

COFFS HARBOUR SURGICAL



DR ANDREW RAMSAY
General and Bariatric Surgeon

Can you tell us about your medical background and training?

I initially trained at the Austin Hospital in Melbourne with further surgical training in the UK and Jamaica. I subsequently underwent training in endoscopy and laparoscopic (or 'keyhole') surgery in Melbourne and Brisbane, and so commenced practice in Coffs Harbour with endoscopic and advanced laparoscopic skills in 2004.

What is your area of specialisation and what drew you to this?

As a medical student I was inspired by my Uncle Bill who then worked in PNG as a missionary surgeon. Since that time many of my surgical mentors and colleagues have been exceptional doctors and teachers. Teaching junior doctors and medical students has also been a very rewarding aspect of my career. I am a general and bariatric (weight loss) surgeon. I regularly perform many general surgical and endoscopic procedures and have developed a particular interest in bariatric surgery. Bariatric surgery involves laparoscopic procedures like gastric banding, sleeve gastrectomy, and gastric bypass designed to help individuals living with obesity achieve substantial weight loss. These surgeries

offer benefits well beyond weight reduction. Patients often experience improvement in obesity-related conditions such as diabetes, hypertension, and sleep apnoea, along with enhanced mobility, mental health and quality of life. I also regularly perform abdominoplasty ('tummy tuck') surgery.

What do you consider your greatest strengths as a physician?

When working with patients I take the time to fully understand their unique needs, approaching care from a holistic perspective. While my surgical techniques are precise and focused on delivering the best results, I always prioritise the well-being and safety of each patient.

Surgery is not always appropriate, so I guide some patients to achieve the best health outcomes with other specialists or alternative therapies as required.

What have been your most notable achievements of which you are proud?

I am proud to have introduced bariatric surgery to Coffs Harbour in 2004, playing a key role in developing this at Baringa Private Hospital. I am also proud of our multidisciplinary team of talented allied health practitioners who support patients before and after weight loss surgery: Madeleine Southall (Bariatric Dietitian), Kyla Holley (Bariatric Counsellor) and

Waipato Carroll (Bariatric Nurse). Dr Neville Wulff excels as my regular surgical assistant. We only work with expert anaesthetists.

Why is it important to have your practice in a regional area like the Coffs Coast?

I feel incredibly fortunate to live and work on the Coffs Coast, a truly special part of NSW. Over the past 20 years, we've seen a steady increase in the number and variety of medical and surgical specialists, allowing patients to access top-quality care locally. The facilities at both public and private hospitals have also improved significantly, although referrals on to larger tertiary hospitals remains appropriate in some cases.

How can people access your services?

To access our services, a referral from a GP is required.

Our clinic is conveniently located at:

**Suites 9 and 10
60-62 Albany Street, Coffs Harbour.**

For any questions, feel free to call our friendly receptionists: **6650 0966**.

More information is also available on our website: www.coffsharboursurgical.com.au

