



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: 9.05.23 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 answer are also a bit of 'all sorts'!

Meeting attended by Dr Swanepoel, Judy Kotze and Committee members: Rhine and Bambine (073 141 2580). (20 members in the Zoom room.)

Welcome to all new members!

Just a few notes from our last meeting.

We received a few questions for this evening's discussions and Doctor answered as he went down the list.

1. What other (more affordable) Iron supplement can I take apart from Autrin that doesn't constipate me?

Feris Fumerate or even Bari Iron was suggested, but see Judy's notes below: **NB:**

Notes from Judy:

Iron Supplementation

A mg per tablet and price comparison of Autrin vs. newer iron supplements :

- Autrin 100 mg of elemental iron/tablet. Cost per 30 tablets: R230
- Sideral Forte 15 is 15 mg of elemental iron / tablet 60 tablets: R418
- QuadroFER is 21 mg of elemental iron / sachet 30 sachets : R369
- Chela-Fer is 24 mg of elemental iron / tablet 30 tablets : R239
- Ferrimed capsule is 50 mg of elemental iron / tablet 60 tablets : R353

We still recommend one Autrin a day, as part of the supplements needed post WLS. If you are bothered by constipation, try taking your iron supplement together with meals. If you are more than 2 years post WLS, you may only need Autrin every alternate day – this should lessen the chance of constipation and reduce the price. Monitor your iron levels at the lower dose to make sure it is enough before you make this a permanent change.

If you are using Bari-Complete, the new 18 g sachet (it is exactly the same composition as the original 3 x 6 g sachets), will give 60 mg of elemental iron. If you need additional iron, and you are more than 2 years post-op, you can also try using Autrin on alternate days. Bari-Iron capsules give 20 mg of iron per capsule.

2. What is the best way to break a stall. I am on target with what my surgeon wanted but I am 8kg shy of "healthy bmi" and I am stalling since October.

Depending on your timeframe since the surgery. You should lose half of the bulk of the weight in your first 6 months after the surgery and the other half will go much slower and can then take a further 12 months or so. Plus minus 18 months to lose what you need to. BMI 25 – 30 is fine.

3. I am in my second week post op, can I mix PB2 with my protein shake? If not now, when can I do this?

DON'T experiment! Especially so soon post op. Follow the plan that Judy gave you. There is no reason to experiment with your plan as it works. The plan has been worked out for bariatric patients. Contact Judy.

4. Elke hoeveel uur kan ik of moet ik eet. Post op (1 July 2020)

Keep it simple and stick to 3 meals a day. If you are feeling hungry in between or find you have cravings, go and see Judy and she will work out a plan for you. But if you can, try and keep it simple by sticking to 3 meals per day.

5. Re hormones. Anyone experienced big hormone changes, heavier periods, pms symptoms increased and any info if it has brought menopause forward by a few years.

This is not something that is commonly caused through the surgery. Best would be to see your gynae to find out more regarding that.

6. Recently had a scope and doc diagnosed me with chronic gastritis and metaplasia. Is this a deal breaker? Can I continue in the pre op route or does this end bypass as an option.

Continue pre op assessment for sure.

Just a reminder: Our general List of supplements:

- Vit D: Calciferol (Once a week or as prescribed by your doctor)
- Multivitamin: DS24 or similar - Once a day
- Iron: Autrin or similar once a day
- B12 injection: 2cc every 10 weeks
- Calcium: Calcium Citrate or similar 2 – 3 sachets a day
- (Bari Complete can be taken instead of all of the above, with additional Iron) Please consult Judy

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:

Our next meeting will be on the 13th June. I will however be between borders at that time as I am walking the Fish River canyon and heading over the border at that time. I will send out the Zoom room details the day before while I still have signal. See the details below also just in case.

- Join Zoom Meeting
<https://us06web.zoom.us/j/85006128780?pwd=L3ZGN09VaVFWQktzTHlzU2ZzRmhRdz09>
- Meeting ID: 850 0612 8780
Passcode: 331250

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



13 June

11 July

8 August

12 September

10 October

7 November

12 December – might not take place

Regards Bambine 073 141 2580 bssgsouthafrica@gmail.com

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!