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**bariatric surgery support  
South African  
Weight-Loss  
Surgery Support  
Group**



**bariatric surgery support:**  
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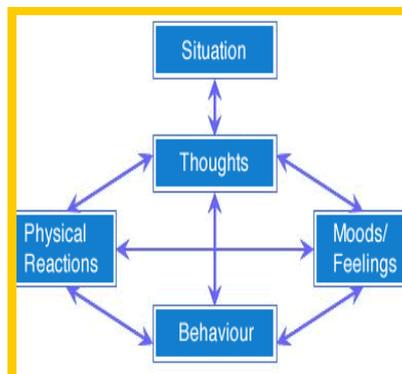
**What will you do today to manage your weight better?**

# Bariatric Surgery Support **NEWSLETTER**

## **Cognitive behavioral therapy (CBT)**

Maintaining weight loss after bariatric surgery requires significant behavioral change. Further, bariatric surgery patients are often confronted with a myriad of psychosocial changes following surgery. **Cognitive behavioral therapy (CBT)** groups have promise for assisting patients in implementing dietary and medical recommendations, helping with psychosocial adjustment to bariatric surgery, and possibly minimizing certain post-surgical medical complications.

*It is important to note that CBT groups are distinct from bariatric surgery support groups.* **Bariatric surgery support** groups vary widely in that they can be patient-led or provider-led and can range from highly structured meetings to free-flowing discussions. **CBT groups**, offer monthly support groups that are led by the multidisciplinary staff and typically include an hour of presentation on topics pertinent to bariatric surgery, which may include a facilitated discussion followed by open time for patients to interact. Support groups provide patients with education about surgery, social reinforcement for positive behaviors and weight loss success, and advice and problem-solving assistance. While support groups are currently offered at most, if not all, bariatric surgery programs, CBT groups are not, though they can offer much to our patients and our practices. Whereas CBT interventions are presently not as widespread as support groups, some bariatric surgery programs require CBT interventions prior to surgery. Furthermore, several CBT programs for behavioral weight loss are currently being tested for their effects on post-surgical outcomes.



### **Pre-operative Concerns: Preparation for Surgery**

CBT groups conducted preoperatively can help patients prepare for surgery both psychologically and behaviorally. In preoperative groups, CBT therapists teach patients relaxation exercises, such as imagery and deep breathing, to assist with managing potential presurgery anxiety or postoperative pain or nausea.

A preoperative group also allows for a discussion of the importance of avoiding a high-fat, energy-dense diet prior to surgery, which reinforces the surgical team's preoperative recommendations. Furthermore, preoperative groups provide patients with the opportunity to discuss their potential fears and concerns regarding their upcoming surgery. Discussing this with other group members allows patients' own concerns to be normalized. It also provides the therapist an opportunity to dispel some myths that the patient may have regarding surgery, and to help the patient use cognitive strategies to cope with anxiety-provoking thoughts.

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## Cognitive behavioral therapy (CBT)

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### Pre-operative Concerns: Preparation for Surgery

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A preoperative group also allows for a discussion of the importance of avoiding a high-fat, energy-dense diet prior to surgery, which reinforces the surgical team's preoperative recommendations. Furthermore, preoperative groups provide patients with the opportunity to discuss their potential fears and concerns regarding their upcoming surgery. Discussing this with other group members allows patients' own concerns to be normalized. It also provides the therapist an opportunity to dispel some myths that the patient may have regarding surgery, and to help the patient use cognitive strategies to cope with anxiety-provoking thoughts.

### Postoperative concerns: Adherence and Weight Loss

Individuals who are undergoing bariatric surgery are asked to make numerous lifestyle changes, including consuming smaller, more frequent meals, avoiding foods that may limit weight loss or contribute to digestion problems, taking vitamins multiple times per day, and increasing physical activity. For many patients, meeting these recommendations requires dramatic changes from their presurgical lifestyle, and some patients struggle to follow these recommendations. A substantial number of bariatric surgery patients report that they are not adherent with the postbariatric surgery dietary and physical activity recommendations.[1,2] Thomas et al[1] found that only five percent of postoperative patients eat five or more meals per day, 15 percent consume adequate amount of liquids, and 24 percent meet exercise recommendations.1 No adherence to these behavioral recommendations is associated with poor weight loss outcomes.[2–4] The impact of no adherence may be significant: an estimated 15 to 20 percent of bariatric patients do not achieve 50-percent excess weight loss(EWL),[5] and weight regain is not uncommon after the first year post-surgery.[6,7] Furthermore, nonadherence can lead to postoperative complications (e.g., dehydration, plugging, excessive vomiting).[40]

### Conclusion

Individuals deciding to have bariatric surgery are typically seeking weight loss, improved health, and a greater quality of life. CBT groups can assist with these goals as well as help the surgical practice. CBT groups can help patients adhere to the many behavioral changes that are required after weight loss surgery, which has the potential of increasing weight loss and minimizing weight regain. Additionally, these groups may be able to contribute to reducing the frequency of certain postsurgical complications, such as nutritional deficiencies, plugging, recurrent vomiting, and dehydration. Bariatric surgery can result in changes in self image, relationships, and mood. Group CBT may help patients adjust to the normal psychosocial changes that occur after bariatric surgery. For most patients, the speed at which they lose weight is almost astounding and having the support of a trained therapist and other patients during this time can be helpful. A small minority of patients may experience more serious psychosocial difficulties after surgery, such as increased depression, suicidality, or substance abuse, and CBT groups provide the opportunity for assisting those patients who develop these more serious psychological symptoms. We also believe that groups are beneficial to the surgical practice. They allow treatment of several patients at once and can help streamline patient care. It is our belief that CBT groups are a valuable component to a comprehensive approach to surgical weight loss.

<http://bariatrictimes.com/the-benefits-of-cognitive-behavioral-groups-for-bariatric-surgery-patients/>



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**Claire Evans -**

**Clinical Psychologist**

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**“Cognitive Behavior Therapy (CBT), is a form of psychotherapy in which the therapist and the client work together as a team to identify and solve problems. Therapists use the Cognitive Model to help clients overcome their difficulties by changing their thinking, behavior, and emotional responses. .”**

**It is recommended to see a psychologist post surgery to help you adjust to the new you...**

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**South African Weight-Loss Surgery Support Group**

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- **Laser Eye Surgery**
- **Orthodontics**
- **Pregnancies**
- **Veterinary Treatments**



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**APPLY NOW**



**Affordable finance for cosmetic procedures**

**APPLY NOW**



**JOHANNESBURG BARIATRIC SURGERY SUPPORT GROUP**

**WE ARE LOOKING AT SETTING UP A SUPPORT GROUP IN JOHANNESBURG**

**IF YOU ARE INTERESTED IN GETTING INVOLVED PLEASE MAIL**

**LEONI DE CONING @:**

[leonideconing@gmail.com](mailto:leonideconing@gmail.com)





## OUR TEAM The Professionals

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



### Dr. JA Potgieter - Specialist Surgeon

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### Dr Etienne Swanepoel - Bariatric Surgeon

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### Judy Kotze - Dietitian

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### Claire Evans - Clinical Psychologist

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### Pea Blaauw - Biokineticist, Medical Physicist

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### Sandi Loggenberg

Bariatric Support  
Chairperson



### Marius Pienaar

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Volunteer

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### Collette Julyan

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## Bariatric Surgery Support Group

### Monthly MEETING



25 June –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 25 June –2013 — N1 CITY

**Where:** N1 Medical Chambers, First Floor, Training Room

**Time:** 18:00

**RSVP:** [info@bariatricsurgerysupport.co.za](mailto:info@bariatricsurgerysupport.co.za)

## Motivation of the Month

### Skip the drama

You can avoid a lot of needless drama by continuing to remind yourself of your purpose. Instead of wasting your time and energy on issues that make no difference, focus yourself on achieving the goals you've chosen.

If someone is standing in your way, your purpose is not to punish or belittle that person. Your purpose is to get beyond that person's opposition in a positive, respectful and effective way.

Pouting, whining, intimidation, name calling, seeking to make others feel guilty, and similar tactics produce no real value for anyone. If you're obsessed with getting even, it's impossible for you to get ahead.

Your aim is to achieve your goal, to fulfill your purpose. It is not to diminish anyone else.

Put your energy into envisioning and creating positive, meaningful value. Put thoughts, feelings and efforts toward things that will do you, and others, some good.

Remember your purpose, and follow it in a positive, creative way. Skip all the drama and go straight to the goal.



What can I do if my Medical Aid does not cover bariatric surgery?

Answer: Find an alternative Medical Scheme. Do a comparison on several medical aid schemes and find out from your current scheme what the implications are of moving to a competitor that will cover bariatric surgery... Alternatively you may look at financing options such as FHF mentioned on page 3 of this Newsletter

## Question of the Month

