



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 25.05.2021 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).

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 started with discussions regarding discovery and medical aids. Some patients have been struggling with their medical aids. Dr. Potgieter just said that the process after handing in everything should take about 10 days. Best advice is to follow up often and even go to the offices. (Some of those members have subsequently been helped and have even received surgery dates!!)

Common question asked is "are we allowed to get active after surgery and how soon" - nothing strenuous within 5 days but get active as soon as you can after surgery !

If you're not active your body will start breaking down your muscles first. Keep your muscles in shape and let your body burn fat and not muscles.

Some notes I made..(Hope it makes sense as I can't put it in context right now) Gall emulsifies the fat in the intestines. Then enzymes digest the fat easier. Gall bladder is a reservoir.

Below are some Notes from Judy (Dietitian) after some discussions in the meeting by our patients:
"My comments on the discussion this evening regarding supplementation after bariatric surgery:

1. *Despite good scientific research guiding us regarding the needs for nutrient supplementation after bariatric surgery, there is little consensus amongst healthcare providers, both at a local level, and internationally. There is no 'magic bullet' regime that is 100% infallible for each patient. This situation is confusing for patients and is likely due to several factors including availability of supplements suitable for bariatric patients, as well as availability of supplements in general (a*

challenge in our country), cost, ease of dosage, palatability, and preference of the providing healthcare professional (what 'works best' for a particular bariatric centre is often dictated by the needs of the patient population).

2. My approach is one of 'spend what you can afford on your supplements'. If you are no longer going to have to spend a lot of money on chronic medication and accompanying healthcare, and your grocery and eating out/take-away bill is smaller, then re-budget and buy the best supplements that you can afford, in line with evidence based recommendations, at least for the first year or two after surgery. Once you have reached your target weight, and are eating healthily, and exercising as you should be, you may no longer need a multivitamin. However, it is interesting to know that with our stress-filled lives and mass-produced foods, there is a movement towards the regular use of a multivitamin. You will need Vitamin B12 and calcium supplementation lifelong. Vitamin D and iron levels need to be monitored and supplementation continued, accordingly.

In conclusion, there is not necessarily a 'right' and a 'wrong' way of supplementing. As the patient, gather facts and gather advice and then decide what option is best going to suit you. Remember to go for your check-ups so that the necessary blood tests can be done to establish whether what you are doing, is meeting your individual nutritional needs.

Judy Kotze RD(SA)"

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 - 29 June
27 July
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 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.

Try and join us next time!