

360 Complete Care

Comprehensive 6-Year
Aftercare Program



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360

Complete

360 SLEEVE



6 Years of Aftercare

Discover unparalleled support with our '6-Year Aftercare Program,' renowned as one of the longest and most comprehensive sleeve aftercare programs available. Guiding you beyond surgery, we provide tailored support and resources for six years, ensuring your long-term weight loss success.



Frequent Touch Points

Staying connected is key to your success. Our aftercare program includes regular check-ins with our team of nurses, dietitians, and surgeons. These touch points offer timely support, allowing you to discuss progress, address concerns, and get expert advice throughout your post-operative journey.



One-on-One Surgeon Support

Understanding that each patient's path to health is unique, our aftercare program prioritizes individualized support. We recognize that your needs, challenges, and successes are personal, and our team is dedicated to crafting a plan that aligns with your specific goals and circumstances. From dietary guidance to lifestyle adjustments, our approach is tailored to maximize your post-surgery experience.



Personalized Dietitian Support

Our bariatric dietitian offers personalized support to help you achieve your health goals. They'll create a tailored nutrition plan, guide you on portion control, and provide ongoing assistance after surgery. With their expertise, you'll develop healthy eating habits for long-term success.



360 Lifestyle Coaching

To help you develop healthier habits, we provide a supportive program aimed at understanding your cognitive behaviour to improve your relationship with food. Together, we'll delve into strategies to recognize and tackle your food triggers, empowering you to make healthier choices.



360 Facebook Support Group

Community is vital for lasting success. Join our Facebook Support Group to connect with fellow patients, share experiences, and get insights from those who understand your journey. This virtual community is a valuable resource for encouragement, motivation, exchanging tips, and fostering camaraderie throughout your aftercare experience.



Comprehensive Health Evaluations*

We provide detailed health evaluations, advanced body composition analysis, and thorough blood work to ensure your progress is optimal and your essential markers are balanced.

*Recommended at 6-months, and annually.



Virtual Weight Tracking Tools

We know keeping track of your progress matters. We offer the Baritastic app to easily monitor and record your weight remotely. This helps us assess your journey accurately and make timely adjustments. The user-friendly tool boosts the efficiency of our aftercare program, giving you an active role in managing your ongoing health.

Meet Our 360 Care Team

Dr. Kashif Irshad

Bariatric Surgeon &
Obesity Medicine
Specialist



Dr. Pavi Kundhal

Bariatric Surgeon &
Obesity Medicine
Specialist



**Jacqueline
Bedeau**

Registered Nurse



**Angelea
Panagakos**

Registered Dietitian



**Lisa
Roberts**

Certified Professional
Coach



**Alina
Tsymbalarou**

Clinic Manager



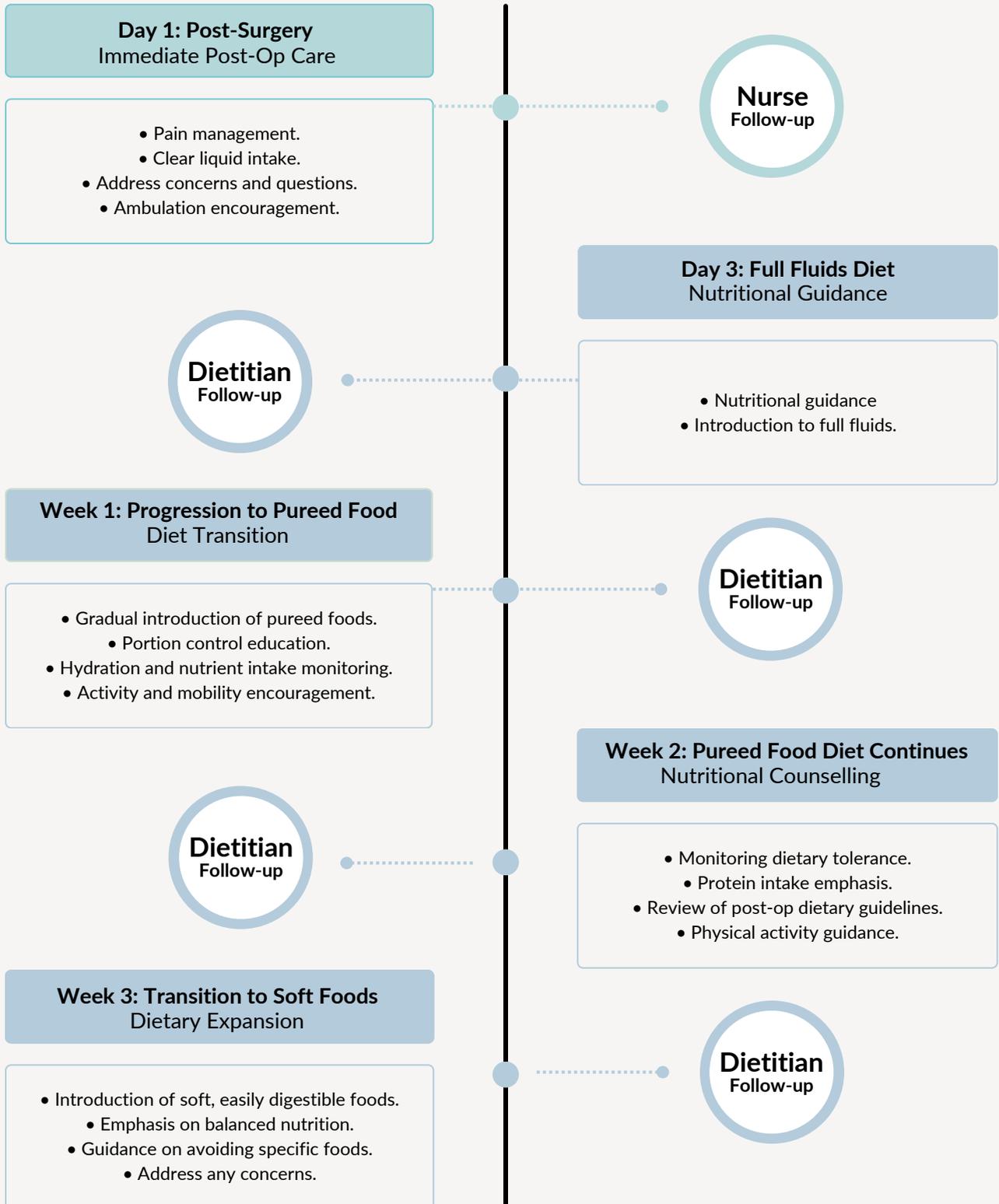


Our Aftercare Program Structure

Our aftercare program includes regular check-ins to monitor your progress, address questions or concerns, and offer personalized guidance. These follow-ups, scheduled at specific intervals, allow us to track your journey, celebrate achievements, and make necessary adjustments for your post-surgery program.

While we have structured follow-ups, we understand that concerns can arise at any time, so feel free to reach out for immediate assistance.

Aftercare Structure



Week 4: Post-Surgery Review Evaluation and Support

- Assessing recovery progress.
- Addressing any complications.
- Reinforcing lifestyle changes.
- Introduction to long-term aftercare.

Surgeon
Follow-up

Dietitian
Follow-up

Week 6: Transition to Regular Food Dietary Independence

- Gradual reintroduction of regular foods.
 - Focus on mindful eating.
- Nutritional education for sustained weight loss.
- Encouragement of regular physical activity.

Month 3: Supplement Assessment Multidisciplinary Evaluation

- Check in with the surgeon for assessment.
 - Customize supplement plans based on individual needs
- Encouragement of regular physical activity.

Surgeon
Follow-up

Dietitian
Follow-up

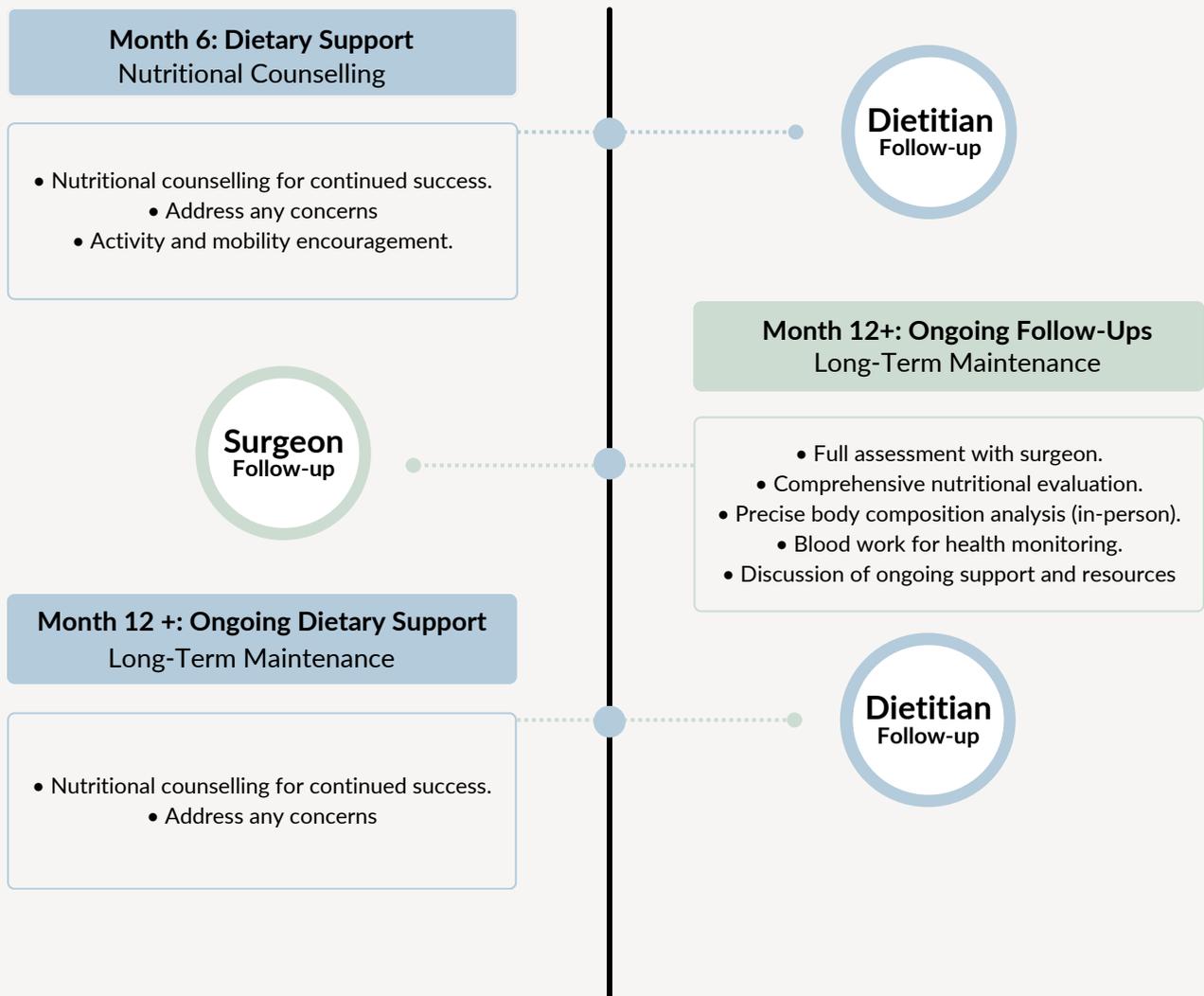
Month 3: Nutrition Follow-Up Nutritional Evaluation

- Check-in with the dietitian to ensure dietary and weight loss goals are met.
 - Address any concerns.

Month 6: Comprehensive Follow-Up Optimizing Weight Loss

- Comprehensive follow-up with surgeon.
 - Blood work for health assessment.
- Precise body composition analysis (in-person).
- Encouragement of lifestyle modifications.

Surgeon
Follow-up



After The First Year

After the initial year, our approach to follow-ups evolves to better cater to your individual needs. Rather than adhering strictly to standardized schedules, we prioritize personalized care based on your unique circumstances. While we do recommend at least one annual comprehensive follow-up to monitor your weight loss journey and health indicators, we encourage you to reach out whenever you feel the need for support.

Additionally, we'll continue to conduct check-ins to assess how you're progressing and to provide any necessary assistance along the way. Your well-being remains our top priority, and we're here to support you every step of the way.

Personalized Surgeon Support

At the heart of our aftercare program lies our dedicated Surgeon Care team, comprised of renowned bariatric surgeons and certified obesity specialists, Dr. Irshad and Dr. Kundhal. With a passion for helping patients achieve their weight loss goals and live healthier lives, our surgeons combine exceptional surgical expertise with compassionate care. Through personalized treatment plans, continuous monitoring, and comprehensive support, our Surgeon Care team is committed to guiding you every step of the way on your post-surgical journey. From initial assessments to long-term follow-up, we are here to provide the highest standard of care, ensuring that you receive the support and resources needed for sustained success and well-being.

*Compassionate Support
and Guidance
Every Step of The Way*



Bariatric Dietitian Support



Developing and Maintaining a Healthy Lifestyle

Our aftercare program includes robust support from our experienced dietitians, who are dedicated to helping you achieve and maintain your weight loss goals. Our dietitian support offers personalized guidance and assistance tailored to your unique needs, ensuring that you have the tools and knowledge to make healthy choices for life. From personalized dietary advice to ongoing support and motivation, our dietitians are here to empower you on your journey to improved health and well-being. Here are some key components of our dietitian support program:

Nutritional Guidance

Our dietitians provide personalized dietary guidance and help you create balanced meal plans that suit your goals. You'll also receive valuable nutritional education to better understand healthy eating habits.

Education and Resources

Our commitment extends beyond your initial journey. Access additional resources and articles to support your ongoing nutritional education and maintain your progress.

Practical Tips and Tools

Get practical tips such as recipe suggestions and lifestyle integration advice to make healthy eating simpler in your daily life.

Behavioural Support

We offer strategies to address behavioural patterns like emotional eating and cravings, along with ongoing support, monitoring, and motivation to keep you on track.

Although we schedule regular appointments, we strongly encourage you to contact us for extra support as frequently as needed.

Comprehensive Health Evaluations

* At 6-Month Follow-up and Annually

Comprehensive Body Composition Analysis

We use advanced technology to conduct a precise body composition analysis. This analysis goes beyond traditional weight measurements, providing insights into the distribution of weight loss between muscle and fat. Understanding your muscle-to-fat ratio is essential for ensuring that your weight loss is both effective and sustainable.



Thorough Blood Work

A crucial aspect of our 360 Complete Care is the performance of blood work to assess your internal health. This includes checking for optimal levels of essential markers such as cholesterol, blood sugar, and other key indicators. Monitoring these parameters helps ensure that you are not only losing weight but also experiencing improvements in overall health.

Progress Tracking

The Comprehensive Follow-up involves collaborative goal-setting sessions. Clear and achievable goals are established, and progress is regularly tracked throughout the 6-month period. This helps maintain motivation and allows for timely adjustments to the treatment plan if necessary.

360 LifeStyle Coaching

*Optional Program



Developing and Maintaining a Healthy Lifestyle

At 360 Sleeve, we're committed to supporting you on your weight loss journey. Our 360 Lifestyle Coaching program, led by Certified Professional Coach Lisa Roberts, is designed to optimize weight loss and help maintain long-term success. This **group program** focuses on developing healthier habits and addressing the psychological and behavioural aspects of weight loss, ensuring you have the tools and support needed for lasting results. Join our **peer-supported community** to receive guidance and valuable tools to achieve and maintain your weight loss goals. With us, you'll find unwavering support for improved health and wellness.

Week 1

Understanding the Challenge of Change

Exploring psychological and physiological factors influencing habits and pinpointing triggers and patterns for progress.

Week 3

Implementing Strategies for Change - Part 2

Building on the strategies from the previous week, this session will delve deeper into practical methods and tools to help you effectively implement lasting change in your habits and routines.

Week 2

Implementing Strategies for Change - Part 1

In this session, we will begin implementing strategies for change, focusing on foundational elements to support your journey towards your goals.

Week 4

Sustaining Positive Change

We'll discuss how to maintain these changes over the long term, empowering you to keep up your progress and achieve lasting success

After completing the 4 sessions, feel free to retake the classes anytime you feel you need extra support. You're always welcome to join us again!

Bariatric Tracking App



As a 360 patient, you'll enjoy premium access to the Baritastic App, where you can easily track nutrition, water intake, and reminders for vitamins and meals. Access bariatric-specific recipes, connect with fellow patients, and use features like photo timelines and patient journals to monitor progress. This all-in-one app is here to support you every step of the way on your path to better health and well-being.

Comprehensive Tracking and Monitoring

Effortlessly monitor your nutrition and water intake, ensuring you stay hydrated and nourished throughout your weight loss journey. Utilize the Baritastic App's features to track your food and water consumption, along with reminders for vitamins, protein shakes, and meals, helping you stay on top of your dietary needs.

Seamless Integration and Support

Stay connected and supported throughout your journey by seamlessly integrating with your bariatric program through the Baritastic App. Access pre and post-op checklists to stay organized and on task, while also gaining access to bariatric surgery-specific recipes and resources. Join the Baritastic social support group to connect with others on similar journeys and access additional support and encouragement.

Empowering Tools and Resources

Benefit from a wide range of empowering tools and resources available within the Baritastic App. From bariatric food, water, and bite timers to creating a photo timeline to track your progress, the app offers everything you need to stay motivated and accountable. Additionally, utilize the patient journal to log your thoughts, rate your hunger and happiness, and document your journey.

Comprehensive Support and More

Incorporate a body mass index chart, along with a variety of other features and resources, to further enhance your experience and support your success. With the Baritastic App, you have access to comprehensive support, empowering tools, and valuable resources to help you achieve your weight loss goals and live a healthier, happier life.

Facebook Support Group



Navigating the path to gastric sleeve surgery is both a courageous and transformative experience. We understand that it can be daunting and, at times, a little lonely. That's why we've created a special place just for you - our exclusive "360 Sleeve Support Group" on Facebook.

360 Community Connection

Connect with fellow 360 Sleeve patients who understand your journey firsthand. Share experiences, ask questions, and offer support in a safe and understanding environment.

Resource Sharing

Discover a wealth of resources, including healthy recipes, workout tips, meal planning ideas, and educational articles. Our support group is a hub of valuable information to help you make informed decisions about your health and wellness.

Expert Guidance

Gain access to expert advice and guidance from our team of experienced healthcare professionals, including dietitians and surgeons. Get answers to your questions and receive personalized tips to support your weight loss journey.

Motivational Support

Stay motivated and inspired on your weight loss journey with uplifting stories, progress updates, and motivational messages from fellow members. Celebrate successes, big or small, and receive encouragement during challenging times.



360 Care Team Contact Information

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