



Bariatric Surgery Support Group

Meeting Held at 3rd floor Boardroom, Medpark 2 - N1 City rooms.

Date: 28.08.18 at 6:00pm

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), Collette Julyan, Rhine Barnes, Margaret Steyn, Judy Kotze, Dr. Potgieter and members. Sandi Loggenberg (083 603 0365) sent apologies.

Rhine welcomed everyone and introduced our regular professionals.

A few things discussed:

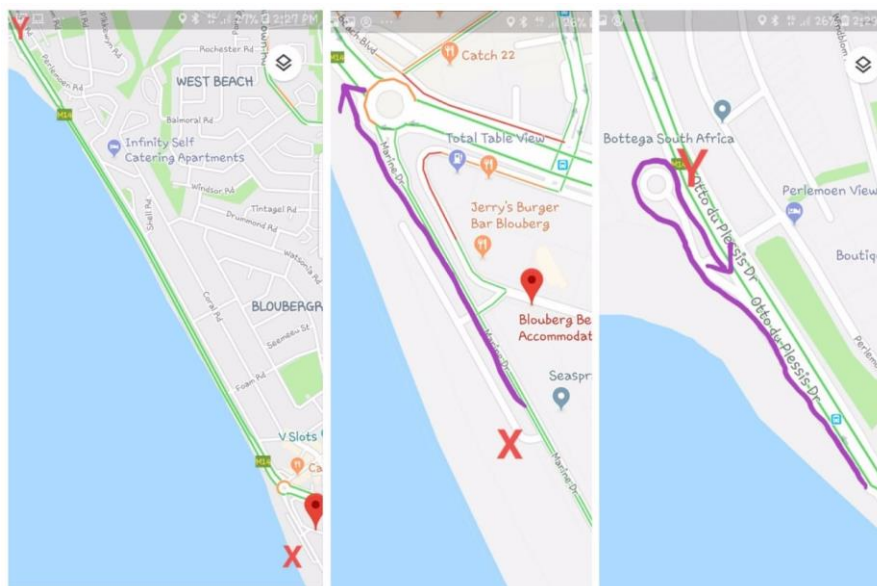
- Brought up by a patient: How good is Popcorn for you as a snack food? Judy mentioned that one should always check the kJ's on anything we eat. Even a bag of popcorn can be equal to about 3 – 4 slices of bread!!
- Dr Potgieter mentioned that in the Lancet journal there was an article stating that people who follow Banting and low carb diets have higher death rates. We need to do what we did before, but in moderation. Don't deny ourselves of anything if our body wants it. Our bodies are yearning for satisfaction.
- It is best to replace our previous eating addiction with something new that can release Dopamine or serotonin into our brains that will satisfy us in the same way. Addiction replacement (Healthy addiction). Become addicted to the feeling of being fit etc... Do it for the reward. It takes practice to find your happy medium.
- Even if you 'fall off the wagon' it's not too late. Realise where you are going wrong and catch your bad habits in time. This would be a good point to go and see Judy Kotze or Margaret Stein again, just to get 'back on track'.
- Doctor stressed the fact that we need to TAKE ALL of our Supplements on a daily basis. The important ones are: Iron, calcium, Vit D and B12. Magnesium is also a good one. If you are NOT taking it regularly your body will want to find it somewhere causing cravings and in turn eating WRONG!
- Get a script from your Doctor for all your supplements, keep slips and see what you can do with regards to tax.
- Recommend taking your iron supplement along with Orange juice or a vit C supplement. Helps with better absorption.
- Vit B12 shot to be taken 1cc every 10 weeks (2.5 months).
- Do not take your Iron and Calcium at the same time.
- Vit D to be taken once or twice a week. (as per your blood results)
- At the end of the day, have your regular blood tests to see that your body is absorbing all the necessary supplements and or if it is lacking in any. (Full bloods - recommended at least once a year)
- Do not take any anti-inflammatory, if needed take as little as possible in case REALLY needed. **(The list of medications allowed and not recommended will be attached to the minutes of the meeting)**. Always remember to mention to the hospital/doctor, or anyone treating you

medically about your surgery and that you should not be taking any anti-inflammatory medications.

- NO WHITE bread!! Not for any other reason than is NOT good for ANYONE! If you MUST have bread – Low GI and in moderation.

Also a few interesting things to remember from previous meetings:

- Constipation: Suggestions from other members – To take Omega 3, Movicol and Prune purity
- **We encourage members to be a bit more active on our Facebook group as this will encourage others and will help people realise the support that is out there. 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 - only a committee member can add you to the group. So 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.**
- Member suggested we arrange a fun walk once in a while for member to catch up and get active. I will arrange a date and a route (Blouberg beach front was suggested). There is a nice 5km walk that we can all do. No rush, no expectations, just a casual walk with friends. Suggested dates for the fun walk: 4th August or 25th August? It will be from 8am – about 10am. Bring family and friends if you like. Not an official walk, all very casual, we will all meet at the parking area in front of the information centre opposite the 'Seabreeze 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.



Our professionals Contact details:

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- **Dr. Andre Potgieter (Surgeon)**

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- **Judy Kotze (Dietitian)**

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- **Margaret Stein (Phycologist)**

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