



# Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic, Wellington rd, Durbanville

Date: 26.11.19 at 6:00pm

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

## Information and Notes

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



Meeting attended by Dr Swanepoel and Committee members: Collette and Bambine (073-141-2580).

Dr Swanepoel and Judy thanked committee members for all they do.

### 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.



Members asked about weight regain post op.

If you have a substantial amount of weight regain from about 3 years post op, it could be a good idea to go for a follow up and do a barium swallow and or a gastroscopy, so that the doctor will be able to measure the size of your pouch. Some weight regain is very normal. It was said that you can gain up to 10% of what you might have lost.

Should you feel a bit disheartened about a bit of weight gain, do a Daily food diary and make an appointment to see Judy (Dietitian) - 021 975 2336. Don't be too hard on yourself and set yourself unrealistic goals. Be kind to yourself!



Pre op Patients: Find out about your medical aid and do a bit of research. Some members said that they did not have to put their whole family on the Classic comprehensive plan. Ask questions and find out what is covered pre op and post op!

Thank you to all those who attended the meeting. **NEXT MEETING: 28<sup>th</sup> January 2020 at 6pm a the Durbanville Medi clinic board room.**

Please send us any topics you might want discussed in the New Year. Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have.

Bariatric Support Group - [bssgsouthafrica@gmail.com](mailto:bssgsouthafrica@gmail.com) (073 141 2580)

Next year's meeting dates: (See next page for Calendar)

Jan 28<sup>th</sup>, Feb 25<sup>th</sup>, 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>

Have a great festive season and be good!

# Till next time!

