



Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic

Date: 24.07.18

Information and Notes

Meeting attended by Committee: Sandi Loggenberg (083 603 0365) and Bambine Rogers (073-141-2580) and members.

Sandi welcomed everyone and introduced our regular professionals and visitors

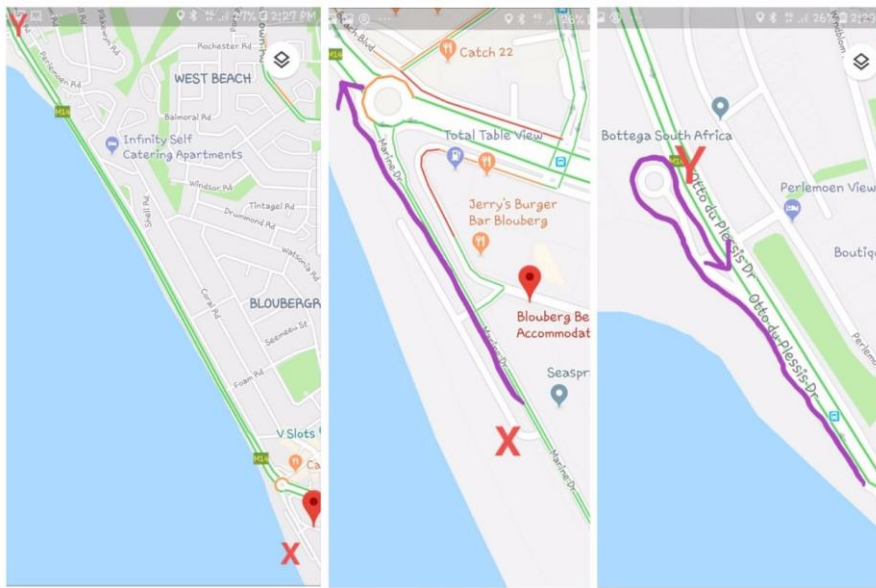
A few things brought up by Dr. Swannepoel:

- He spoke about the Vit B12 spray that members asked about last time. He mentioned that instead of the 4 sprays that a 'regular' person should take daily, a bariatric patient is recommended to take at least 12 sprays, so not sure if that would be a cheaper or viable option? The details on that is at the end of this email.
- Recommend taking your iron supplement along with Orange juice or a vit C supplement. Helps with better absorption
- Would like to get some feedback whether or not we (members) think it might be a good idea to set up a meeting with one of our recommended or another Psychiatrist at one year post op as part of our 1 year follow up.
- Everyone should look into their medical aid as some allow you to have up to 15 paid out of hospital sessions. I think Discovery gives you 12 – 15 out of hospital 'mental health' sessions. Contact your medical aid and just enquire – they are all different.

Dr. Hugo La Grange spoke to the members about how patients are assessed before the operation, to make sure they are the correct candidates. He said it was difficult sometimes to assess if the patient tells him what he wants to hear, because they are so excited for the operation.

Members discussions:

- We should put together a list of frequently asked questions. So if you are able to send me any questions, you would like answered, or even questions you frequently get asked.
- Constipation: Suggestions from other members – To take Omega 3, Movicol and Prune purity
- We encourage members to be a bit more active on our Facebook group as this will encourage others and will help people realise the support that is out there. Share recipes, ideas and 'before and after' pics are always a great motivation to others. This group is VERY private and can't be seen by the public - only a committee member can add you to the group. So you will have to send Sandi (Sandi Loggenberg) or myself (Bambine Rogers) a 'Facebook friend request' (Please add a message saying you would like to be added to the group), we will then add you to the group.
- Member suggested we arrange a fun walk once in a while for member to catch up and get active. I will arrange a date and a route (Blouberg beach front was suggested). There is a nice 5km walk that we can all do. No rush, no expectations, just a casual walk with friends. Suggested dates for the fun walk: 4th August or 25th August? It will be from 8am – about 10am. Bring family and friends if you like. Not an official walk, all very casual, we will all meet at the parking area in front of the information centre opposite the 'Seabreeze complex'. Walk a slow 5Km's and get on with our weekend from there. We would walk from mark 'X', and walk to the circle at 'Y' as the halfway point and return. The round trip is 5Km's.



Our professionals Contact details:

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- **Dr. Andre Potgieter (Surgeon)**

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- **Judy Kotze (Dietitian)**

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- **Margaret Stein (Phycologist)**

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- **Dr. Hugo La Grange (Psychiatrist)**

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VITAMIN B12 SPRAY information:

1. Vit B12 spray contains a solute version of Vit B12 (Vit B12 is water soluble). Therefore Vit B12 can readily be absorbed through the oral mucosa.
2. The intake of Vit B12 in the mouth corresponds roughly to the passive diffusion in the intestine. About 1-2% of the dose is absorbed through the oral mucosa. A further 1.5mg is obtained from the swallowing of the oral Vit B12.

In healthy individual only about 10mg of a 500mg oral (tablet) supplement is actually absorbed.

3. Theoretically there is a concern that the swallowed Vit B12 could be destroyed by gastric acid, but this seems to not be the case.
4. Spray supplement should provide around 300-500mg of Vit B12 in order to meet the daily requirements and to provide a good buffer.

BetterYou B12 Boost: 4 sprays = 100mg
Therefore a daily dose for g/b patients is 12 sprays = 300mg

5. An individual patient's ability to absorb Vit B12 should be the most important factor in determining whether Vit B12 should be administered sublingually or intramuscularly, and if used sublingually, what the dosage needs to be.

Note: It would thus appear that the intramuscular administration is still the best option for our patients. However, if their script runs out (temporarily) or they have a specific preference for the oral spray, they can use it at somewhere between the recommended 4 sprays per day on the package (BetterYou B12 Boost) and the 12 sprays a day, which is what they actually need. If using a different product, check the mg content and determine dosage. If used for an extended period, check serum Vit B12 regularly as a Vit B12 shortage has serious health implications.

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