



# Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic, Wellington rd, Durbanville

Date: 25.02.2020 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) (073 141 2580)

## Information and Notes

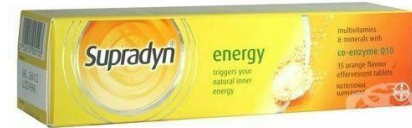
As noted down in my non-professional understanding of everything discussed at the meeting. 😊

Meeting attended by Dr. Swanepoel, Judy Kotze and Committee members: Rhine and Bambine (073-141-2580). Should you know of anyone that is wondering why they are not receiving any mail, then please get them to complete the online form. <https://forms.gle/2KNp2fPQVUarN7rGA>

## WELCOME TO ALL NEW MEMBERS!

### Just a few notes this time around.

Judy has said that anyone pre op or even anyone still using Supradyn tablets or effavesents: Please note that they are going off the market and you will find it very difficult to get stock. Also a good supplement to that is not yet established – maybe Centrum. So if you see it on the shelf – get as much as you can and stock up for your 6 weeks! Judy will confirm a replacement soon.



Also - sharing is caring **FYI** DS24 at DisChem: 2 x 30's is cheaper than 1x 60's

### Website designer!!

We are looking to update/change our website to make it a bit more user friendly, up to date and more interactive. If anyone is able to assist us in this regard or knows of anyone that would be able to assist us, please let us know. We are looking for someone to help us with a basic free or inexpensive website.



**NEXT MEETING: 31<sup>st</sup> March 2020 at 6pm at the Durbanville Medi clinic board room.**

Please send me any topics you might want discussed at our next meeting. Dr. Potgieter will be joining us. Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have.



### Meeting dates to diarise:

March 31<sup>st</sup>, April 28<sup>th</sup>, May 26<sup>th</sup>, June 30<sup>th</sup>, July 28<sup>th</sup>, Aug 25<sup>th</sup>, Sept 29<sup>th</sup>, Oct 27<sup>th</sup>, Nov 24<sup>th</sup>

**Thank you to all those who attended the meeting.**