

info@bariatricsurgerysupport.co.za

Bariatric Surgery Support

NEWSLETTER

Simple Ways to Cut Calories Every Day

1. **Get restless** - tap your foot, fidget, get up and walk around while talking on the phone – you can burn as much as 350 calories. Do this several times a day for a greater impact.
 2. **Turn off the TV** - according to research at the University of Massachusetts, people who eat in front of the television eat up to 288 more calories.
 3. **Limit salad toppings** – adding nuts, bacon, avocado, dried fruits, croutons, and vinaigrettes can add more calories than those found in lasagna or fettuccine Alfredo.
- Limit yourself to one topping or choose low calorie veggies and use half the dressing.
4. **Down Size** - by switching from a 12 inch dinner plate to a 10 inch plate you will eat 20-25% less.
 5. **Serve & Sit** – serving bowls on the table invite people to seconds and thirds. Leave serving dishes in the kitchen, away from the dinner table.
 6. **Smaller is better** - according to Mindless



Eating author Brian Wansink, PhD. Dining with 7 or more guests can make you eat 96% more food.

7. **Don't clean your plate** – leave 25% of your food on your plate at every meal.
8. **Not so smooth after all** - A large smoothie can have as much as 800 calories.
9. **Avoid the healthy food trap** – many of us underestimate our caloric intake by as much as 35%. Don't trick yourself into thinking a healthy entrée compensates for adding on extras which can add as much as 131% more calories to your meal.
10. **Be a picky eater** - ask that your foods be cooked in stocks instead of oil, or order poached or steamed foods.
11. **Get some zzzz's** - research from the University of Chicago found that people who go only 5 ½ hours of sleep snacked more throughout the day.
12. **Be the hostess with the mostest** - go grocery shopping for 1 hour, put away the groceries, prepare the meal, and set the table. You can burn as much as 600 calories.

Source: www.health.com



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What will you do
today to manage
your weight
better?

Inside this issue:

CUT CALORIES	1
RECOVERY PROCESS	2
5 DAY DIET	3
TEAM	4
MOTIVATION	5
QUESTION	5

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What is the Bariatric Surgery recovery process?

Most people typically stay in the hospital for a few days or less after gastric bypass surgery. Some may need to stay four to five days. Your doctor will approve your discharge home once the following is true for you:

- You can move without too much discomfort.
- You can eat liquid and/or pureed food without vomiting.

You no longer require pain medication given by injection.

You will remain on liquid or pureed food for several weeks after the surgery. Even after that time, you will feel full very quickly, sometimes only being able to take a few bites of solid food. This is because the new stomach pouch initially only holds a tablespoonful of food. The pouch eventually expands. However, it will hold no more than about one cup of thoroughly chewed food (a normal stomach can hold up to two to three cups).

Upon follow up, your doctor will determine if you need replacement of iron, calcium, vitamin B12, or other nutrients. Supplements, such as a multivitamin with minerals, will be prescribed to provide any nutrients that you may not be getting from your diet. A lack of nutrients can occur because you are eating less and because the food moves through your digestive system more quickly.

Other recommendations you should follow:

- Once you are eating solid food, remember to chew each bite very slowly and thoroughly.
- Eat small meals frequently throughout the day, rather than large meals that your stomach cannot accommodate. Your new stomach probably won't be able to handle both solid food and fluids at the same time. So, you should separate fluid and food intake by at least 30 minutes and only sip what you are drinking.
- Avoid high fat, high sugar foods and alcohol.
- Resume physical activity six weeks after the operation. Once you are fully recovered, you should strive for daily physical activity in order to maintain weight loss after the surgery.

Seek social support from others who have undergone weight loss surgery.

The weight loss results of gastric bypass surgery are generally good. Most patients lose an average of 4-5 kg per month and reach a stable weight between 18 and 24 months after surgery. Often, the greatest rate of weight loss occurs in the very beginning (that is, just following the surgery when you are still on a liquid diet).



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Obesity-related medical conditions usually improve or even go away after weight loss surgery, including:
Diabetes
Severe arthritis
Obstructive sleep apnea
High blood pressure

How to Complete Five-Day Bariatric Diet

The Five Day Pouch Test is a "reset" diet for people who have had gastric bypass surgery and might be starting to regain weight. Gastric bypass is usually performed only on people with a BMI of 30 or higher who have serious health risks due to their obesity. It's a permanent change to your digestive system that entails dividing your stomach into two sections and reattaching your intestinal tract to your new smaller stomach -- often referred to as a "pouch." After surgery, your pouch can only hold a few ounces, but it's common for your pouch to stretch over time, allowing you to eat more food. The Five Day Pouch Test isn't a weight loss diet, but rather a way to reset your pouch and help control overeating.

Step 1

Drink only liquids for the first two days of the five-day diet. You'll need to drink at least 48 oz. of water in addition to low-carb protein shakes. You can drink as many shakes as you want; the point of the first 48 hours is to take a break from your eating habits. By getting all of the nutritional needs from liquids, you'll be forced to pay attention to how often you were eating, snacking or simply grazing. Remember: The goal during this phase isn't weight loss, but mentally re-setting your habits. You can't make your pouch smaller through changes in diet, but you can learn portion control.

Step 2

Eat only protein the next three days. On day three, you'll eat "soft protein" such as eggs and cottage cheese. On day four, you'll eat "ground meats" -- such as meat-loaf and hamburger. On day five, you'll eat "solid proteins" such as chicken breast or a piece of fish. Limit condiments, such as salsa or mayonnaise. Foods should be as dry as possible -- which will help you gauge how full you are. You're allowed to eat as much as you'd like and as often as you like, but you must stop eating 15 minutes after you start. Do not sit and eat for longer than 15 minutes at any point during the final stage of the diet.

Step 3

Do not drink any liquids 30 minutes before eating or with your meals. Liquids can help push foods more quickly through your pouch, allowing you to eat more than you should. Many facets of the five-day bariatric pouch reset diet are similar to the post-op diet followed right after surgery.

Tips and Warnings

- **Plan ahead because the diet restricts the types of food you can eat. Make sure you have the foods you need on hand. The goal of this diet is to make you conscious of your food choices and stop mindless eating.**

According to the National Institutes of Health, "bypass surgery alone is not a solution to losing weight. It can train you to eat less, but you still have to do much of the work. You will need to follow the exercise and eating guidelines that your doctor and dietitian gave you."



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OUR TEAM The Professionals

Meet The Team These are the Professionals that will support you during your Life Changing journey:



Dr. JA Potgieter - Specialist Surgeon

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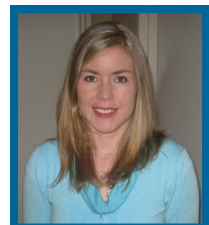
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Bariatric Surgery Support Group

Monthly MEETING



23 October 2012

Bariatric Surgery Support (BSS) is a Cape Town based Support Group for people seeking information and Support about Weight-Loss Surgery. We deal with a host of pre and post operation issues aimed at facilitating your journey to a healthier life style.

When: Tuesday 23 October 2012 — **N1 CITY**

Where: N1 Medical Chambers, First Floor, Training Room

Time: 18:00

RSVP: info@bariatricsurgerysupport.co.za

Contact Collette collette@simpsons.co.za

Motivation of the Month

Making your choice

You have the power to choose your attitude, your perspective, your direction, your responses, your expectations, your actions and so much more. Add it all together, and you have the power to choose your life.

It's a waste of your time and energy to blame and complain when you can be doing something much more positive and powerful. You can be choosing to make real headway.

You have the power to choose, so do it. Figure out what you really, truly want from this day, from this circumstance, from this life, and go for it.

Make your choice, and then make the commitment to make it happen. Make your choice, and then make all the other choices along the way that will bring it about.

Take a positive, active role in your life. Make peace with what is, with what you have, and then make your choice of what to do with it all.

Life is what you most consistently and passionately choose for it to be, and that most definitely includes the choices you make in this moment. Spend each moment making the best, most authentic choices, and you'll spend your days living a rich and fulfilling life.



What is Dumping Syndrome?

Dumping syndrome is a problem that occurs in some patients after having gastric bypass surgery.

It is the result of food passing too quickly into the small intestine. It is typically induced when the patient eats certain foods, such as sweets or certain carbohydrate sources (such as simple carbohydrates like sugar and some starches). It can also occur as a result of eating too much at one time.

Question of the Month

