

11 December 2018

Message of hope as patient sheds more than 100kg

“Dr Nic’s program saved my life – I feel like giving him a big hug.”

Kelvin Burns, of Miller, cannot contain his enthusiasm for Dr Nic Kormas and the team at the Camden Metabolic Rehabilitation Clinic for helping him lose more than 100kg and turn his life around.

The 48-year-old outpatient is now fit – and slim enough – to fulfil his dream of getting his motorcycle licence and is starting work as a truck driver.

None of this was possible when he weighed 242kg at his heaviest.

“I was staring at death in the face if I kept going the way I was,” Mr Burns said.

“I had tried dieting, nothing seemed to work and I was getting more and more unhealthy, mentally and physically.

“I am so thankful I moved to Sydney in 2013 and my GP put me in touch with the program.

“For anyone in despair over their weight, I want them to know help is available and they can change their life.”

Mr Burns is working towards reaching his goal weight of under 100kg with 38kg to go.

He has benefitted from the centralised approach of the outpatient clinic which offers medical, dietary and mental health care and physiotherapy and exercise physiology in the one place at Camden Hospital.

Dr Kormas explained the integration of care is a great advantage to patients who would otherwise not be able to access all the services.

“It is intensive care for people suffering from obesity and the health issues associated with their weight,” he said.

“It is not just the team members who support and care for the patients – the patients support and encourage each other.

“The encouragement they receive from one another is a big part of their recovery.”

Mr Burns had bariatric surgery after losing 50kg to reach a weight considered safe enough for the procedure.

As part of his ongoing care, he visits the clinic a minimum of three days a week for exercise in its gymnasium and other appointments.

Mr Burns said he wanted to give people suffering from obesity a message of hope.

“If I can motivate one person, I know that I’ve achieved something,” he said.

“Every little step forward is progress. I now exercise and eat the right food and I’ve never felt better.”

The NSW Government invested \$336,000 in the Camden Metabolic Rehabilitation Clinic in the 2018-19 financial year. This supports a broader commitment of \$38 million to tackle overweight and obesity, of which \$25 million is for the prevention of childhood obesity.