

Step 1 Deciding on Surgery



Step 2: Getting ready for surgery



Step 3: Having your surgery



Step 4: Recovery



York Teaching Hospital

NHS Foundation Trust

Dr David Yates, Consultant Anaesthetist

Talk on 'Preparing for Major Surgery'

Ampleforth Village Hall

Wednesday 11th March at 6.30 pm

Dr Yates is a Consultant in Anaesthesia and Intensive Care Medicine at York Hospital.

He gave a very good, interesting and useful talk to Members of the York Hospital Trust last year related to the **York Perioperative Medicine Service**. The talk focussed on **Patients preparing themselves for major surgery**. An anaesthetist's aim is to keep the patient alive during surgery and improve his/her recovery. The talk covers how a patient can help to improve and speed up their own recovery. He explains just why stopping smoking, reducing body weight, improving diet and getting fitter can help and improve recovery. He is giving the same talk to us in the Village Hall.

Everyone Welcome

For more information contact: Jenny Moreton 01439 788436

Chair, Patient Group, Ampleforth Surgery