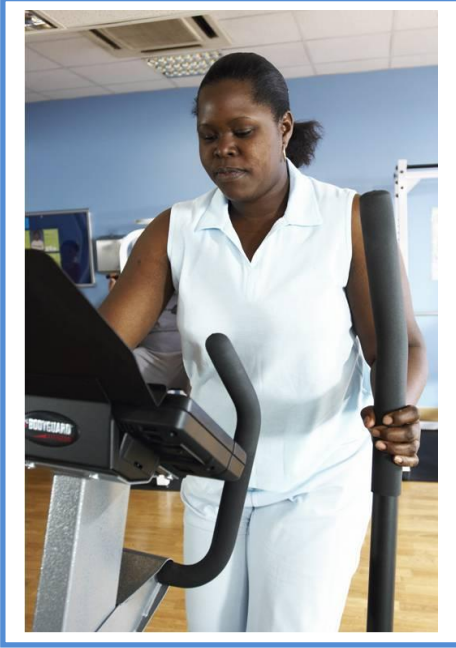


How can I join the SCALE programme?



Think SCALE is for you...?

Ask your nurse, doctor, physiotherapist or dietitian to refer you to the information session so you can find out more.

Further information

SCALE Clinic - Nutrition and Dietetics Department, 1st Floor, Tower Wing, Guy's Hospital, Great Maze Pond London, SE1 9RT
t: 02071 884 132

Patient Advice and Liaison Service (PALS) – To make comments or raise concerns about the Trust's services, please contact PALS.
t: 020 7188 8801 at St Thomas'
t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions and local services, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.
t: 020 7188 3416

Language support services
t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct – Offers health information and advice over the phone 24 hours a day.
t: 0845 4647 **w:** www.nhsdirect.nhs.uk

SCALE Supporting Change in Activity Levels and Eating



Do you have advanced kidney disease or have you had a kidney transplant?

Are you interested in losing weight?

Would you like some support?

Perhaps the SCALE clinic is for you...

Is the SCALE clinic for you?

Are you ready to lose weight but need some guidance and support?

Is your Body Mass Index (BMI) over 30kg/m²?

Would you like to feel healthier?

If you have kidney (renal) failure, would you like to get on the kidney transplant list?

If you answered yes to these questions then SCALE is for you!

What is SCALE?

SCALE is a 12 month programme that combines diet, exercise and medication to help you to safely lose weight.

It involves monthly appointments at Guy's Hospital where you will receive personalised diet and exercise advice from a physiotherapist and dietitian.

The aim of the programme is to offer support, motivation and guidance to help you to lose weight and carry on these changes into the future.



Weight loss benefits

- Feel fitter and have more energy
- Perform daily tasks with more ease
- Feel more in control of your condition
- Reduce risks of diabetes, heart disease and other conditions
- If you have kidney failure, it may help you to get onto the kidney transplant list.

