

info@bariatricsurgerysupport.co.za

Bariatric Surgery Support

NEWSLETTER

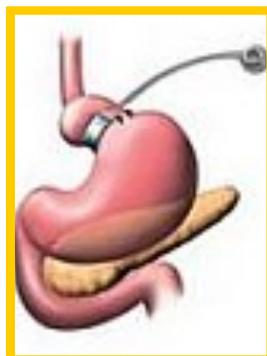
Bariatric Surgery - Weight Loss Surgery By Another Name

Many of us are familiar with the terms *Weight Loss Surgery* and *Gastric Bypass Surgery* but the term **Bariatric Surgery** is one that you may not have come across before. The term bariatrics comes from the Greek "**baro**" (weight) and the suffix "**-iatrics**" (a branch of medicine - as in geriatrics) and first came into use just over 40 years ago when it was felt that the treatment of obesity, together with the study of its causes and prevention, warranted its own branch of medicine.

Today bariatrics encompasses all aspects of medicine associated with obesity; including what is more properly termed bariatric surgery.

In addition, surgeons performing weight loss operations will often prefer to use the title of bariatric surgeon and many are members of The American Society for Bariatric Surgery (ASBS), which was formed some 20 years ago and which represents the largest group of obesity specialists to be found anywhere in the world.

Despite its relatively short history, bariatric surgery is rapidly establishing itself as a major component of the healthcare system due in no small part to the explosion (which many describe as being of pandemic proportion) of obesity across the Western world in the past 25 years.



Literally millions of Americans are classed as being clinically obese today (at last count the figure was put at over 60 million) and a significant proportion of these people are sufficiently overweight to be categorized as morbidly obese and candidates for bariatric surgery.

Bariatric surgery is also a quite unique field of surgery in that obesity brings with it a number of medical conditions including diabetes, hypertension, sleep apnea, urinary incontinence, liver disease, and arthritis all of which can potentially be cured through bariatric surgery.

More in its favor however is the fact that, at present, it is the only real solution to the problem of severe obesity. While most doctors will start patients on a program of diet and exercise to cure their weight problem this is being seen by many today as nothing more than the "politically correct" thing to do and a required step in a process that will ultimately lead to surgery if a satisfactory solution is to be found.

The traditional route of diet and exercise simply doesn't work in the vast majority of cases and many specialists in the field are fast coming to the conclusion that dieting can actually do more harm than good in the long run.

Similarly, drug treatment to assist in weight loss is also proving less than effective for most patients and, although new drugs are under development and testing, most doctors again feel that this is not the answer to the problem.

At the end of the day, despite the risks and complications, bariatric surgery works and, for many patients, this is the route that they want to take.

As technology advances, surgical techniques improve and surgeons gain experience there can be little doubt that bariatric surgery will continue to grow.



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**What will you do
today to manage
your weight
better?**

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Four Rules of Weight Loss Surgery

Weight loss surgery (WLS) is frequently perceived as an easy means to weight loss that requires little or no effort by the patient. However, patients who undergo bariatric surgery are prescribed Four Rules of dietary and lifestyle management that they will follow for the rest of their life if they wish to lose weight and maintain a healthy weight. All surgical weight loss procedures including gastric bypass, adjustable gastric banding (lap-band) and gastric sleeve, promote weight loss by decreasing energy (caloric) intake with a reduced or restricted stomach size. The small stomach pouch is only effective when a patient rigorously follows the Four Rules: eat a high protein diet; drink lots of water; avoid snacking on empty calorie snack foods; engage in daily exercise.

As part of their introduction to a bariatric program most patients are taught the Four Rules, which tend to be consistent from one bariatric program to the next. Many patients agree to follow the Four Rules which will work in concert with their surgically altered stomach and digestive system to bring about rapid massive weight loss. Some patients mistakenly believe they can return to the eating and lifestyle habits they practiced before surgery once they have lost the desired amount of weight. However, patients who return to their pre-surgery lifestyle and diet often fail to achieve full body fat loss and frequently regain much of the weight they initially lost.

For patients to lose all of their excess weight and maintain that weight loss they must follow the Four Rules for the rest of their life. Before undergoing any surgical procedure for weight management one must be fully aware of the Four Rules and willing to commit to them for life. Below is a quick look at each rule as it applies to WLS patients:

Protein First: At every meal the WLS patient will eat lean animal, dairy, or vegetable protein before any other food. Protein shakes or supplements may be included as part of the weight loss surgery diet. Patients are advised to consume 60-100 grams of protein a day. Eating lean protein will create a tight feeling in the surgical stomach pouch: this feeling is the signal to stop eating. Many patients report discomfort when eating lean protein, yet this discomfort is the very reason the stomach pouch is effective in lowering energy intake. Patients should not consume liquids while eating solid food because liquids will cause the stomach pouch to empty too quickly preventing nutrient absorption and satiation.

Lots of Water: Like most weight loss programs, bariatric surgery patients are instructed to drink lots of water throughout the day. Water hydrates the organs and cells and facilitates the metabolic processes of human life. Water flushes toxins and waste from the body. Patients are prohibited carbonated beverages and advised to drink caffeinated or alcoholic beverages sparingly.



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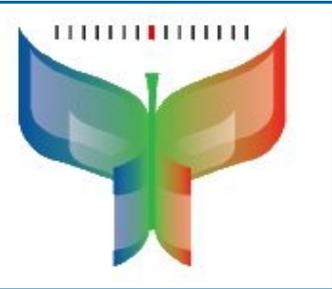


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Four Rules of Weight Loss Surgery **CONTINUED**

No Snacking: Patients are discouraged from snacking which may prevent weight loss and lead to weight gain. Specifically, patients are forbidden to partake of traditional processed carbohydrate snacks, such as chips, crackers, baked goods, and sweets. Patients who return to snacking or grazing defeat the restrictive nature of the surgery and weight gain results.

Daily Exercise: Patients in recovery from morbid obesity must increase their daily activity and progress to formal fitness building activities that include aerobic conditioning and muscular strength and endurance. Walking, swimming, and biking are all encouraged following gastric surgery. Patients who continue to follow an exercise routine will sustain weight loss and live healthier lives. Patients who do not include exercise as part of their bariatric weight loss program will most likely regain weight and suffer from comorbidities they hoped to relieve with surgical weight loss.

Article Source: <http://EzineArticles.com/4608717>



Your ability to set goals and stay with them is another factor to consider, when determining if weight loss surgery is worth the cost to you. Weight loss surgery may help you lose weight right away, but the surgery alone will not help you lose weight. With a reduced stomach pouch, which is how most weight loss surgeries work, you must limit the amount of food that you eat. If you do not do so, you may gain your weight back and possibly endanger your health. If you do not think that you can follow all of the instructions given to you, following a weight loss surgery, surgery may not be the best option for you.

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OBESITY Problem?

Obesity is a major factor in most chronic illnesses reducing your quality of Life

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OUR TEAM The Professionals

Meet The Team These are the Professionals that will support you during your Life Changing journey:



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Bariatric Surgery Support Group

Monthly MEETING



27 August –2013

Bariatric Surgery Support (BSS) is a Cape Town based Support Group for people seeking information and Support about Weight-Loss Surgery. We deal with a host of pre and post operation issues aimed at facilitating your journey to a healthier life style.

When: Tuesday 27 August – Durbanville

Where: Room G08, Durbanville Medi-Clinic, 45 Wellington Road,

Durbanville

Time: 18:00

RSVP: info@bariatricsurgerysupport.co.za

Motivation of the Month

This day is an investment you're making in your life. Invest it wisely.

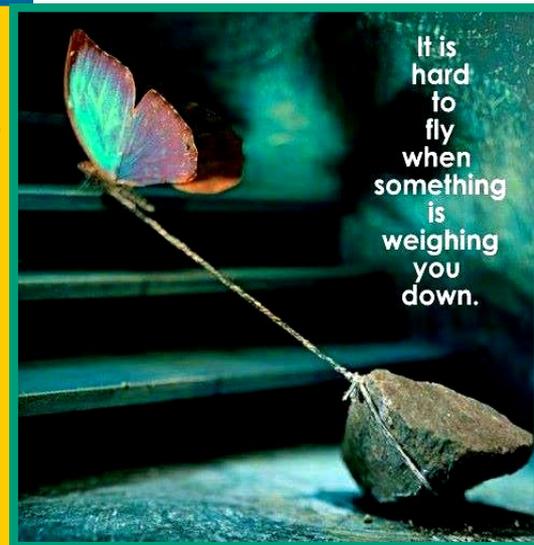
The things you do today can pay dividends far into the future, or they can create regrets that you'll never escape. With your actions, choose to create future rewards and satisfaction rather than future regret.

It is just one more seemingly ordinary day, and yet it is a vitally important part of your precious life. Treat this day with respect and appreciation for how much you can do with it.

Invest wisely and beneficially in today with your love, your gratitude, your attention, compassion and joy. Most of all, invest in today with purposeful effort.

Life can be truly beautiful, and today is your opportunity to create that beauty in your own special way. Life can be immensely rewarding, and today is when you get to work those great rewards into existence.

You cannot save today until later, so invest yourself fully in it while it is here. Life's richness is built one day at a time, so give your best to every one of them, especially today.



It is hard to fly when something is weighing you down.

How much does Bariatric Surgery Cost?

The Cost of Surgery depends on the needs of your individual case...the best advice for you is to make an appointment with one of our Surgeons to have yourself assessed.

After your assessment your surgeon will be in a better position to give you a more accurate indication of costs based on the procedure that is best suited to your specific needs...

Surgery can typically cost anywhere from R130,000 –upwards. Check with your Medical Aid if they cover Bariatric Surgery...

Question of the Month

