MERIDIAN HEALTH | BARIATRIC METABOLIC SURGERY

GP Referral Guide

Brenan Place, Aitkenhead Medical Discovery Precinct, Melbourne

(03) 9416 4418
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meridianhealth.com.au

Meridian Health is a specialist-led metabolic surgery practice anchored in a world-class clinical precinct. Our multi-disciplinary team delivers bariatric metabolic surgery outcomes that are among the most durable in chronic metabolic disease management.

WHO TO REFER

Consider a Meridian referral for patients presenting with any of the following:

Type 2 Diabetes with Medication Escalation
Long-standing T2DM with poor glycaemic control despite multiple agents; HbA1c persistently above 7.5%; patients who have not achieved remission through lifestyle or pharmacological intervention.

Elevated Metabolic and Cardiovascular Risk
BMI 35 or above with one or more metabolic comorbidities; BMI 30 to 35 with severe insulin resistance, cardiovascular risk, or metabolic syndrome. BMI alone is not the determinant of candidacy.

GLP-1 Plateau or Cessation
Patients whose GLP-1 pharmacotherapy has plateaued, is unsustainable long-term, or has been ceased with significant weight and metabolic recurrence.

Complex Obesity with Failed Conservative Management
Patients who have made sustained lifestyle effort over two or more years without durable metabolic benefit and are seeking a definitive, evidence-based intervention.

THE EVIDENCE, BRIEFLY

- T2DM remission rates exceed those of any pharmacological intervention in appropriately selected patients.
- Long-term weight loss maintenance is superior to every non-surgical intervention at the five and ten-year mark.
- All-cause cardiovascular mortality is meaningfully reduced in surgical patients versus matched non-surgical controls.

WHAT THE ASSESSMENT INCLUDES

Every referred patient receives a comprehensive MDT assessment before any surgical decision is reached:

01 **Surgical Consultation**
Specialist assessment by Michael, bariatric metabolic surgeon, including full clinical history and surgical candidacy review.

02 **Seca Body Composition Analysis**
Medical-grade measurement of skeletal muscle mass, visceral fat, bone mineral density, and metabolic phase angle.

03 **Dietitian Review**
Nutritional assessment and optimisation by Salena, MDT dietitian, with a protocol tailored to the patient's surgical pathway.

04 **Psychological Readiness Evaluation**
Structured readiness assessment to confirm the patient's preparedness for the pre- and post-operative process.

05 **Written Care Plan**
A complete, patient-reviewed plan covering the surgical pathway, post-operative follow-up, and long-term monitoring schedule, shared with the referring GP.

WHAT TO TELL THE PATIENT

- This is a specialist consultation, not a commitment to surgery. The assessment determines candidacy; no surgical decision is made before the MDT review is complete.
- Bariatric metabolic surgery is not a procedure of last resort. It is the most evidence-supported long-term intervention available for complex metabolic disease.
- Meridian's care does not end at surgery. Patients remain under the team's active care through twelve-month follow-up and long-term monitoring, with the referring GP kept informed throughout.

INDICATIVE TWELVE-MONTH OUTCOMES: T2DM PATIENT, POST BARIATRIC METABOLIC SURGERY

HbA1c	Medications	BP	Triglycerides
8.4% to 5.9%	4 agents to 2	138/88 to 118/76	3.2 to 1.1 mmol/L
Returned to normal range	Continuing to taper	Normalised	Within normal range

Representative patient outcomes. Individual results vary. Published with patient consent. Long-term monitoring plan is maintained for all surgical patients.

HOW TO REFER

By phone
(03) 9416 4418
Monday to Friday, 8:30am to 5:00pm

By email
reception@meridianhealth.com.au

Online referral
meridianhealth.com.au/contact

A GP referral is helpful but not required for initial enquiry. Medicare rebates may apply where eligible services are provided under a valid referral. Our team will contact your patient within one business day to arrange an initial assessment appointment.

YOUR PATIENT'S CARE TEAM

- **Michael, Bariatric Metabolic Surgeon**
  Specialist fellowship-trained surgeon with full professional accountability for surgical outcomes and long-term care.
- **Salena, MDT Dietitian**
  Pre- and post-operative nutritional assessment, optimisation, and ongoing dietary support throughout the care continuum.
- **Nicole, Metabolic Nurse Specialist**
  Clinical coordination, pre-admission management, and the primary point of contact for patients between appointments.

The referring GP receives a written summary following the initial assessment and remains an active part of the patient's care record. We welcome clinical correspondence and welcome direct conversations about patient candidacy before referral.