



# Bariatric Surgery Support Group

Meeting Held at N1 City Rooms. Board Room , Medpark 2, 3rd Floor, Douglas Syfrid Street, Goodwood.

Date: 18.06.19 at 6:00pm

**NEXT MEETING: 30 July at Durbanville Medi Clinic**

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



## Information and Notes

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

Meeting attended by Committee members: Colette and Bambine (073-141-2580) and Dr. Potgieter. We had very few members attend the meeting, but it was a good one and we got to welcome 2 new members to our group.



# WELCOME TO OUR NEW MEMBERS !

### Some things discussed and brought up...

Monique Bezuidenhout contacted me via the facebook page. She is doing her PhD. The title of her research is: An Exploration of the Psychological Factors that Contribute to Weight Regain and

Weight Maintenance after Weight Loss Surgery. I have attached her letter to us. Should anyone be interested in helping her with her research, please feel free to contact her directly.

Dr Potgieter reiterated how important it is to follow up on your blood tests, at least once a year. It is unnecessary and overkill to be taking too much of what you don't necessarily need.

Recommended: Below are some good suggestions, you might have found something else that works for you.

- Vit B12 shot – 2cc's every 10 weeks
- Calciferol (Vit D)
- DS 24 (Multivitamin)
- Calcium Citrate
- Autrin (Iron) [Iron is always better absorbed alongside Vit C, Autrin includes this]
- Biotin – not necessary, but some might find it strengthens your hair and nail regrowth

Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have.

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