

Bariatric Surgery Support NEWSLETTER

Health risks associated with obesity

1. Risk of cardiovascular disease

Due to the fat deposits around the internal organs and especially the heart and lungs. The



stress to perform on these organs associated with the CV-system is much bigger. – Think about trying to blow up a balloon between blocks of margarine.

2. Pulmonary diseases

and dilapidated function of the respiratory system due to increased stresses to move the chest.

3. Heart disease and stroke.

Overweight people are twice as likely to have high blood pressure, a major risk factor for heart disease and stroke, than people who are not overweight. Very high levels of cholesterol can also lead to heart disease. Being

overweight contributes to angina (chest pain caused by decreased oxygen to the heart) and sudden death from heart disease or stroke without any signs or symptoms.

4. Cardiac illnesses

Excess fat in the abdominal area is more metabolically active than fat accumulated around the hips and gluteus. That means that these fatty deposits are more likely to get into the arteries. Therefore obese and overweight men are more at risk to develop cardiac illnesses than their female counterparts.

5. Obesity can also be associated with arterio-genetic characteristics.

This means that the elasticity, form and function of the arteries are compromised. The increased accumulation of fat deposits increases the probability of contracting these diseases.

6. Diabetes

Overweight people are more than twice as likely to develop type II diabetes. Type II diabetes (the type brought on by an inactive lifestyle) reduces

your body's ability to control blood sugar. It is major cause of early death, heart disease, stroke and blindness.

7. Gallbladder disease

Gallbladder disease and gallstones are more common if you are overweight. Your risk of disease increases as your weight increases.

8. Osteoarthritis

Osteoarthritis is a common joint condition that most often affects the knee, hip and lower back joints. Carrying extra pounds places pressure on these joints and wears away the cartilage (tissue that cushions the joints) that normally protects them.

9. Gout

An increased level of uric acid within the body causes this. Rather than being flushed out of the system, needle-like crystal deposits accumulate in and around the joints. The risk of developing this painful disorder increases with higher body weights.

10. Different types of cancer

Several types of cancer



bariatric surgery
support
South African
Weight-Loss
Surgery Support
Group



bariatric surgery
support:

Visit our website!

www.bariaticsurgerysupport.co.za/

What will you do
today to manage
your weight
better?

Inside this issue:

HEALTH RISKS	1
SUPPORT FORUM	2
RECENT NEWS	2
TEAM	3
MONTHLY MEETING	4
MOTIVATION	4
QUESTION	4

can be associated with being overweight. In woman, these include cancer of the uterus, gallbladder, cervix, ovary, and colon. Overweight men are at higher risk for developing colorectal cancer and prostate cancer. For some types of cancer, such as colon or breast, it is not clear whether the increased risk is due to the extra weight or to high-fat, high-calorie diet.

11. Menstrual abnormalities in woman

12. Sleep apnea

Sleep apnea is a serious breathing condition that is associated with being overweight. It can cause a person to snore heavily and to stop breathing for short periods during sleep. Sleep apnea may cause daytime sleepiness and even heart failure. The risk for sleep apnea increases as body weight increases.

13. The biggest risk of all is the one overweight and obese parents pass on to their children. Children of overweight and obese parents have a 2 – 3 times bigger chance to be obese through their entire adult life. This is not a genetic factor (only 25% can be blamed on your genes), but rather the family's poor eating and activity habits.

What Diseases are obese children at risk for?

- High cholesterol
- High blood pressure
- Early heart problems
- Diabetes
- Bone problems
- Skin conditions such as heat rash, fungal infections and acne.

Get The Support You Need



Our website now offers you the facility to **connect and share your experiences with other support group members** via our retweet **Forum**. Send tweets directly from our website—see what other people are chatting about. Discuss and get in touch with them. All you need is a twitter account and to follow us @ <http://twitter.com/#!/bariatrichelp>

Connect with your Support Group

Buddies on twitter. Chat in real time on our website!

Recent News

Having achieved her weight-loss goals and after serving as Bariatric Surgery Support Group Volunteer, **Debbie Lombard** has indicated that she will be taking a bit of a break from her Support Duties, to give someone else the opportunity to support the group. Thank you so much for your valuable support and input Debbie! Have a well-deserved break .



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

OBESITY Problem?

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

**WHAT HAVE
YOU GOT TO
LOOSE?
Shed some Kilo's**



Surgical Procedure

Tel No: 021 9752594

Need an Exercise Plan?

**Contact: Pea Blaauw
- Biokineticist, Medical
Physicist**

Telephone: 021 979 1427





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

MB.ChB (Stell); M Med (Chir); FCS (SA)

J A Potgieter & Associates Inc.
98 02751/21 Vat no: 4090173305 Pr no: 4206762
Tel: 27-21-5566040 Fax 27-21-66041
Tel: 27-21-5952280 Fax:27-21 595 2281



Dr Etienne Swanepoel - Bariatric Surgeon

Medical Interests: Bariatric, Laparoscopic, Vascular Surgery
MBChB FCS (SA) M MED (SURG)

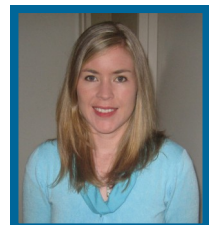
Durbanville Medi-Clinic
Pr no: 0420004207912 HPCRegNo: MP0321206
Tel: 27-21 9752594 Fax 27-21 9752692
Mobile: 083 7874366
E-Mail: etienne@capesurgeon.com



Judy Kotze - Dietitian

Special interest: Bariatric Nutrition
BSc (Dietetics) - Diploma in Hospital Dietetics M (Nutrition)

Durbanville Medi-Clinic
Tel: 27-21 975 2336 Fax 27-21 9752692
Mobile: 083 254 0919



Claire Evans - Clinical Psychologist

BA (UNISA) B.A. Hons. (Psych.) (UNISA) MA (Clin. Psych.) (UNISA)

Tel: 27-21 557 6066
Mobile: 084 691 7833
E-mail: claire.psychologist@gmail.com



Pea Blaauw - Biokineticist, Medical Physicist

Masters Degree in Biokinetics

Medius House
Unit F1 Loerie Office Park,
15 Paul Kruger Street,
Durbanville, 7550
Telephone: 021 979 1427
E-mail: pblaauw@mweb.co.za

bariatric surgery
support
South African
Weight-Loss
Surgery Support
Group



Sandi Loggenberg

Bariatric Support
Chairperson



Eugene van Vuuren

Bariatric Support
Volunteer

Vacant

*Bariatric Support
Volunteer Needed*

Have you had
surgery?

Would you like to
Support other
patients on their
Journey of
Transformation?

JOIN OUR TEAM

Bariatric Surgery Support Group

Monthly MEETING



24 May 2011

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 24 May 2011

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

Contact: Eugene 079 524 8902 for directions

Time: 18:00

RSVP: info@bariatricsurgerysupport.co.za

Motivation of the Month

Positive perspective

The moment you begin to take positive action, your whole perspective quickly changes. Instead of being worried, angry, resentful, or discouraged, you become focused on creating positive value. That's a very good place to be. And you can be there sooner than you might think. **Momentum** is a powerful thing. *You can get the positive momentum started with the smallest little effective action.*

Take action, and once you feel the slightest tinge of encouragement from that small initial action, take more action. Allow the positive momentum to build to the point where you become virtually unstoppable. In any moment, the choice is clear and the choice is yours to make. Do you sit around worrying, complaining and fearing, or do you stand up, step forward and do something about it?

Take action, and not only will you take positive control of your life. Take action, and you'll be empowered by a fresh, new positive perspective.



**TAKE ACTION
GET MOVING
TODAY!**

Can I exercise after Gastric Bypass surgery?

Exercise is important post-gastric bypass surgery - both to help your recovery after the gastric bypass and to help with weight loss. It is recommended that patients begin walking as soon as it is comfortable post-surgery, usually 1-3 days after.

Patients are advised to gradually increase the exercise level from slow walking as the weight loss increases.

Post-surgery the body absorbs fewer calories as part of the malabsorptive element of gastric bypass. The body naturally stores fat when calorie intake is reduced and as a result can start burning muscle instead. Increasing the amount of exercise and forming more muscle will help the body burn fat instead and as muscle uses more calories than fat, the more muscle you have the more weight you will eventually lose.

Patients should talk to their bariatric surgeon for guidance on how to plan an exercise regime for after gastric bypass surgery.

Question of the Month

