

info@bariatricsurgerysupport.co.za

Bariatric Surgery Support

NEWSLETTER

DO YOU QUALIFY FOR BARIATRIC SURGERY?

Weight loss surgery is more than just surgery in itself. There is an extensive **qualification process** and lifelong commitment to the lifestyle changes after the surgery. It is important for prospective bariatric patients to note that we follow a **Team approach** to Obesity Surgery. Our Bariatric team of professionals typically consists of Doctors and other service providers notably; Surgeons, Physicians, a Dietitian, Psychiatrists, Anesthetists, Admin Staff and Support Group consultants.

Preparation for surgery is comprehensive and one can only qualify for Surgery if and when all members of our Bariatric Team have given their go-ahead.

If for whatever reason one member of our team has concerns about a patient's readiness for surgery – then surgery will not take place until all risk factors for that particular patient has been eliminated.

Weight loss surgery is not right for everyone. You should take in consideration of all the hard work, lifestyle change and motivation it will take after surgery. Obesity surgery is an effective treatment for morbid obesity, although the pounds do not come off by themselves. The surgery is an aid to help achieve lasting results by limiting your food intake.

Obesity surgery is major surgery and carries with it risk, discomfort and cost. It is important, therefore, that this treatment for obesity be reserved for individuals whose obesity is so severe that their health and even life are at significant risk from complications of the obesity.

You will usually be referred to a Bariatric Surgeon by your **(Personal Doctor) GP** after careful consideration has been given to the risks which your current condition presents to your health.

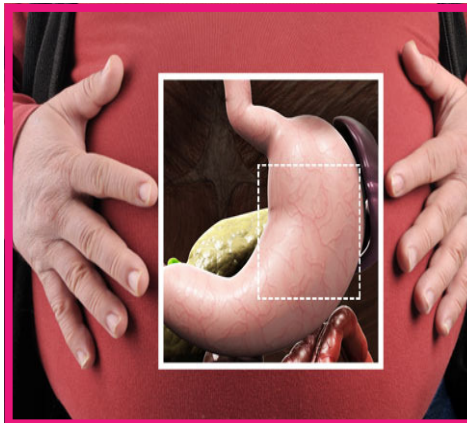
To assure that we perform surgery only on individuals who can benefit from it, our **Bariatric Surgeons (Dr Etienne Swanepoel and Dr Andre Potgieter)** evaluates each candidate for surgery carefully.

This evaluation includes examinations by a **Dietitian**, a **Psychologist**, an **Internist** and an **Anesthetists**. To qualify as a suitable candidate for Obesity Surgery your **Body Mass Index** is measured as follows:

Measure your height in meters (e.g.. 1,75 m) and measure your weight in kg (e.g.. 125 kg) Then divide your height squared (ie. $1,75 \times 1,75 = 3,06$) into your weight in kg.

The answer in this example is 40. This is called your **body mass index (BMI)**. If your BMI is 40 or above, you will qualify for surgery, provided there are no contraindications.(these can only be established during your consultation with the surgeon and thereafter with the other team members).

If your BMI is at least 35 and you have other health problems e.g.. diabetes or heart disease then yes, you need bariatric surgery.



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www.barietricsurgerysupport.co.za

What will you do
today to manage
your weight
better?

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Am I a candidate for weight loss surgery?

Everyone is not a candidate for weight loss surgery. While the final decision of whether or not you should have weight loss surgery is made by your surgeon, there are general guidelines that most surgeons and insurance companies adhere to when choosing who is an appropriate patient?

Surprisingly enough, patients can actually be too obese and not obese enough to qualify for weight loss surgery. Those who are too heavy are instructed to lose weight before the surgeon can proceed with the operation, while patients who are too thin are advised that the risks of surgery outweigh the benefits in their case.

General Guidelines for Weight Loss Surgery Candidates:

- BMI of 40 or greater
- Co morbidity: You have a life-shortening disease process, heart disease, diabetes or obstructive sleep apnea, that can be improved by losing weight.
- For at least two years, you have attempted to lose weight.
- You have been obese for an extended period of time, at least three to five years.
- You are able to effectively care for yourself and follow a physician's instructions.
- You are motivated to lose weight and maintain a healthful lifestyle.
- You do not abuse drugs or alcohol.
- You are a nonsmoker or have quit smoking.
- You are an adult under the age of 65.

If you meet these guidelines, you may be a candidate for weight loss surgery. Your surgeon will be the one to make the final decision; however, this list should help you determine if you meet the criteria


surgical solution



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OBESITY Problem?

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



WHAT HAVE YOU GOT TO LOOSE?
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TERRY'S JOURNEY

Last night, I performed at the Alma Café – a lovely, intimate music venue in Rosebank. This was the first time I have performed at a professional gig for more years than I can remember.

Although I was nervous, I had an amazing time. I felt proud and pleased –so much more confident about standing up in public than I have ever been. Why? Because two years ago, to the day, I had gastric bypass surgery. To date, I have lost 70 kg.

This has been the most incredible journey for me. It took me a long time to decide to have the operation – and a lot of research. Now, I wish I had done it sooner ...but we all work at our own pace!

I cannot describe the way I felt when the audience stood and applauded. I felt overwhelmed; but I also felt thrilled, excited, energised (and not just because it was over and I had got through it!) If you had told me that I would be singing in front of an audience feeling really comfortable I would never



have believed it! I've always been a singer – but I used to sing in 'safe' places, like friends' weddings, or at private soirees. This was different. This was a paying audience – and they had come to see me!

Has the journey been easy? Not all the time, no. There have been challenges (both physical and psychological) along the way. But it has been the most extraordinary time. It's been quite a steep learning curve: I've got to learn to like myself, to accept praise, to adjust to 'normal', to deal with attention and to trust this process.

But last night, when I stood on that stage, I realised that I have come a long way. And that felt good.



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"Success is the sum of small efforts, repeated day in and day out."

~ Robert Collier



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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98 02751/21 Vat no: 4090173305 Pr no: 4206762
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Dr Etienne Swanepoel - Bariatric Surgeon

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

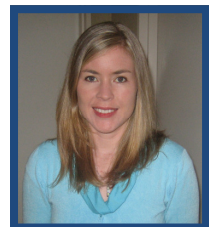
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Judy Kotze - Dietitian

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

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Claire Evans - Clinical Psychologist

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Pea Blaauw - Biokineticist, Medical Physicist

Masters Degree in Biokinetics

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Sandi Loggenberg

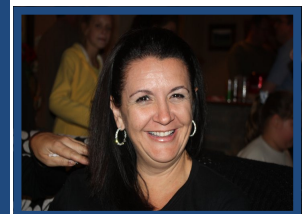
Bariatric Support
Chairperson



Marius Pienaar

Bariatric Support
Volunteer

marius@graphmada.com



Collette Julyan

Bariatric Support
Volunteer

collette@simpsons.co.za

Bariatric Surgery Support Group

Monthly MEETING



28 JANUARY–2014

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 28 January 2014– N1 CITY

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

Time: 18:00

RSVP: info@bariatricsurgerysupport.co.za

Motivation of the Month

When a law has been broken or a contract violated, it is important to determine who is to blame. For most other things in life, however, being concerned about blame is largely a waste of time and effort.

Yes, it matters who is to blame. Yet there are plenty of other things that matter much, much more.

Punishing those who are to blame does not undo what they have done. Time and effort put into assigning blame take time and effort away from moving forward.

Let go of the need to blame. Embrace the freedom and the opportunity that forgiveness can bring.

It is better to make new progress than it is to fight battles from the past. Instead of becoming obsessed about who is to blame, become passionate about the good things you can now do.

Your best options are found by looking forward, not back. Make the choice to make the best of what has happened, starting now.



Question of the Month



Christmas Recipes for Gastric Bypass Patients

<http://voices.yahoo.com/christmas-recipes-gastric-bypass-patients-12406617.html>