



Bariatric Surgery Support Group

Meeting Held online in the **ZOOM** Room

Date: 7.11.25 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. Potgieter.

(About ? 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 main discussion focused on bariatric surgery and weight management, where Dr Potgieter addressed various patient concerns including coverage limitations, weight loss expectations, and the role of mental health in weight regain. The conversation concluded with discussions about managing food temptations, weight loss strategies, and the importance of family support in maintaining healthy habits.

Next steps

Persons with weight regain and mental health issues and/or Alcohol dependencies:
See a psychiatrist. Ask psychiatrist to change medications to ones with less appetite-inducing effects. Start an exercise program. Consider getting a prescription for Munjaro from bariatric surgeon or endocrinologist.

Set boundaries with work colleagues regarding availability and working hours, Incorporate an exercise or relaxation program. Schedule personal "me time" activities.



Summary

Bariatric Surgery Coverage and Guidelines

Dr Potgieter discussed a meeting with Discovery Health regarding their bariatric program, noting that they cannot expand coverage to the classic priority option due to legal restrictions on downgrading patients. He shared that Discovery views bariatric surgery as a one-time procedure, which he finds unfair compared to other surgeries. Dr. Potgieter also addressed questions about weight loss expectations,

exercise after surgery, and the impact of mental health issues on weight regain. He advised the patient to seek psychiatric help, adjust medication, if necessary, start a gradual exercise program, and consider using the medication Mounjaro to aid weight loss. Dr. Potgieter warned against fasting for weight control, explaining that it can increase appetite in the long term.

Manjaro's Impact on Weight Loss

Dr Potgieter discussed the effectiveness of Manjaro, a medication that helped a patient lose 12 kilograms and maintain the weight loss after bariatric surgery. They also talked about the challenges of antidepressants increasing appetite and the importance of exercise in managing depression and anxiety. A patient shared her concerns about work-related stress and the need to set boundaries, particularly regarding communication outside of working hours. Dr Potgieter emphasized the importance of personal time, exercise, and balanced eating to manage stress and maintain a healthy lifestyle.



Overcoming Food Obsessions and Willpower

Dr. Potgieter discussed the challenges of overcoming food obsessions and developing willpower to maintain healthy habits. He emphasized the societal emphasis on food as a means of entertainment and the constant triggers that lead to unhealthy eating habits. A patient shared her experience with the Monjaro diet, which helped her manage her weight after a hip operation by reducing food cravings. Both agreed on the importance of developing strategies to silence the "food noise" and break free from habits like afternoon snacking, which are not driven by hunger but by routine.

Family Support in Weight Loss

The group discussed strategies for managing food temptations and weight loss, with Dr Potgieter sharing his experience of avoiding certain foods to prevent overeating. A patient described her weekly visits to Judy, a dietitian, and her husband's supportive approach to her weight loss journey. The conversation highlighted the importance of family support in maintaining a healthy diet, with Dr. Potgieter noting that when husbands and families embrace the changes, they often benefit from improved health themselves.



The conversation ended with a brief mention that the next meeting being scheduled for the end of January / beginning February.

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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.



Next meeting dates to diarise:

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

Meeting dates 2026 (Meetings start at 6pm)

To be announced soon

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 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!