



Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic, Wellington rd, Durbanville

Date: 28.01.2020 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 (073 141 2580)

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: Rhine and Bambine (073-141-2580).



Welcome back everyone!

For those receiving this mail, you have all completed the questionnaire online. 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>

A few members asked me to pass on some questions that they had to the doctor. Dr. Potgieter was there and answered what he had time for, and Judy said that she would speak to us all more about the dietary related things next time.

Q: Please discuss the psychological effects after the surgery, especially on your marriage and relationships.

Doctor mentioned that there are many stimuli's for eating: Comfort, stress, anger, sadness etc, etc... It also has to do a lot with interpersonal relationships. Even though the surgery deals with the weight loss, one also has to deal with the psychological reasons as to what is making you eat.

Try and "take your family with you" after the surgery, make a family lifestyle and dietary change, don't do it on your own.



Doctor said that it is important for your spouse or partner to attend a meeting here and there as support.

Many marriages fall apart because the partner is not able to 'control or put you down' the way they use to as you are now a more confident person. You are now not the shy and withdrawn one, but a lot more confident. Jealousy also creeps in at times.

Q: Are weight stalls part of the process?

Very much a part of the process. Don't panic if you have a week or two without the scale moving. Only worry when you have a MONTH and the scale doesn't move, then look into it. (Judy would be the best person to contact)

Q: What meds not to take or take when one is not well - anti-inflammatory tablets, headache tablets etc

A list will be attached to these notes as well as posted on the Facebook page and Web page.



Q: Starting to get cravings is this normal?

This is normal. Replace the feeling your body gets by eating sweets and food with things like Exercise, hobbies...



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.



Thank you to all those who attended the meeting.

NEXT MEETING: 25th February 2020 at 6pm a the Durbanville Medi clinic board room.

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



Meeting dates to diarise:

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

2020 Calendar

January 2020							
W	S	M	T	W	T	F	S
1			1	2	3	4	
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

February 2020							
W	S	M	T	W	T	F	S
5							1
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7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	29

March 2020							
W	S	M	T	W	T	F	S
10	1	2	3	4	5	6	7
11	8	9	10	11	12	13	14
12	15	16	17	18	19	20	21
13	22	23	24	25	26	27	28
14	29	30	31				

April 2020							
W	S	M	T	W	T	F	S
14				1	2	3	4
15	5	6	7	8	9	10	11
16	12	13	14	15	16	17	18
17	19	20	21	22	23	24	25
18	26	27	28	29	30		

May 2020							
W	S	M	T	W	T	F	S
18						1	2
19	3	4	5	6	7	8	9
20	10	11	12	13	14	15	16
21	17	18	19	20	21	22	23
22	24	25	26	27	28	29	30
23	31						

June 2020							
W	S	M	T	W	T	F	S
23		1	2	3	4	5	6
24	7	8	9	10	11	12	13
25	14	15	16	17	18	19	20
26	21	22	23	24	25	26	27
27	28	29	30				

July 2020							
W	S	M	T	W	T	F	S
27				1	2	3	4
28	5	6	7	8	9	10	11
29	12	13	14	15	16	17	18
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31	26	27	28	29	30	31	

August 2020							
W	S	M	T	W	T	F	S
31							1
32	2	3	4	5	6	7	8
33	9	10	11	12	13	14	15
34	16	17	18	19	20	21	22
35	23	24	25	26	27	28	29
36	30	31					

September 2020							
W	S	M	T	W	T	F	S
36			1	2	3	4	5
37	6	7	8	9	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30			

October 2020							
W	S	M	T	W	T	F	S
40					1	2	3
41	4	5	6	7	8	9	10
42	11	12	13	14	15	16	17
43	18	19	20	21	22	23	24
44	25	26	27	28	29	30	31

November 2020							
W	S	M	T	W	T	F	S
45	1	2	3	4	5	6	7
46	8	9	10	11	12	13	14
47	15	16	17	18	19	20	21
48	22	23	24	25	26	27	28
49	29	30					

December 2020							
W	S	M	T	W	T	F	S
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
53	27	28	29	30	31		

SEE YOU ALL AT THE NEXT MEETING!