



Bariatric Surgery Support Group

Meeting Held online online - ZOOM.

Date: 20.04.2021 at 6:30pm

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

Information and Notes

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

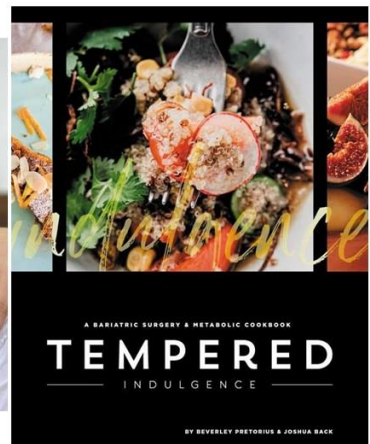
Meeting attended by Dr. Swanepoel, Dr. Potgieter, Judy Kotze and Committee members: Rhine, Colette and Bambine (073-141-2580).

Should you know of anyone who are not receiving any mail, or Whats app's then please get them to complete the online form. **Please also note that you should only complete the online form once you have had your first consult with one of our Doctors.** Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>

As always - Welcome to all new members!

Just a few notes from our last meeting.

- We welcomed Beverly Pretorius as a guest speaker (She is a patient from Dr. Tess). She has just released South Africa's **FIRST** Bariatric Cookbook. South African ingredients, brands and recipes. Including: Asian, cakes and treats, chicken, deserts and smoothies, fish and seafood, high days and holidays, meat, quiches, salad, vegetarian etc..
- We had an awesome chat with her regarding some great recipes for bariatric patients. She told us a bit about her awesome journey.
- The cookbook comes in the form of a file and the nice thing is that as time goes on, she will release new recipes during festive seasons and holidays etc. that you can just add to your file, as well as any of your own of course. She just notified me of the Below:
"Doing an update for Father's Day for those who have books R60 for 15 recipes. Brekkie, main meal and desserts. Will mail to customers by 12 June"
- The cookbook order form will be at the end of the meeting notes. Please remember to send along the order form to her when you order.



- I received a short list of questions from members that I forwarded onto our Doctors. Dr. Swanepoel was able to join us on our meeting at 7pm and was able to answer these questions going down the list. (Sending in any questions you may have a few days ahead of the meeting, allows for the doctors to prepare and answer these). The questions are sent to the doctors as a list anonymously, so anything goes!

Below were the questions that were sent to the Doctors. I have attached the document from Dr. Swanepoel regarding the questions for your perusal.

1. The three week stall....
2. Ask about stretching the pouch / overeating. How easily does this happen, is there any sort of warning and then if it happens can it be fixed?
3. Perhaps their take on Covid and the vaccine? Perhaps not 100% relevant but as I trust their judgement I am very interested. The doctors are in hospital every day and might know more.
4. So, the tummy is stretched and can now eat more and carb cravings are back. What now? Does it mean that the stomach is now stretched and new surgery is needed?
5. Indicate just where the "stomach" is situated.
6. Is everyone's poop like mousse?
7. I drink plenty water because I'm thirsty all the time. And I can easy drink 500ml to a liter at once. How do I manage when I'm thirsty, because I literally have bottles standing all over the house
8. At 6/7 months in, 4 or so kg to goal, or at goal, what should portion size be?
9. How long before surgery must you stop donating blood?
10. Just wondering at this stage how far one should be walking in the weeks post op. But this can probably be discussed in general.
11. I'd love to know a bit more about doing a pouch reset and how effective it is.
12. Can we do intermittent fasting to improve loose skin?
13. I have had this for decades now, and prior to the op to urticaria which disapears for years and then suddenly reappears. I was tested by UCT allergy centre and no cause was found. I had a bad session of urticaria over the past month and I eventually deducted that it was related to an internal issue as opposed to external. I noticed a huge of wind being generated by my gut. I eventually went to the GP and discussed with him and he agreed with me that it could possibly be a gut related issue as previous tests had not revealed any external cause. I requested that he prescribe some of that medicine we took prior to the scope to clear the gut and am also been taking probiotics to help establish a healthy gut. Question: Do we fully digest all the food we eat and if not can this have an influence on what I have experienced and is there a routine we should follow to help keep our gut healthy and clear of waste.

Meeting dates to diarise:

25 May
29 June
27 July
31 August
28 September
26 October
30 November

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 at 6:30pm 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 at 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.

Regards Bambine

073 141 2580

bssgsouthafrica@gmail.com

Tempered Indulgence
A Bariatric Surgery and Metabolic Cookbook

ORDER DETAILS			
Name:			
Address:			
Email:			
Cellphone:			
Quantity:	Product	Price each:	Total:
	Tempered Indulgence - A Bariatric Surgery and Metabolic Cookbook.	R300 each	R
	Pick up - Johannesburg (Glenhazel)	FREE	R0
	Pick up - Pretoria (Lynnwood Manor)	FREE	R0
	Pick up - Netcare Waterfall	FREE	R0
	Courier	R100	R
Total Payment Due: Recipe Book Total + Courier (if applicable)			R

Payment details:

Bank name: Tyme Bank
 Account name: EveryDay Business account
 Account type: Current Account
 Account number: 53000097373
 Branch code: 678910

Send proof of payment to: temperedindulgence@gmail.com. You must include your full name in payment reference. **Note: NO cookbooks will be released until proof of payment has been sent via email and reflects in the account.**

Please email this form to temperedindulgence@gmail.com so we can process your order. Once your order is confirmed we will contact you via email to arrangement for collection or to notify you when it your cookbook has been sent out with the courier.

Delivery and/or collection may take up to 10 days.

Cookbooks will be sent out with the courier once a week on a Sunday.

Are you interested in getting quarterly updates with new and exciting recipes?

Please indicate: Yes: No:

Regards,

Beverly Pretorius and Joshua Back.