



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 12.04.22 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

Information and Notes

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

Please excuse the English / Afrikaans mixture in the notes, we have all sorts in our group and the questions come in all sorts of mish mashes and so our answer is also a bit of 'all sorts'!

Meeting attended by Dr. Potgieter, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine. (11 people in the Zoom room.)

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

We started off our meeting quite quickly as we only had until 7pm for this evening's meeting. Not too much time for our usual chit chat. I sent Dr. Potgieter all the *questions* that I received from members earlier in the day and he went through them. His *answers and discussions are in Blue*. (This is just a reminder also that should you have any questions for any of our doctors or dietitian, to send it to me via What's App about a week prior to our next meeting.)

- 1) *I've been up and down 4 or 5 kilos in the past 6 months. Not getting under 86, going up to 92 and then loosing again to 88. I'm frustrated after the accident nothing seems to work. Back to basics also did not yield plenty of good results. I don't know if I need any controlling substance aid or what I must do to get on track again.*

This could be due to a lifestyle change. Here are other factors to consider:

Pouch could have been made too large (Not likely but possible). You might not be exercising enough – try to get a bit more active and see if that helps. A Gastoscopy will definitely help to see you might have developed 2 pouches

Try and analyse what you eat and definitely worth seeing a dietitian to maybe look over your diet.

- 2) *Môre ek wil weet of dit normaal is om nie te kan opgooi na n gastric bypass ek het onlans n maag virus gehad en kon glad nie opgooi nie onsettend naar maar niks kom uit nie dankie.*

Food moves through the pouch quickly. After a little while the only thing left in the pouh is gastric juices or liquid.. You might be able to vomit immediately after you have eaten, with food being in the pouch still, but after a short time, all that food had moved through your pouch.

Should you feel nauseas , take nausea medication. One gets disovable nausea tablets nowadays and you might find they work quick and easy. Zofer rapitabs is a good suggestion.

*never let a
STUMBLE IN THE ROAD
BE THE END OF THE
journey*



3) I really want to start joining in at the meetings again. We live in Gauteng now. My question to Doc would be, where should I go to be checked up etc?

a. Doctor suggested contacting your doctor's office for a referral to the nearest doctor in your new area that might be able to assist you. Do this via email so that the doctor can respond. Contact Bambine for the email address.

I've picked up weight during a very difficult 2 years behind us. I am really struggling to lose the weight I've gained. I wish I could just get on a plane and come see Doctor so that he can help me again and check me out.

But the plane thing not possible now. My main concern is that I can tolerate big portions again and also sugar and I think that is the main reason for being fat again. I am depressed and angry and very ashamed of myself at the moment. Also I think it's important that the 4/5 plus years post op issues are discussed. It could show the newbies pitfalls to look out for before they feel that the whole operation was unsuccessful. I was fat in the first place because I was an emotional eater. Lost all my weight 47kg and then had my twins. Back to my perfect weight 6 weeks after they were born but then slowly but surely I started picking up. (20kg) yes I am crying typing this. My PCOS is back in full swing and worst than before as I'm not on any hormones anymore. We did IVF and all those meds helped me with my weight and to have my PCOS under control. (Polysystic Ovary Syndrome).

In covid both me and my husband was retrenched we struggled to find work for a year lost everything house you name it everything to survive and now we are in Gauteng but grateful to have an income again. We miss CT but work is work. I had a complete breakdown Sept last year and was treated in a mental hospital in Pta. I was diagnosed with Bipolar, OCD, severe anxiety disorder and to top it all adult ADHD. So you can just imagine that I drink a shit show of meds every day!

a. Doctor would advise your first step to be to have a gastroscopy to see about your pouch. Check with whichever Doctor that is prescribing your medication, which one might be increasing your appetite and find out if that/those can be adjusted. As discussed with all other members in the group, this was a difficult time for so many patients and challenging. It is VERY important to also go and see a phycologist to help you cope. It is a lot to take on and you need support. Reach out to someone in the support group, but make sure you have support. Once again, please contact your doctor so that he can advise you on the best route forward with regards to who to see etc in your area. *I wish I could go back or in some way know to if my stomach was stretched so bad that it's almost as if I never had the op?! The worst is that we paid for the whole op out of our pockets and that in itself makes me feel very guilty towards my husband that I failed. I mean am I the first ever failed case? No one talks about it? No one warned me or was I too ignorant and oblivious to it or warnings. I am so sad and angry with myself.*

2) 3 months post op and experiencing fatigue when others are having an energy burst. You might very well have a deficiency of some sort. Could be Iron (Common especially in woman), could be protein deficiency. You might even be hypoglycaemic. Have you tried boosters? Your best bet would be to ask your doctor for a blood test form and to have your bloodwork done. From there you should be able to see what you are lacking and should be easily able to move forward with a solution. Maybe also see your dietitian and have an assessment done on your diet. Might also need anabolic steroids?

DOCTOR POTGIETER WANTED TO DISCUSS THE ISSUE OF SUGAR



If you ingest a lot of refined sugar, you will get dumping. There is not much worse than refined sugar. Try and avoid it at all costs.

Examples of manipulated sugars: Bread, pastries, sweets, fizzy cold drinks. These are high GI carbohydrates:

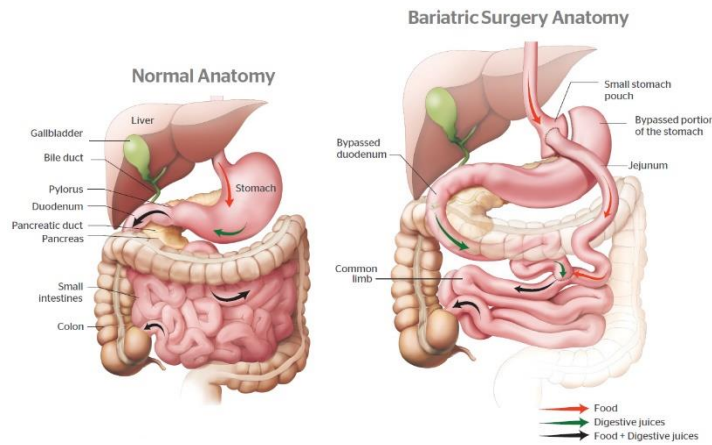
Potatoes, rice, sweet potatoes etc. have somewhat lower GI index.

Sugar in fruits is also high – Fructose. The difference is that fruit also has fibre and anti-oxidants which is much more beneficial than ingesting refined sugars alone.

Complex carbohydrate namely Starch is far better than refined sugars. Sugar is highly important in our diets, where we get it from is the point.

Digestive process:

Because we are oxygen breathing organisms our cells produce energy via a process of combustion (slow burning called respiration). Body burns Glucose in the cell to generate ATP which is the fuel for the muscle etc. The process of oxidation generates Free radicals / reactive oxygen species causing cell damage and inflammation in the body. There are many pro-inflammatory foods and refined sugar is one of them. Natural sugar products such as fruit contains a lot of Vitamins that are excellent anti-oxidants



Our Body contains 30 trillion cells, but 43% is our OWN cells, the rest is Organisms living in our guts – Fungi, bacteria, algae etc. and on our bodies.

Organisms in the gut use fibre as food source and in turn generate i.e., Vit K which is important for Blood clotting. Roughage in food and Physilium husks are examples of food for the organisms in the gut.

If you are ever on an antibiotic, remember to always take a probiotic with it.

12 strain probiotic – live organisms. From the TREE not Checkers!

Balanced diet is key and remember to take your supplements:

Iron

Vit B12

Vit D

Calcium

Magnesium

Take lots of fibre – Physilliam husks

Many thanks as always to Doctor Potgieter 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>

UPCOMING
meetings

Next meeting dates to diarise:

Please note, these dates may change due to holidays etc... advance notice will be given.

14 June

12 July

16 August - Please NOTE change of date for this meeting

13 September

11 October

8 November

CHECK OUT OUR
NEW WEBSITE!

Regards Bambine

073 141 2580

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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 from 6:00pm and 7:30pm 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 weather 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 between 6:30pm and 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!