



Bariatric Surgery Support Group

Meeting Held online in the **ZOOM** Room

Date: 12.08.25 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 mashes and so our answer are also a bit of 'all sorts'!

Meeting attended by Dr. Swanepoel, Judy, Dr Greyling and team member Bambine (073 141 2580).

(11 members in the Zoom room.)

Welcome to all new members!



Just a few notes from our last meeting.

Apologies if I missed anything.

Quick recap

The group then addressed post-surgical care and follow-up procedures for bariatric patients, including the frequency of gastroscopies and management of various health issues. The discussion concluded with conversations about medical treatments, including new obesity drugs and their impact on surgery rates, as well as guidelines for monitoring patients' health conditions post-surgery.

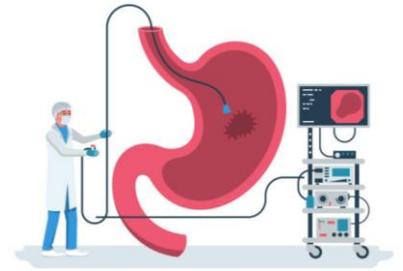
Next steps

- Bambine shared the video about the endoscopic pouch resizing device from Dr. Swanepoel with the support group. https://youtu.be/7uoDOzJr7W4?si=ygtq_BOWXIAMB1wB
- A patient to consider using fiber supplements, Movicol, and probiotics to address constipation issues rather than over-the-counter laxatives.
- A patient currently traveling was asking about her blood pressure and was told to monitor her blood pressure at different times of the day while in Egypt and to consider stopping blood pressure medication if her blood pressure remains low.
- Dr. Swanepoel and Dr. Greyling to discuss and finalize guidelines for DEXA scans for bariatric patients at a later stage.

Summary

Bariatric Surgery Follow-Up Gastroscopy Guidelines

The discussion focused on the frequency of follow-up gastroscopies for patients after bariatric surgery, particularly for those who have not shown symptoms. It was explained that the need for regular gastroscopies depends on the type of operation performed, with sleeve gastrectomy patients requiring more frequent checks due to potential reflux issues. For bypass patients, gastroscopies are typically not done annually unless symptoms arise, such as abdominal pain or weight regain. In cases of weight regain, a gastroscopy may be performed to assess pouch size and diameter, and if necessary, consider resizing the pouch. It was noted that about 20% weight regain after reaching target weight might warrant further investigation.



Endoscopic Bariatric Procedure Innovations

Dr. Swanepoel discussed an endoscopic technique using a Boston Scientific stitching device that can resize a gastric pouch and gastrojejunostomy through a gastroscope, potentially offering a less invasive alternative to surgery for weight regain after bariatric procedures. He noted that while this method is effective, the sutures used may still expand over time, and the technique is not suitable for everyone. Etienne also shared insights on the impact of newer obesity drugs, such as GLP-1 agonists, which have reduced the number of patients undergoing bariatric surgery by 20-30% due to their effectiveness as medical therapy, particularly for very obese patients with large livers.

Bariatric Surgery Weight Loss Guidelines

The meeting focused on weight loss and bariatric surgery, with Dr. Greyling sharing his experience of a patient successfully losing weight with medication and discussing the new drug Wegovy. Dr. Swanepoel addressed questions about constipation after gastric bypass surgery, explaining that it can be managed through dietary changes and probiotics rather than laxatives. The group also discussed when to start GLP-1 agonists post-surgery, with Dr. Swanepoel recommending waiting at least a year, and the timing of cosmetic surgery for loose skin, which should be at least 18 months after surgery.



Bariatric Surgery and DEXA Scans

The group discussed bone density scans (DEXA) after bariatric surgery, with Dr. Swanepoel explaining that scans are recommended every 2-3 years for patients under 40 and annually for those over 50. Chris suggested doing a baseline scan at the time of surgery, but Etienne and Judy agreed this was too expensive and unnecessary for most patients. The discussion highlighted concerns about patients traveling to Turkey for surgery without proper follow-up care, with Judy suggesting that bariatric surgery history should be included in routine DEXA scan questionnaires to identify at-risk patients.

Post-Bariatric Surgery Blood Pressure

The meeting focused on discussing a patient's low blood pressure issue post-bariatric surgery. Dr. Greyling advised that low blood pressure, particularly around 91/50, is not necessarily an illness but requires caution, especially during movements against gravity or exercise. He recommended monitoring blood pressure at different times of the day and suggested stopping antihypertensive medication if the patient is on it.



All products are available at Clicks or Dis-Chem branches, as well as at most pharmacies. Bari-Complete is only available as an on-line order or via the app. www.bari-complete.com



Compliments and complaints, please contact:
(Dr. Potgieter) Johanna Potgieter on 083 261 6207 or pottie@kingsley.co.za.
(Dr. Swanepoel) Elizma - capesurgeonreviews@gmail.com



Judy Kotze Dietitian - 083 254 0919



Dr Chris Greyling – 021 595 0105 - 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>

PLEASE
Do not reply

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. Only respond with a question if you have one.

UPCOMING
meetings

Next meeting dates to diarise:

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

Meeting dates 2025 (Meetings start at 6pm)

Bariatric Surgery Support Group
Monthly zoom meetings 6-7pm
2025 Dates
4 September
7 October
6 November
December - TBA

Regards Bambine 073 141 2580 bssgsouthafrica@gmail.com

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 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 to about 7 or 7:30 pm 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!
- Once the meeting has started, please refrain from sending me questions via Whats App. If you are online, then please feel free to ask the doctors yourself or message me later and I can add it to next month's questions if you would like to remain anonymous.
- **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) and Dr Greyling will then join us between 6:00pm and 6:30pm 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.** PLEASE READ Previous notes though.

SEE YOU IN THE ZOOM ROOM!