



# Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 12.04.22 at 6:00pm

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

Bariatric Support Group - [bssgsouthafrica@gmail.com](mailto:bssgsouthafrica@gmail.com)

## Information and Notes

As noted down in my non-professional understanding of everything discussed at the meeting. 😊

Please excuse the English / Afrikaans mixture in the notes, we have all sorts in our group and the questions come in all sorts of mish mash and so our answer is also a bit of 'all sorts'!

Meeting attended by Dr. Swanepoel, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine. (15 people in the Zoom room.)

*Welcome to all new members!*  
Just a few notes from our last meeting.

After a brief chit chat with new and old members, Doctor Swanepoel started with some questions that I sent to him prior to the meeting. (This is just a reminder also that should you have any questions for any of our doctors or dietitian, to send it to me via What's App about a week prior to our next meeting.)

1. Is it "normal" to experience acid burn (not only heartburn) after bypass surgery? I had this pre-op and not for a long time post-op, but now it seems to have returned.

Acid burn returning could be a sign of over eating once again. There are a few treatments such as Truстан and Nexium etc, but best advice would just be to go for a gastroscopy with your doctor to find out for certain and to have peace of mind knowing that everything is alright.

2. I had a lower BMI at the start than "normal" and since the op I've lost 6.5 (3 weeks) is that considered good or slow?

Doctor mentioned that the above is pretty good going. Take it easy, everyone loses at their own pace. Make your best choices in meals and exercise.

3. Hoeveel gram proteïn per dag en hoeveel gram carbs per dag is n korrekte hoeveelheid in jaar 2? \* **REPLY from Judy Below**

Watter vitamins gebruik die meeste mense in jaar 2 daaglik?

It is suggested to have full bloods done once a year at least up to 3 years post op. your annual surgeon visit will also shed light on what you might be missing as far as vitamins are concerned.

- Vit D – Once a week (Calciferol)
- Iron – Once a day (Autrin)
- Calcium – 1 sachet, twice a day (Calcium citrate sachets)
- Multivitamin – 1 a day (DS 24)
- B12 – 1 ml injection – once every 5 weeks (or 2ml, every 10 weeks)

4. *Ek is bietjie ondergewig en hou daarvan. En wil nie gewig optel nie. Ek is happy. Voel fantasties. Almal gaan oor my gewig aan dat ek te maer is, Onversorg lyk, Siek is - Ag klomp dinge. Skielik is almal 'vet' en jy die enigste maer een. Almal eet verwoed. Dit is nie net ñ 'struggle' met jouself nie, maar ook ñ 'struggle' met die mense rondom . Wil weet of ander in groep ook al so gevoel het.*

It is such a pity that not everyone has friends and family support during this process. Seeing Judy to confirm weather you are at a healthy weight and maintaining a healthy diet is a good confirmation step to take. It is important to speak to someone, weather it is someone on the support group or even a doctor (Dr Hugo Pierre La Grange - Psychiatrist - 021 975 8771). It is so helpful to see a Psychiatrist from time to time Everyone is on a personal journey and it is NOT about anyone else but yourself and YOUR health. Seeing your doctor will also put your mind at east as to weather you are 'too skinny', but as long as you are healthy, you are in charge of your own happiness. Don't let the opinion of others determine that! YOU be YOU!!

*“Sometimes, life will kick you around, but sooner or later, you realize you’re not just a survivor. You’re a warrior, and you’re stronger than anything life throws your way.” Anon*

5. *Where can I meet a rich old man that will pay for all my plastic surgery???* 🤔🤔🤔🤔  
At least we have a great sense of humour!

6. *Can you put on weight without the scale telling you so???*

Only every so slightly, 2 or 3 kg’s maybe. Depending on water intake on the day and a few other factors, but general weight loss, you will see on the scale and physically seeing it.

- **Reply from Judy on question 3:**

“Vitamin requirements, except for the nutrients which need to be supplemented as special needs of the WLS patient, are the same as for the rest of the population. Volume of intake of nutrient dense foods may however be low for some time in the WLS patient.

I would suggest staying on a good A-Z supplement indefinitely after surgery. Energy intake should be about 4800-5000 kJ (1150-1200 kcal) per day to prevent weight regain. Protein requirements do not really change in the long-term after WLS. Intake should be somewhere between 60-80 g per day (60 g for ladies and 80 g for men). A factor that may drive this number up is exercise. If you regularly exercise hard for an hour or more, a recovery drink with about 20 g protein and between 25-40 g carbohydrates would be recommended.

Energy intake can be adjusted upwards as needed, to maintain ideal post-surgery body weight.”

Judy found a nice summary on this topic from the Oasis of Hope Bariatric Centre, Tijuana, Mexico, which I have included at the bottom of these notes.

### Quick Re Cap of how we break down calories:

60% of our intake of calories go towards running our organs – Kidneys, Lungs etc...

20% is for digestive purposes (Now keep in mind that should you fast, you forgo this 20%)

20% is for muscle activities and exercise. Should you not do some form of exercise, this 20% then also turns into fat. (So, get moving).

Many thanks as always to Doctor Swanepoel and Judy for making time for our meetings.

Please note that you should ONLY complete the online form once you have had your first consult with one of our Doctors (Dr. Swanepoel & Dr. Potgieter). Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>



## Next meeting dates to diarise:

Please note, these dates may change due to holidays etc... advance notice will be given.

10 May

14 June

12 July

16 August – Please NOTE change of date for this meeting

13 September

11 October

8 November

Regards Bambine

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### \* Article from Judy Below:

#### Why Does Long-term Diet Matter?

Gastric bypass helps with weight loss by physically reducing the size of the stomach, but this is only part of the weight loss equation. Long-term changes to diet are an essential component. Without a lifelong commitment to eating healthy, the weight lost after gastric bypass surgery can return.

When considering long-term dietary changes, it's important to understand that simply eating less isn't necessarily best for health and weight loss. The types of foods eaten are just as important. For example, eating 100 calories of cake is not the same as 100 calories of spinach. Although the calories may be the same, spinach is full of fiber, iron, and other nutrients that are beneficial for the body.

Here, we offer several tips to help patients at our Tijuana practice maintain a healthy diet after gastric bypass surgery. Pick Nutrient Dense Foods - Because gastric bypass surgery reduces the size of the stomach, patients will not be able to eat as much food as they could before undergoing the procedure. This makes it extremely important to pick foods that provide the most nutrients in the smallest package.

Nutrient dense foods are those that are high in protein and vitamins and low in saturated fats, sugar, and carbohydrates. Examples include chicken breast, salmon, and broccoli, and other vegetables.

Avoid Foods High in Fat, Sugar, and Refined Carbohydrates. After gastric bypass surgery, foods that are high in sugar, fat, and carbohydrates should be avoided. This includes cookies, cakes, and fried foods. These types of foods are often called empty calories, and rightly so. Fried foods, sugary foods, and foods high in carbohydrates are often high in calories but lack a significant amount of vitamins, protein, and other nutrients.

Eating these types of foods after gastric bypass can impede weight loss and cause malnutrition. Plan Meals around Protein and Vegetables Long-term diets following gastric bypass surgery should be largely made of protein and vegetables, as these are typically nutrient dense and low in sugar and fat.

Lean meats, like chicken breast, turkey, and fish are good sources of protein. Vegetarian options like lentils, quinoa, and kidney beans are also high in protein.

Including vegetables and protein in every meal provides you with the vitamins and fiber that you need after gastric bypass. Colorful vegetables like carrots, spinach, and broccoli are generally the most nutritious. Drink Plenty of Water. After gastric bypass surgery, it can be difficult to drink larger amounts of water in one sitting because of the reduced size of the stomach. Even so, it's still important to drink plenty of water every day and avoid sugary sodas and juices.

We recommend our patients drink small amounts of water throughout the day to stay hydrated. Although drinking water is important, patients should avoid drinking water or any beverage while they eat, and within 30 minutes of eating.

## Just a reminder:

### *How it will work:*

- A few days before the online meeting, I will send out a Whats App reminder for people to please let me know of anything in particular that they would like the doctors or Judy (dietitian) to address. This can be sent to me via Whats App' and I will put your question on a general list. I will then at least have a list for the doctor/s to work with so that should they need to prepare any visuals or documents, we can get that ready by the time the meeting is held.
- We will then meet online from 6:00pm and 7:30pm on the given dates. The committee will welcome everyone and we can all just have a good 'chat and chinwag' for a bit. We generally just start by introducing ourselves and just stating whether we are pre op, post op, considering surgery, in the process or even choose to have your camera off if you would like to remain anonymous for now. You can even tell everyone how much weight you have lost so far as this gives people motivation. Anything goes!
- **We ask that you keep your microphone on silent when you are not speaking especially if you are in a noisy environment.**
- The Doctors and dietitian (one or both) will then join us between 6:30pm and 7:00pm to answer any medical or dietary questions that we might have after that. They will generally be in the 'room'

available to us for about 30 minutes and after that those who want to stay and chat can continue to do so.

- It is a relaxed environment to find out about others like you, personal experiences etc. You will be surprised that so many of us have had similar experiences and have asked the same question before. No questions are silly questions.

SEE YOU IN THE

ZOOM ROOM!