



# Bariatric Surgery Support Group

Meeting Held online in the **ZOOM** Room

Date: 4.09.25 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](mailto: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. Potgieter, Judy and team member Bambine (073 141 2580).

**(About 11 members in the Zoom room – forgot to check at highest)**

Welcome to all new members!



Just a few notes from our last meeting.

**Apologies if I missed anything.**

### Quick recap

Patients to have annual checkups with dietician and doctor to monitor for weight regain or malnutrition.  
Patients to get annual or bi-annual bone density tests, especially post-menopausal women who've had bariatric surgery.

Patients to monitor blood test results for vitamin and mineral deficiencies, particularly iron, B12, vitamin D, and calcium.

### Bariatric Surgery and Gallbladder Risks



Dr. Potgieter discussed the commonality of gallbladder issues after bariatric surgery, noting a 30-36% incidence for gastric bypass patients and up to 67-70% for BPD/SADI operations, leading to routine gallbladder removal in BPD/SG cases. He emphasized the importance of annual check-ups, particularly for BPD/SADI patients who should undergo a gastroscopy, and highlighted the risks of weight regain and malnutrition, recommending visits to both a dietician and a doctor to monitor metabolism and health.

### What is the process if one misses an annual check up?

Even though it is important to go for annual check ups and annual bloods, after 3 or 4 years post op, the full bloods are not necessary unless you are feeling unwell especially if you have regular checkups, the full bloods are not needed every year. SADI and BPD patients should have an annual gastroscopy.



Bypass patients have bloods done at 3 months Post op, and then again at 1 year. Annually for 3 years and then only if and when needed.

It is important to see your dietitian and surgeon once a year so that things are easily picked up and to have a look at your metabolism. Malnutrition, weather you need a drip or infusion etc. Vit A, E, D and K are looked at

### Semaglutide Weight Loss Options

Dr. Potgieter discussed the differences between semaglutide-based weight loss drugs, explaining that Ozempic and Wegovy are higher-dose formulations of the same drug, while Mounjaro is more effective but more expensive due to targeting two receptors. He recommended Mounjaro for weight loss, but noted that Ozempic or Wegovy are suitable for diabetics, with the latter offering up to 14% excess weight loss compared to 7% for Ozempic. Those are good to take if weight regain is 10% or less. Dr.



Potgieter also clarified that if weight regain exceeds 10% of lost weight, he is suggesting revision surgery is better, while minor regain allows continued drug use.

### Weight Loss Drug Efficacy Review

Dr. Potgieter discussed the effectiveness and side effects of various weight loss drugs, including the newly emerging ones from Eli Lilly and Novo Nordisk. He explained that Mounjaro provides the best results with 22% weight loss, followed by Trulicity and Wygovi at 14%, and Ozempic at 7%. He noted that dual receptor stimulants like Mounjaro have fewer side effects compared to others, with common side effects including nausea, diarrhoea, and hair loss in about 3% of cases.



### GLP-1 Foods for Weight Loss

The meeting focused on discussing weight loss strategies, with Dr. Potgieter emphasizing the importance of **natural foods that stimulate the GLP-1 receptor**, such as salmon, legumes, broccoli, nuts, chillies and avocado. Judy highlighted the availability and affordability of Omega-3-rich local fish like Yellowtail, Angelfish, and even Snoek in South Africa. Dr. Potgieter explained the anti-inflammatory properties of Omega-3 fatty acids, contrasting them with pro-inflammatory Omega-6 fatty acids, and advised against combining both for weight loss. The discussion concluded with a reminder that obesity is classified as a chronic inflammatory disease, and the importance of maintaining a balanced diet to manage inflammation.



### Supplement Selection and Cost Management

The group discussed the importance of carefully selecting and dosing over-the-counter supplements, with Dr. Potgieter emphasizing the need to check ingredients, dosages, and bio availability. They highlighted the cost and availability issues with certain supplements, such as calcium citrate, which has been discontinued, and the benefits of powder forms over capsules for better affordability and absorption. Judy and Bambine shared their experiences with specific supplements, including "Bari complete" and "Nature Fresh," and agreed that keeping supplement costs under R600 per month is doable.



### Weight Loss Surgery Supplement Requirements

Dr. Potgieter discussed vitamin and mineral supplementation requirements for different types of weight loss surgeries, including gastric bypass, sleeve gastrectomy, and BPD/SADI. He explained that while "very complete" supplements may be sufficient for some patients, individual supplements are often preferred as they allow for more precise dosing and monitoring of specific deficiencies. He noted that iron,

calcium, magnesium, Vit D and vitamin B12 are typically needed for standard Roux-en-Y procedures, while SADI and BPDs require additional vitamins A and E, as well as micronutrients. With Bari Complete, you might want to top up on Iron, Vit D, Calcium and B12. Calciferol is the better Vit D – taken once or twice weekly.

### Preventing Bone Health Issues

Dr Potgieter explained the functions of the thyroid and parathyroid glands, emphasizing that hyperparathyroidism is unrelated to thyroid issues. He discussed the importance of bone density tests, calcium levels, and vitamin D levels to detect osteopenia and osteoporosis early. He stressed the need for annual bone scans, especially after having BPD/SADI, especially for postmenopausal women and those who have had bariatric surgery, to prevent severe bone fractures. He advised challenging doctors to order necessary tests if they are not done and highlighted the importance of preventive measures to avoid costly and painful treatments like hip replacements.



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](http://www.bari-complete.com)



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



## 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)

7 October

6 November

December - TBA

Regards Bambine 073 141 2580 [bssgsouthafrica@gmail.com](mailto: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 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!
- 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!**