunderstanding about the facts around weight loss among health professionals and the general public. GPs and Practices Nurses are encouraged to attend this lunchtime session.

Learning outcomes:

- Dispel the myths and misinformation about the best way to lose weight
- Discuss the roles of nutrition, exercise and sleep in weight management
- Consider pharmacotherapy in weight management
- Explain the relationship between obesity and chronic disease
- Access referral pathways for patients who require weight management control in our region.

Speaker

Dr Kris Park, Endocrinologist, Senior Staff Specialist, Nepean Hospital



NBMPHN is an authorised provider of accredited activities under the RACGP QI&CPD Program. This activity attracts 2 Category 2 points. Activity no: TBC.



Registration For Event enquiries, call 4708 8100

Please clearly complete the fields below to register by fax (02) 9673 6116 or register online at www.nbmpnhn.com.au/events

First Name:	Last Name:	
Organisation:	Job Title:	Mobile:
Special Dietary Requirements (please give details):		
How did you hear about this event? <input type="checkbox"/> Fax <input type="checkbox"/> Email <input type="checkbox"/> NBMPHN Website <input type="checkbox"/> Word of mouth <input type="checkbox"/> Other		

SESSION
12.30pm Register & light lunch
1pm - 2pm Presentation

PENRITH
Friday, 4 May 2018
 Wentworth Healthcare
 Suite 1, Level 1
 Werrington Park Corporate
 Centre, 14 Great Western Hwy
KINGSWOOD
RSVP: Wednesday, 2 May