

Bariatric Surgery Support NEWSLETTER

YOUR WEIGHT-LOSS JOURNEY

You have made the commitment to a lifestyle change. You have had bariatric surgery and now find yourself with a lot more questions than answers. The biggest question after surgery usually is:

I had a Gastric Bypass...so now what?

No doubt you will need to make some serious lifestyle changes and here are some minor but significant suggestions:

- Once you can eat vegetables and fruits, toss a colorful salad – Try to add color and add a veggie or a fruit you may not have tried before.
- Make sure you also take care of yourself by scheduling screenings that you are due for such as colonoscopy, mammogram, dental, dietitians and for the guys check your blood pressure and heart regularly...
- Practice strength training by doing pushups, squats, and sit ups. Build up lean body mass.
- Snack smarter by eliminating processed snacks. Sneak more fiber into your food – add lentils to your salad, high fiber cereal to your yogurt, raspberries to your salad.
- Do something that requires concentration and coordination like hula-hooping, and burn off calories while having fun. Try to learn something new every month to keep your brain active!
- Aim to set aside 15 minutes every day to deep breath, meditate, pray, or do yoga
- Joining a Support Group to share your concerns and experiences is vital to your success—try to team up with a friend from the Support Group with whom you can share your journey, such as being exercise buddies and sharing recipes.



Change your relationship with food

Reinforce your motivation by rewarding yourself with treats – **not food** treats but healthy treats. This is really key; you need to change your relationship with food if you are going to be successful. Find other ways to motivate you don't use food! Also find new mechanisms to cope with stress to replace food as your emotional crutch.

A visit to a spa, a new exercise outfit, a facial, music on your iPod, a fitness ball, a jump rope, a massage, a new book, a day by yourself, etc...Ask someone to join you with your exercise, or a healthy cooking class, or just a day together. Reflect on all of the things you are doing right, and write them down. Treat yourself to a nice, new, pretty journal and write down your experiences along your journey to health!



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What will you do
today to manage
your weight
better?

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OVEREATING

Did you know that 75% of overeating is emotional?

Is the temporary gratification really what you want in the long run? If you chose to have bariatric surgery, I think not. Pause to think what you truly value in this short life of ours – your health, your family, and your friends. It is not easy to remind yourself that a walk outdoors, or on a treadmill – will help with anger, sadness, loneliness, frustration, stress – but it will!



Eating something sugary, or fatty, or full of salt might taste good for the moment, but it will not make the emotional feelings you are having go away. If anything, it will just add to your stress and frustration. Get help if you have a low self esteem and lack confidence. Do not allow anything or anyone to stop you from what your goals were before you went into the hospital and had bariatric surgery. Take care of you!

Journaling is a way to make you aware of what is going on in your life, and will also help you to see what you are eating and drinking daily. You are the director of your life, and you are in charge of the “daily scenes” in your story!

Portion Control

At the beginning of your journey, you measured the amount of food you ate each time you had a meal or a snack. It is important to always continue to eat small servings. If you no longer measure, it is recommended that at least once a week you measure what you have put on your plate to make sure you are staying within recommended limits. If you have questions about this, please email, call or make an appointment to come in and review with the dietitian.

Daily Nutritional Needs

Protein
Low fat dairy
Vegetables
Fruits
Grains
Small amount of healthy fat

That basically makes up what you need to get in each day, in measured amounts. Eating every 2-3 hours, 5-6 small meals per day will keep you satisfied and assist you in getting in the nutrition needs you require.

Following these guidelines will give you energy and keep your metabolism where it needs to be. Ask the dietitian how much of these nutrients you need each day, if you are unsure.



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NEED EMOTIONAL SUPPORT?

Call:



Claire Evans - Clinical Psychologist
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NEED NUTRITIONAL SUPPORT?

Call:



Judy Kotze - Dietitian
Special interest: Bariatric Nutrition
BSc (Dietetics) - Diploma in Hospital
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Long Term Bariatric Surgery Diet Tips:

- **Eat Proteins first.** Protein is the most important nutrient in the bariatric diet. Foods high in protein should always be eaten first, just in case you feel full and cannot finish the meal. Each meal you eat should include protein. Most bariatric health care providers recommend an intake of between 60 and 100 grams of protein each day.
- **Eat small meals.** Though your stomach will gradually stretch as time goes on, you won't be able to eat more than 1 to 1 1/2 cups of food at a time. Eat three to six small meals a day, with each meal no more than six to eight ounces in size. Incorporate two or three healthy protein snacks if hungry. Make sure to eat only the amounts recommended by your surgeon or dietitian, and stop eating before you begin to feel full.
- **Eat and drink slowly.** Take at least 20 to 30 minutes to eat your small meals and 30 to 60 minutes to drink 1 cup of fluid. Take time to chew foods thoroughly - aim for 15 to 20 chews per bite. Your small stomach pouch and narrowed outlet require a slow, well chewed passage of food to ensure nothing gets stuck, and to avoid problems such as dumping or vomiting.
- **Avoid drinking fluids with meals.** Drinking fluids with meals may force foods through your small stomach pouch too quickly, causing you to become hungry again quickly. It can also cause abdominal pain, nausea, vomiting and a situation called dumping syndrome in gastric bypass patients.
- **Include fruits and vegetables with meals.**
- **Keep hydrated.** Aim to drink 6 to 8 cups of water each day. Choose beverages that are non-carbonated, as the gas produced can stretch the stomach pouch or the opening to the intestine. Artificial sweeteners added to water are acceptable, as well as flavored waters, decaf coffee or tea, broth and diluted fruit juices.
- **Take your vitamin and mineral supplements every day.** To prevent vitamin and/or mineral deficiency, you will need to take vitamin and mineral supplements every day, for the rest of your life, as prescribed by your surgeon or dietitian. Required daily supplements may include a multivitamin/mineral, calcium, vitamin B-12 and possibly an iron supplement.
- **More tips** from our resident dietitian **Judy Kotze** on our website:

http://www.bariatricsurgerysupport.co.za/?page_id=11

- For great **bariatric cooking ideas**, tips and tasty recipes click on the link below:

<http://www.bariatriccookery.com/recipes>


bariatriccookery.com



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***“You are the director
of your life, and you
are in charge of the
“daily scenes” in your
story!”***

**SHARE YOUR RECIPES
WITH US**

**Send Your Bariatric
Recipes to:**

info@bariatricsurgerysupport.co.za

**And We Will Publish Them
On Our Website**

www.bariatricsurgerysupport.co.za/



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)

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Dr Etienne Swanepoel - Bariatric Surgeon

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Masters Degree in Biokinetics

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Sandi Loggenberg

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Marius Pienaar

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Volunteer

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Collette Julyan

Bariatric Support
Volunteer

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Bariatric Surgery Support Group

Monthly MEETING



22 November 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 22 November 2011

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

Contact: Collette 082 443 0401

Time: 18:00

RSVP: info@bariatricsurgerysupport.co.za

This is our last Support Group Meeting for 2011

Motivation of the Month

Make your efforts matter

When the outcome doesn't matter to you, even the most flimsy excuse is enough to stop you. When it's not a priority for you, even the most trivial distraction will knock you off course.

Are the distractions and excuses holding you back? That's a good indication you're not committed to whatever it is you're doing.

Either you must find a way to be more committed or find a more meaningful endeavor. There's nothing to be gained by wasting your time and energy on a half-hearted attempt.

The best commitments are not the commitments you must force yourself to make. The most powerful commitments are the ones you enthusiastically embrace. Challenge yourself to take a good, hard look at what you're doing. Challenge yourself to follow a purpose, a goal, a dream that is truly yours.

Your time is too valuable to be wasted on anything that doesn't really matter. Make sure your efforts matter and you'll make them highly effective and immensely rewarding.



Continuous Effort
not strength
or intelligence
is the key to
unlocking
our potential.

~ Winston Churchill

How will my diet change after the surgery?

The amount of food you will be able to eat will change significantly. Just after surgery, food intake is limited to one to two fluid ounces per meal so that the stomach can heal properly. Later, the quantity of food increases, and other foods will be added as you can tolerate them. At maximum capacity, about 12-18 months after surgery, the pouch can hold between 4 to 6 ounces of food.

You may be unable to tolerate certain foods, especially those containing sugar and fat. You will be required to meet with a nutritionist and will be provided with a comprehensive diet. A balanced diet of 1,000-1,200 calories a day is recommended.

Question of the Month

