



Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic.

Date: 27.11.18 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 Committee: Bambine Rogers (073-141-2580), Sandi Loggenberg, Rhine Barnes, Judy Kotze, Dr. Swannepoel and members. Collette Julyan sent apologies.

Dr. Swannepoel thanked the committee for doing a great job! Members introduced themselves.

Some things discussed:

Dr Swannepoel spoke to everyone about weight gain after about 2 years.

This is very common. He mentioned that some people can have a weight gain up to 10%.

He mentioned that patients with support have a better success rate than someone without support. **The article he gave me is pasted at the bottom of tis document.**

Another great reason why our meetings are so awesome!

Skin removal surgery is not suggested before at least 2 years post op.

Doctor suggested that we organise a group walk/cycle or something we can do as a group. We will not be advertising who we are and what we stand for, it is merely a support even to help each other take that first or next step towards a healthier life.

We can start small

Some provisional meeting dates to diarise for 2019:

You will be notified in due time should any of these dates change – but please do diarise these date provisionally. Dates in **RED** has been changed.

- ❖ 29 January – Durbanville
- ❖ **19 February – N1**
- ❖ 26 March – Durbanville
- ❖ **16 April – N1**
- ❖ 28 May – Durbanville
- ❖ **18 June – N1**
- ❖ 30 July – Durbanville
- ❖ **20 August – N1**
- ❖ **17 September – Durbanville**
- ❖ **22 October – N1**
- ❖ 26 November – Durbanville

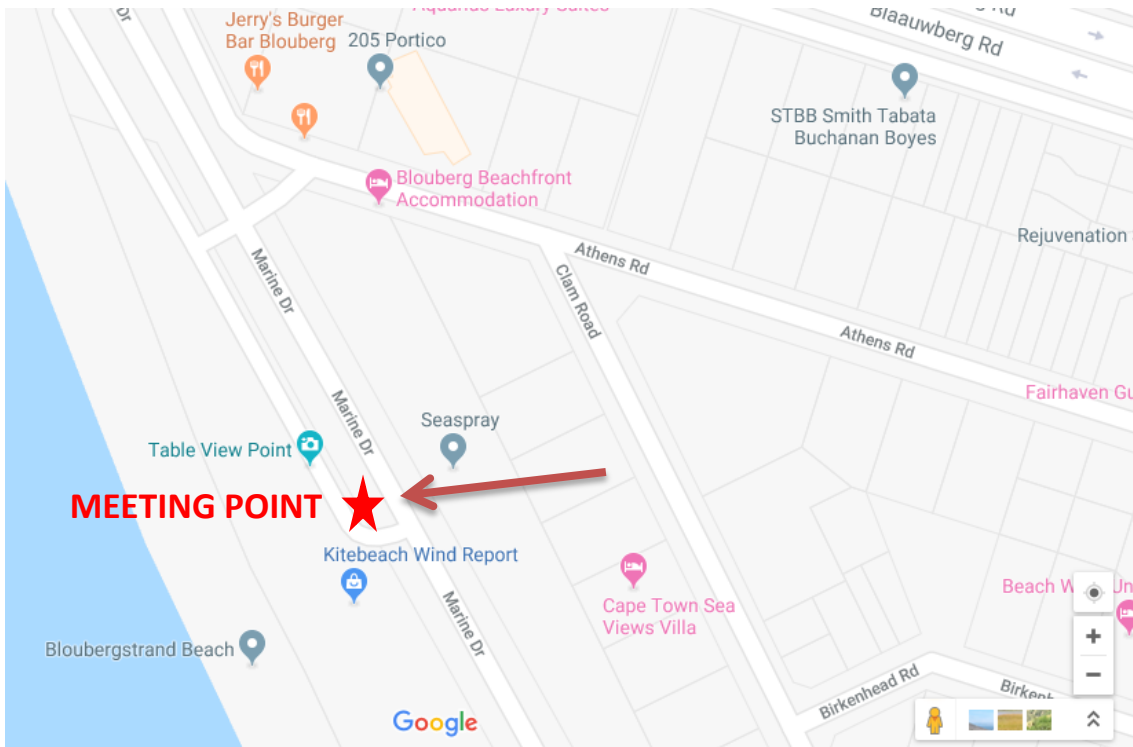
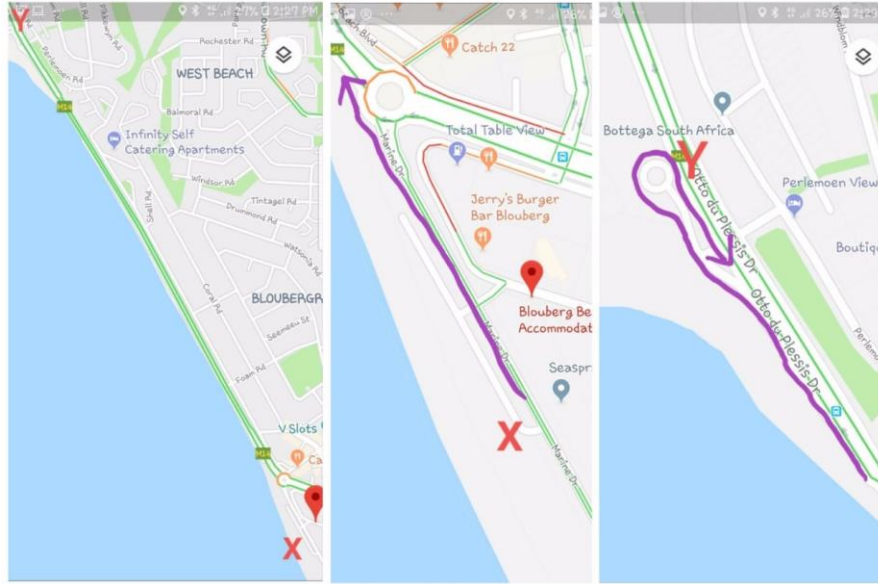


We encourage members to be more active on our Facebook group as this will encourage others. Share recipes, ideas and 'before and after' pics are always a great motivation to others. This group is VERY private and can't be seen by the public. You will have to send Sandi (Sandi Loggenberg) or myself (Bambine 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.

- Members and Doctor suggested we arrange a fun walk once in a while for member to catch up and get active.

This Saturday 8th December morning at 8am a small group of us are meeting at the parking area by the information centre as per map. It is a nice 5km walk that we can all do. No rush, no expectations, just a casual walk with friends.

This is not an official walk, all very casual, we will all meet at the parking area in front of the information centre opposite the 'Seaspray 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.



Families' shared a main concern of unexpected changes after GBP,

Before, GBP families experienced distance and disengagement. Immediately after GBP, there were changes within relationships. Families experienced a period of difficulty, in interactions, while adapting to the lifestyle changes and altered positions. After 3 months, families experienced enhanced closeness in inter-relations within the family and increased social interactions as a whole family with friends and relatives.

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10–25% of patients experience postoperative weight regain after about 2 years, for various reasons, ranging from lack of motivation and confidence to difficulties with managing food cravings

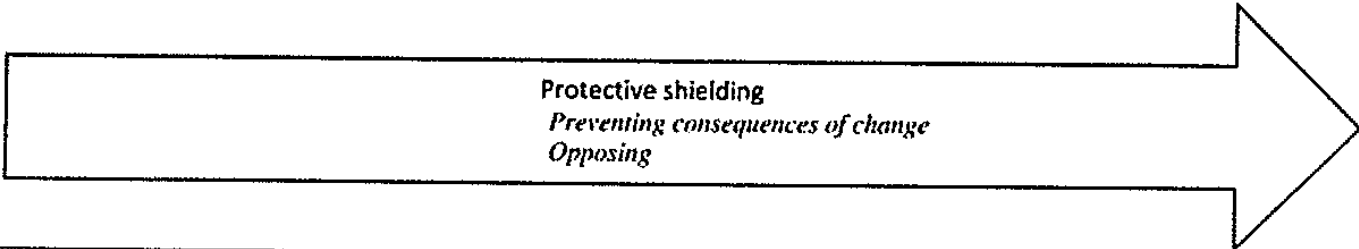
studies have indicated that support from family members may result in improved weight loss maintenance

Table I.

Overview of the theory "stabilizing family life".

Waiting out	Figuring out	Remodelling family patterns	Refiguring	Responding to stabilizing family life		
				Attaining unity	Returning to old family patterns	Disconnecting
Silent observing	Attentive comparing	Negotiating	Attentive comparing	Acknowledging	Compromising change	Distancing
Holding on	Decoding Mapping	Prioritizing	Mapping	Reflecting	Holding on	Critiquing
		Planning	Acknowledging	Expressing needs		
		Mimicking new behaviour	Engaging with each other	Spending less time together		
						Making different choices

Protective shielding
Preventing consequences of change
Opposing



Our professionals Contact details:

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

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