Have you been approved for surgery? You MUST attend both the Pre & Post Surgery Nutrition class and the Surgery Preparation classes before your scheduled surgery date.

Online Nutrition Classes Reminder
http://ucalgary.ca/cdm

We encourage our patients to attend nutrition classes either in-person-offered by the Alberta Healthy Living Program- or online (split into 13 sections) via the website above, in addition to completing the 3 mandatory classes.
Note, these online presentations do not run on iPhone or iPad unless a Flash browser app is installed, like Photon, Puffin, CloudBrower, Flash Browser or others.

Reminder: To Potential Surgical Patients:
A surgery consult is booked when the team determines that you are ready for this next step. We are looking for regular commitment to our program as well as to your SMART goals. We are also looking at other factors such as your medical and mental health status and the stability of those conditions. We want your surgery to be a success!

Sometimes this means delaying some appointments until you are at your optimal readiness. From the point of your surgery consult is another period of waiting which is variable--this depends on operating room availability, your surgeon's schedule, and the type of procedure that is planned. We appreciate your understanding!

Mindful Eating Tip: Rate Your Hunger
When you eat mindfully, you are aware of the internal and external cues that trigger eating. Before, midway and after your meal, take a moment to rate your hunger on a scale of 1 (very hungry) to 10 (overly stuffed). Aim to stop eating at around 6 or 7 – when you are satisfied, but not full. Also, check in to any thoughts or feelings that come up as you eat.
Problems related to your Gastric Band?

Call the Clinic at 403-955-8088 to speak with a dietitian or nurse. They may book you into a band adjustment clinic, or you may be asked to go to the Emergency Department (ED) at the Peter Lougheed Centre. Please take the information sheet “Problems After Gastric Band” with you to the ED. A copy of this handout was attached to last month’s newsletter, or you can ask your RD or RN for one.

Classes

Bariatric Surgery Information
For patients interested in learning more about surgery options.

Call 403-955-8146 to register

*Surgery Preparation NEW
Learn what to expect in hospital and after surgery. Ask RNs questions about YOUR upcoming procedure.

*For patients who have already been approved for surgery.
Call 403-955-8088 to register

*Pre & Post Surgery Nutrition
Nutritional preparation for surgery and how to eat immediately after surgery

*For patients who have already been approved for surgery.
Call 403-955-8088 to register

Band Adjustment Clinics

September 4 – Dr. Mitchell (FULL)
September 8 – Dr. Gill
September 11 – Dr. Debru
September 16 – Dr. Gill
September 25 – Dr. Church

Please call 403-955-8130 to book an appointment

Monthly Support Groups

What's in your thought bubble?
Imagine if we all had 'thought bubbles' hovering over our heads like comic strip characters. What if we could clearly see and hear our own thoughts? Chances are that we would be much more aware of how our thoughts influence our actions. In fact, although they are invisible and silent, our thoughts are very, very powerful. Join our lively discussion and learn how our thinking habits affect our eating habits.

Maintain the Change Support Group (For patients who are waiting for approval for surgery and those not wanting bariatric surgery.)
Appointment Cancellations

Please give 48 hours' notice for any appointment changes or cancellations. For you, a missed appointment causes a delay in treatment. For our clinic, a missed appointment prevents us from scheduling another patient who could benefit from treatment. Thank you for your understanding.

- Wednesday, September 2\textsuperscript{nd} 5:30-7:30

**Post-Surgery Support Group**

(For patients who have already had surgery)

- Wednesday, September 9\textsuperscript{th} 5:30-7:30

*Please call 403-955-8146 to register*

**August Support Group**

*Thank you Eric from Dream Sleep for providing information on how we can manage Obstructive Sleep Apnea better and get better overall sleeps!*

**RN Tip: Managing Sleep Apnea**

OSA or Obstructive Sleep Apnea is a common disorder associated with obesity. Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly and you feel tired even after a full night's sleep. If you or one of our team members thinks you might have sleep apnea, see your doctor to be referred to a sleep clinic. Treatment is necessary to avoid heart problems and other complications.

We learned in the support group from Dream Sleep that it is important to have CPAP or BiPAP machines and masks checked every 6 months, if possible. This is especially important with weight changes as your mask and machine settings may need to be adjusted. Please consult your insurance provider about how often you can be covered for this as each provider is different.

**RD Tip: Post Surgery Supplementation & Lab Work**

After bariatric surgery, you are at higher risk for low blood levels of vitamins and minerals. This may be due to:

- Eating less food because your stomach is smaller after surgery
- Not being able to tolerate certain foods/textures
- Less vitamins and minerals being absorbed by your body after surgery
- Not following the recommended guidelines

It is very important that patients take their prescribed supplements daily after bariatric surgery for life as many nutritional deficiencies have no signs and symptoms until they become severe. If you are unsure what supplements you should be on, please contact your dietitian.
We also ask that you get post op blood work ordered by your family MD every 6-12 months to check your blood levels and ensure you remain healthy. The blood work we generally suggest being ordered includes the following:
- Iron (CBC-diff, ferritin, iron, TIBC, % sat)
- Folic acid (AKA folate)
- Vitamin D
- Calcium and PTH
- Vitamin B12

Patient Tips

*Pam* has been able to slow her pace of eating by ALWAYS putting her food in some sort of container and eating it with a fork and knife or spoon. No more ‘hand to mouth’ eating.

Patient Initiatives

All patient-led initiatives are not monitored or endorsed by Alberta Health Services or the Calgary Adult Bariatric Specialty Clinic.

Facebook Support Group

Are you on Facebook? A few members of the program have created a private group to connect with and support each other. Just find the group *(ABC- Adult Bariatric, Calgary).*

Whether you’re new to the program, currently enrolled, have a surgery date, have already had surgery or just need to talk or make friends going through the same thing, *send a request to join or private message one of the administrators* (Cindy Jones Groot or Michelle Ginter), as it is a private group.

Recipe of the Month

**Chicken Salad Five Ways**

Back-to-school season is here! Spice up your kids (and your) lunches with these chicken salad recipes! This is a great way to use up leftover chicken, even for people who have had surgery as the dressing keeps it moist. If you have had surgery and cannot tolerate bread, try having the chicken salad on crackers or wrapped in a crisp leaf of lettuce, or just eat it by itself!

*The recipe is attached to the newsletter so that you may print it out separately.*

Sleep Resources

- Foothill Sleep Clinic (has information on clinic; needs to be referred by MD & also includes health videos and tips for a better
Do you like to keep up with the latest research regarding weight management and your health? Let us know if you have any further resources to share.

http://www.albertahealthservices.ca/11137.asp
- CDM website: Dr. Telfer’s short video on managing sleep
https://breeze.ucalgary.ca/sleep

Over-eaters Support Group (2 groups)

These groups will provide education and support to help you manage emotional eating and over eating so you can better manage your weight. The groups will be led by Dr. Jo Telfer.

Time: Monday evenings from 5:30 pm – 7:30 pm
Location: Weight Management Room #1873
Dates: 8 sessions: January 4, 11, 18, 25 February 1, 8, 22, 28 2016

OR

Time: Friday afternoons from 1:00 pm – 3:00pm
Location: Weight Management Room #1873
Dates: 8 sessions: January 8, 15, 22, 29 February 5, 12, 19, 26 2016

Participants: These groups will be limited to participants willing to make a commitment to attend all 8 sessions. Occasional cancellation due to illness or an unexpected event is accepted, however, you MUST attend the first class.

You MUST have completed the program's mandatory classes to participate.

To register, call 403-955-8146 and ask to register in the Over-eaters Support Group