



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 9.03.22 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. 😊

Meeting attended by Dr. Potgieter, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine. (14 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. It started with a great chit chat and catching up, meeting some new members and then we proceeded to the other stuff, below are a few things that were discussed.

The most popular topic at this meeting was weight regain and bad eating habits. Many people are struggling with this. We all agree that the past 2 years and whats been happening in the world has played a big role in this.

SO,
let's pull our big girl panties on (albeit a little tighter) and get back to it!

Doctor Potgieter broke it down like this:

60% of our intake of calories go towards running our organs – Kidneys, Lungs etc...

20% is for digestive purposes (Now keep in mind that should you fast, you forgo this 20%)

20% is for muscle activities and exercise. Should you not do some form of exercise, this 20% then also turns into fat. (So, get moving).



Everyone is talking about snacking. Doc says: There is NO NEED to snack! Get your 3 meals in with sufficient amount of protein. Snacking in between plays havoc with your blood glucose. This will just end up making you hungrier.

The idea is to NOT buy snacks. Don't have it readily available in your house. Should you have young children and you have to buy snacks for them...don't eat THEIR snack! LOL

Have sufficient protein with each meal. If you don't have a protein rich meal prepared, use whey or protein powders. These can be sprinkled over foods, put in foods, sauces and breakfasts etc... Boil a few eggs. This is also a good source of protein when you are on the go. Comes in its own packaging too. Lol.

One of our members is using an App called: Fat secret (On the app store). Something like this is well worth looking into if one struggles to keep track.

Another question that was asked was if many people get gallstones after surgery: Doc said that only about 37% of people who lose weight very quickly will develop gallstones.

Be on the lookout for a get together soon. Should you want to be added to the Bariatric chat Whats app group, please Whats App me and let me know (073 141 2580).

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:

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

12 April
10 May
14 June
12 July
9 August
13 September
11 October
8 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 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!