



Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic.

Date: 29.01.19 at 6:00pm

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

In order for me to keep our mailing list up to date and current, please respond to this mail should you be receiving the emails and messages? If you have no interest in the emails or would like to be removed from the group, then please also notify me and I will remove you from the database.

Information and Notes

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

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

Some things discussed abd brought up... - don't judge! 😊

Dr Swannepoel has said that in the Western Cape (If I remember correctly) we have come such a long way in this procedure with great successes – **No deaths** and only 4 leaks, and those were dealt with and fixed.



Margaret brought up that some people might not feel **comfortable sharing their weight loss** when we do introductions at the beginning of the meetings. It was discussed and a consensus taken - Some members mentioned that it is a great motivation hearing people's stories as to what they have lost and where they were before. We need to remember not to compare yourself to anyone else. We are all different and we all had different health or other challenges before our procedures. Everyone's BMI's are different, different body types and different lifestyles – the goal is our health!! So the consensus was that most people are comfortable sharing their weight loss or other losses/gains at introductions, but it's not a must.

A member asked about **deworming tablets**. It is always important to deworm yourself at least once a year, especially if you have pets at home. Then it's recommended every 6 months to one year. It is an over the counter tablet to be taken once off.



Stools – colour, consistency, frequency, floaters... (I know, I know, it's a shitty topic, but we all wanna know)



Smoking – how to quit?



Full Blood Tests:

These are very important to be done annually, at least 2 weeks before seeing your surgeon for your annual check-up.

After your procedure, you should have your full bloods done at 6 weeks post op, 3 months post op, 6 months post op and 1 year post op. After that, only once a year. It is so important to see if your body is absorbing the correct amount of what you need. Book your one year follow up far ahead of time and put it in your calendar. Please encourage others to go for follow ups.

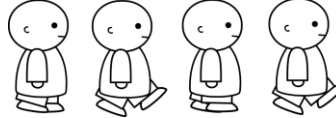


What are the preferred **Vitamins and minerals to be taken?** – again important to have your bloods checked as the below are general, but can depend on your blood results.
 Calciferol – Vit D – Once a week (I was on two a week, but that’s what

my bloods showed I needed)

- Autrin – Iron, once a day
- Vit B12 shot - 1cc every 10 weeks
- Calcium Citrate twice a day – Do not take your Iron and your Calcium at the same time. At least an hour or two apart.

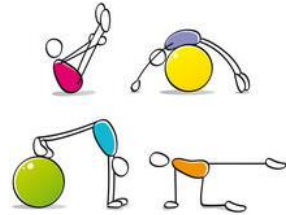
Another **fun walk** to be announced soon!



Meal plans:

How do lower income families deal with shopping and eating healthy? Please share some meal plans and ideas either via Facebook or send to me (Bambine) and I will post on Facebook or share on the What App group for all to see. Where to shop, convenient quick and easy protein rich meals. Even a place with a good special!

Suggestions of having an exercise group once or twice a week. I can offer a hall in the Tableview Area twice a week. Pilates, Zumba or something where us “like minded” people and even our Families can get together and do a bit of exercise.



It was asked - if people have any **ideas of any special guest speakers or topics** that members would like us to cover this year. Please let me/us know. We will then see what we can do or organise.

Plastic surgeon – Eg. Dr. Ottie Van Zyl spoke to us last year: When, what all, where, who and how much?

JOIN OUR FACEBOOK PAGE!



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. I know I don’t accept random friend requests, so please state who you are and your intentions for befriending me, else I might just think you’re a stalker and I don’t add you. lol.

Meeting start times: It was suggested if the meetings could start at 6:30pm instead of 6:00pm. As some people struggle to get there on time. Please let me know which time would suit you best and we can see again what the consensus is on that. And see how it suits our members.

That’s all for now folks!