



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 27.0.2021 at 6:15pm

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. Potgieter, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine.

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>

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

A few questions to our doctor:

1. When can you go for your vaccine?

As soon as possible, 10 prior to surgery or 10 days post Op is fine. To have them both before your surgery would be ideal, but not necessary.

2. When can I start using my pre-workout supplements (such as thermogetics and fatburners etc..) again or is it best to ask Doctor?

Not suggested to take any supplements not checked by your dietitian.

3. I am 4 months post op and only now am I finding milk isn't great for me.... Some days worse than others... So I am wondering if this means I'm lactose intolerant?

If you are using full cream milk, it could very well be the high fat content in the milk that you are not able to tolerate. There is a degree of fat malabsorption after gastric bypass surgery. Fat free milk would be better. If you think you are in fact lactose intolerant, you can swop to lactose-free milk. Look for the low fat option (I don't think there is a fat free option). It is available as UHT milk (box/longlife), or fresh.

A cow's milk protein allergy is something different from an intolerance and blood tests will confirm the diagnosis. This is far less common than lactose intolerance and is usually associated with additional symptoms such as skin reactions, and hay fever-like symptoms. With a cow's milk protein allergy, you may be able to tolerate goat's milk because the protein is different from that of cow's milk.

If, for whatever reason, you have avoided milk for a period of time, your body starts to produce less of the enzyme that is needed to digest milk (lactase), so be sure to introduce dairy slowly again, to build up a tolerance. Start with a little cheese, then yoghurt and lastly milk.

Tip: If you are lactose intolerant, it is useful to know that you can buy a lactase supplement (eg. Milkaid tablets), which you can chew with a meal containing lactose, to help you to tolerate it.



4. What is the difference between lactose, lactase and fructose and sucrose?

Lactose is a type of sugar (which is a subtype of carbohydrate) found in milk products that can be difficult for some people to digest. Food manufacturers produce lactose-free milk by adding **lactase** to regular cow's milk. Lactase is a disaccharide, meaning it's a sugar made up of two smaller sugar units. Glucose and galactose, when chemically bonded together, form lactose. When you digest lactose in the small intestine, you break it into glucose and galactose. Your intestine then absorbs those smaller sugar units independently.

Lactase

Is an enzyme produced by people who tolerate dairy products, which breaks down lactose in the body. The LCT gene provides instructions for making an enzyme called lactase. This enzyme **helps to digest lactose**, a sugar found in milk and other dairy products. Lactase is produced by cells that line the walls of the small intestine.

Sucrose

Like lactose, sucrose is a disaccharide. It's made up of the smaller sugar units glucose and fructose. As with lactose, you must break sucrose into its constituent units in the small intestine prior to absorption; your body can't absorb sucrose directly. One of the major differences between sucrose and lactose as far as you can detect is the sweetness; sucrose is significantly sweeter. The caloric content of the sugars is identical, however; each provides 4 calories per gram.

Fructose

Fructose, or "fruit sugar," is a monosaccharide like glucose. It's naturally found in fruit, honey, agave and most root vegetables. Moreover, it's commonly added to processed foods in the form of high-fructose corn syrup.

Fructose is sourced from sugar cane, sugar beets and corn. High-fructose corn syrup is made from cornstarch and contains more fructose than glucose, compared to regular corn.

Of the three sugars, fructose has the sweetest taste but least impact on your blood sugar.

5. I have my operation on 1 September 2021 and heard last night that covid vaccinations will open for people from 18-34. Will it be safe to get the vaccination after the operation?

As in Number 1. As soon as possible, 10 prior to surgery or 10 days post Op is fine. To have them both before your surgery would be ideal, but not necessary.

a. Will I still be able to keep on taking Ivermectin after the operation? Just want to be on the safe side.

Rather stop your Ivermectin before surgery. (Or not at all – Doctors opinion)

6. If we're supposed to get in 80grams of protein per day, can I do it in the form of shakes and protein powder as long as I don't exceed my daily kilojoule allowance?

It all depends at what point you are, post op or pre op? Ladies will be needing about 60g Protein and men a little more. Best to contact Judy to get more details. Liquids move through pouch quickly and is not great long term. Doesn't give you long lasting satiety either. It is better to eat food. If you can't manage with getting in enough protein with your food - then top up with shake. Shakes is good for convenience but is not advised or desirable to be mostly on shakes. The idea is to be teaching yourself to plan and prepare food properly for yourself.

A few more things - need some interaction and feedback on this one.

In order to make our meetings a bit more interesting and on topic, we would like a little bit of feedback from all of you please. The questions and requirements for someone pre op or even immediately post op are VERY different to those questions someone might have 5 - 10 years post op.

Please send us some common dietary mistakes that you feel it is easy to make or fall back into?

Let us know how far post op you are and what your concerns are regarding dietary mistakes and what the easiest way you found with getting back on track. If you have not yet done so, then maybe Judy can help with some ideas.

What are your biggest issues since the operation to control your weight?

Again, this could be 1 year post op or even 10 years. We would like to put together how different everyone's concerns are. This could be anything from struggling with lockdown picking, to alcohol, depression etc...

The above feedback will be compiled anonymously of course and I will put them on a list and we can discuss this going forward.

Message from Judy:

I have been asked by Dr. Potgieter to come up with some tips on how to deal with weight regain after weight loss surgery. In order to be able to offer some useful advice, I would love to gain some insight from anyone who is wrestling with this issue, or who has made peace with their weight regain, or who has finally overcome it. Please send me a WhatsApp (083 254 0919) or an email (gert.k@absamail.co.za) and let me know what you think the barriers are that prevent you from regaining control of your weight. If you have successfully managed to lose some 'regain weight', what advice do you have for others ?

Many thanks to our Doctors and Judy for always being able to assist us with the questions and information.



Next meeting dates to diarise:

NEXT - 31 August
28 September
26 October
30 November

Regards Bambine

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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 between 6:15pm and 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 weather 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.

See you in the ZOOM room!