



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 31.08.2021 at 6:15pm

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

Information and Notes

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

Meeting attended by Dr. Swanepoel, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine. There was about 15 people in the Zoom room at some point, so not a bad turnout.

Welcome to all new members!
Just a few notes from our last meeting.

Our last meeting was a short and brief meeting, below are a few things that were discussed.

There are many people that struggle with their medical aids as far as information, procedures etc, regarding having the surgery. What we are going to try and do is to find one person from every medical aid that is well versed and informed regarding the surgery and procedure as far as what is offered and what is covered. Were just trying to establish which medical aids are the tricky ones that take a long time, the ones we have to jump through hoops etc... Please forward me the names of the medical aids that you might have struggled with.

As well as, if you have had fabulous service from your particular medical aid and have a specific person that you might have dealt with, please forward me their name, contact number and what medical aid they are from.



Exercise was discussed. Doctor mentioned that walking is greatly underestimated and a VERY good way to exercise. Instead of doing 30 minutes intense exercise, rather lengthen the time and do 60 minutes steady and continuous exercise.

We organised a **BLOUERG BEACH WALK** a few years back and it was thoroughly enjoyed. I will arrange another one. It is just a 5km walk from the information centre, along the beachfront and back. Children and pets welcome. Casual jog/walk going at your own pace. Saturday October 16th is a suggested day. We will arrange another walk again at a later stage.

It was asked **how much weight should one lose before the surgery/during the liquid diet?** Ideally, lose as much as you can. Any amount is good, but the more you lose the better and the safer your procedure will be. Reducing the fat around your liver is ultimately the goal.



TEMPERED INDULGENCE – South Africa’s first bariatric cookbook. Ordered books can be collected in either Brackenfell or Milnerton.

Judy (Our dietitian) had a look at it and below is her feedback.

This is a really nice contemporary recipe book, using familiar ingredients. It is suitable for anyone who chooses healthy eating – whether they are post WLS or whether they simply want quick, easy and tasty meals to feed their family. I also recommend this book for my clients who are not eligible for WLS, but who want to lose weight in a sustainable way.

It can be used from 7 weeks onwards for our WLS patients, as this is when you transition to ‘normal texture’ food. You will need to adjust the portion sizes according to what is appropriate for you and where you are in your weight loss journey. Be careful of the sections on cakes, desserts and special-day recipes. These should be occasional treats as they still have a calorie value. Recipes calling for significant quantities of nuts, nut flours, nut butters and coconut will have a high calorie value. White cake flour may have been eliminated, but the calorie value of these substitutes will be even higher, because anything containing a lot of oil or fat is very high in calories. Also remember that foods with a high fat or a high sugar content can trigger dumping syndrome, which is unpleasant.

This book is a great addition to your WLS toolkit.

Enjoy !
Judy Kotze

Many thanks as always to our Doctors and Judy for making time for our meetings.

Please note that you should **ONLY** complete the online form once you have had your first consult with one of our Doctors (Dr. Swanepoel & Dr. Potgieter). Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>



Next meeting dates to diarise:

NEXT - 28 September

26 October

30 November

Regards Bambine

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Just a reminder:

How it will work:

- A few days before the online meeting, I will send out a Whats App reminder for people to please let me know of anything in particular that they would like the doctors or Judy (dietitian) to address. This can be sent to me via Whats App' and I will put your question on a general list. I will then at least have a list for the doctor/s to work with so that should they need to prepare any visuals or documents, we can get that ready by the time the meeting is held.
- We will then meet online between 6:15pm and 6:30pm on the given dates. The committee will welcome everyone and we can all just have a good 'chat and chinwag' for a bit. We generally just start by introducing ourselves and just stating whether we are pre op, post op, considering surgery, in the process or even choose to have your camera off if you would like to remain anonymous for now. You can even tell everyone how much weight you have lost so far as this gives people motivation. Anything goes!
- **We ask that you keep your microphone on silent when you are not speaking especially if you are in a noisy environment.**
- The Doctors and dietitian (one or both) will then join us at 7:00pm to answer any medical or dietary questions that we might have after that. They will generally be in the 'room' available to us for about 30 minutes and after that those who want to stay and chat can continue to do so.
- It is a relaxed environment to find out about others like you, personal experiences etc. You will be surprised that so many of us have had similar experiences and have asked the same question before. **No questions are silly questions.**

SEE YOU IN THE ZOOM ROOM!