



Bariatric Surgery Support Group

Meeting Held online in the ZOOM Room [Check out the website!](https://www.bariatricsurgerysupport.co.za/)

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Date: 10.10.23 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 and being able to read my handwriting after. 😊

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 mash and so our answers are also a bit of 'all sorts'!

Meeting attended by Dr Potgieter, Judy Kotze, Dr Greyling and Committee members: Rhine and Bambine (073 141 2580).

(16 members in the Zoom room.)

Welcome to all new members!

Just a few notes from our last meeting.

A few questions received for this evening's discussions

(Signal was terrible on my side on the night again, so apologies if I missed anything.)

1. Is daar enige iets wat ons kan gebruik om ons eetlus te demp? (Is there anything that can suppress our desire to eat?)

- Duromine is one of them. (Not good for someone with depression or anxiety). It is a stimulant - can feel as if you overdosed on caffeine.
- Contrave - contains antidepressant - can give 5% body weight loss. Cannot use with other antidepressants.
- Saxenda (Stronger 3mg Liraglutide) (About R3500pm)
- Victoza (Weaker 1.8mg Liraglutide)
- Semaglutide - Ozempic at 1mg (1mg a week about R2500pm) (worldwide stock issue should be sorted out by beginning of 2024) or Wegovy at 2.4mg (not available in SA yet)
- Tirzepatide - more potent than Wegovy or Ozempic - works on GIP and GLP1 receptors. Not available in SA as yet, but on its way.)

Please talk and discuss with your endocrinologist or surgeon before starting any of the above to see what is best for you and your needs!

2. Do i fart or burp more post op and does it have a foul smell or worse than before?

Short answer is yes you do. The more bowel that is bypassed, the more undigested food you will have. It also depends on each person's microbiome's. If you have a long bowel, then the farts will be more offensive and bowel movements fatter.

3. Can I have:

- Biltong – for sure yes! Biltong is red meat and a great source of protein. Make sure that you don't eat it the first 6 to 8 weeks post op and when you do, it is best to have it soft and wet.
- Kerrie – Again yes you can have curries, make sure you don't have any spicy food for the first 6 weeks after your surgery and then ease your way into them again starting with the mild ones.
- Egg is of course the best source of balanced protein.

4. Can I vomit post op?

Some people can't like they use to which is understandable. But yes you can. The volume will depend on what you have eaten and how long ago you have eaten it. You can only vomit out what is in your pouch and your food moves through your pouch fairly fast. So if you are feeling ill quite a while after you have eaten, you will not have anything substantial come out as your pouch will be empty by then.

5. There has been controversy about Bari complete in the community. Is this still the recommended supplement?

Yes, the Bari complete is a very good A – Z and very good value for money.

6. You hear a lot of criticism on counting calories post op. Should we count calories? If yes, is this forever? And what is the recommended final calorie intake (when you reach maintenance)?

Yes, just be safe and count your calories as long as you need to until you have reached a point where you are able to maintain your weight and in a good eating habit. Eat sensibly, eat slowly, you will then reach satiety earlier and automatically eat less. Look at the details on the packaging and labels. Do this especially with your 'comfort foods or food that you are eating in between meals (That you shouldn't be eating). SO – especially when you are not eating right, then you MUST count calories!

7. How is it possible to not lose if you are in such a big deficit? (Not such an important question but the science is baffling me).

Your weight loss isn't only dependent on what is done in theatre. It depends a lot on your genetics also.

We have 600 genes coding for Obesity, only 2 coding for anorexia.

Don't graze and nibble in between (Don't become a grazer). There is a very small % of people who have little success with the bypass, but it is a possibility.

8. Why do some doctors prescribe Thiamine for their patients and Is it something I should also include?

Thiamine is just 1 vit B. It is better to take a combination Vit B co. It is just customary for some doctors to prescribe that, but it doesn't really make sense just to give a single B vitamin? A concoction is better – Neurobion, taking 1 a week is not a bad idea.

9. I don't know how to overcome hypoglycaemia? My Blood sugar is mostly under 3.00. Yesterday it was 2.5! Its man down for me and I have no strength, I cannot even get up from the couch. My husband has to help me to bed.

A blood sugar that low requires further investigation with an Endocrinologist ASAP!

10. Isn't it logical that no sugar diet causes hypo glycemia and then you have to take sugar to up your blood sugar? This is a daily struggle and I eat the whole day to prevent to feel like this, but it is not working. I keep on shaking the whole day. I cannot even bring my coffee cup up to my mouth. I am so scared I don't know what to do. My heart beats in my throat.

If you ingest complex starches, you will not get into a hypo episode. Refined sugars are the problem. A good idea would be to see Judy as to what your best choices will be as far as foods are concerned.



11. I bought glucose powder, but I cannot feel it working. How much glucose powder in a glass of water please? There are no instructions on the box

I am not sure about the sugar content of the powder. check the package insert and also let Judy assess it.

12. Are we allowed to drink Epsom salt with our own tummy?

Yes, we are able to take Epsom salts

13. It has been asked that we have a Christmas party get together.

Everyone brings 1 healthy plate of snacks.
4 November - 11am till 2pm at 17 Stepping Stones Street, Eversdal, Durbanville

VERY NB information from Judy regarding Bari-Complete:

Recently there were some negative comments made about Bari-Complete on social media.

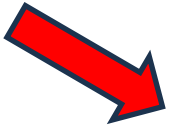
Judy's reply:

Contrary to ill-informed negative comments that have been posted about Bari-Complete, this is not an All-In-One tablet but is a pleasant tasting powder that is mixed with water. It is the only bariatric formula available in South Africa and it was developed according to international standards where the use of an A-Z supplement is the rule rather than the exception. Dieticians use Bari-Complete as a cornerstone to address their patients' micronutrient needs and then, if indicated, add single nutrients (most commonly iron) according to their blood tests. It is manufactured in a fully licenced SAHPRA facility and has been used successfully for many years. Please disregard the negative comments and continue using it, as recommended.

Dr Chris Greyling is a Specialist Physician (2017) and Endocrinology and Diabetes.

<http://www.DIDE.co.za>

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>



Just a friendly request please: Once I have sent out the notes or even messages regarding meetings etc, via the broadcast group. Please may I ask that you don't reply to them in any way. I understand it is good manners etc to just reply that you have received it, or a thumbs up or even a message to say that you can't make the meeting and I appreciate that, but truly it is not necessary and I won't be offended at all. We have a very large number of patients on my broadcast group and all the notifications of smiley faces, thumbs up and messages of people unable to attend take so much of my time as I get notifications of all of them. Hehe. I know it may seem silly, but I send them out and should you be able to attend, then fantastic, if you are unable, it's a pity – maybe next time 😊. Now, should you have a question for me or Doctors for the meetings, by all means, you can contact me anytime if you think I can help and those who have done so, know that I will assist wherever possible. Thank you. x

Next meeting dates to diarise:

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



7 November

12 December – might not take place

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 What's 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 What's 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 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 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!