

# Calgary Adult Bariatric Surgery Clinic Newsletter



<https://obesitycanada.ca>

If your contact information has changed (home address, phone number, e-mail address, etc.) please notify us at your next appointment or by calling 403-955-8088

For the most up to date developments related to the Calgary Adult Bariatric Surgery Clinic during the COVID-19 pandemic, please refer to the clinic website: [www.calgarybariatric.ca](http://www.calgarybariatric.ca) > COVID-19 page.

## **CLINIC OPERATIONS:**

The clinic continues to be fully staffed!

All appointments with a Registered Nurse, Registered Dietitian, Psychologist or Social Worker are being done over the phone or by zoom.

Patients who have been seen by a Nurse Case Manager and don't have any upcoming appointments booked, call us at 403-955-8088 to schedule your next appointment.

Classes are being offered virtually.



## VIRTUAL CLASSES

Call 403.955.8088 to register. A link to attend the class will be emailed to you 2-5 days before the class.

### **Bariatric Peer Support Group**

This group focuses on support and is facilitated by peer volunteers. Pre-register by the Friday prior to the class by calling the clinic. Please be sure to provide your personal e-mail and use your personal zoom account.

**Date/Time:** Tuesday, February 16 from 6:00 – 7:30 pm

### **Improve Your Relationship with Food:**

This 4 week virtual class will provide education and support to help you improve your relationship with food so you can better manage your weight. This group will be limited to participants willing to make a commitment to attend all 4 sessions.

**Session A:** February 3, 10, 17 & 24; Wednesday's 1:00 to 3:00 pm.

**Session B:** February 4, 11, 18 & 25; Thursdays 11:00 am to 1:00 pm.

**Session C:** March 1, 8, 15 & 22; Mondays 1:00 to 3:00 pm.

### **9 Month Post Surgery Follow-up:**

A group follow-up appointment offered to patients at around 9 months post-surgery.

**Date/Time:** Wednesday, March 24 from 10:00 am to 12:00 pm

### **Managing Changes in Body Image:**

This class offers a chance to discuss changes in body image. It will also provide ideas on how to maintain a positive body image while on your weight management journey. This class is intended for post-surgery patients.

**Date/Time:** Tuesday, March 30 from 10:00 am to 12:00 pm

---

### **Education Modules:**

We are updating and adding to the education modules on our website, [calgarybariatric.ca](http://calgarybariatric.ca). If you have feedback on any of the videos, especially the "Set Yourself up for Success" modules, or if you have suggestions for new education videos, please email Dr. Jo Telfer at: [jo.telfer@ahs.ca](mailto:jo.telfer@ahs.ca)

### Virtual Appointment Tips:

If you choose to have a virtual appointment with a member of our team the platform we currently use is Zoom. Below are a few tips to help you.

- 1) **Your Device:** Once you have set up your device, please do not move it around during the session as it creates distraction.
- 2) **Privacy:** By signing into a zoom meeting you are giving consent. Choose a private location for your Zoom session. Headphones are ideal to ensure as much privacy as possible.
- 3) **Muting:** Keep your audio muted except when speaking. The group host may mute group members as a way to allow all group members to take turns speaking.
- 4) **Dress:** Please dress as if you were coming to the Calgary Adult Bariatric Surgery Clinic in person.
- 5) **Other activities:** Your Zoom class is important and we would like your undivided attention. Please do not engage in any distracting activities for example: eating, checking email, watering plants, cooking, etc.

### Being Prepared for Virtual Appointments:

Please have the following information available prior to the start of your appointment.

- 1) **Your Health Care Card & Photo ID.**
- 2) **Medication & Vitamin names & doses** to review with your clinician.
- 3) **Paper and pen or pencil** so you can write down the goals agreed upon with your clinician as well as other important information such as future appointment date and time.
- 4) **Your food record.**
- 5) **Have lab work completed if required.** Alberta Precision Laboratories is booking 4+ weeks out.
- 6) **12 Month Post Op appointments.** Fill out the screening tools found on [www.calgarybariatric.ca](http://www.calgarybariatric.ca); additional resources tab; screening tools section. Send in the completed screening tools prior to your appointment by mail, fax 403-476-9626 or email: [cal.bar@ahs.ca](mailto:cal.bar@ahs.ca).

**Lab Work:**

Alberta Precision Laboratories (Calgary Lab Services) typically books a few weeks out.

**6 Month Post-op:**

Blood work - Our medical lead recommends having your six month post-op blood work completed. If you have concerns, discuss this with your health care team at your upcoming appointment.

**Food Records:**

It is important for your dietitian to review your food record at your virtual (phone or Zoom) appointment. If you keep a food record with paper and pencil, email a copy to your dietitian the day before your appointment. If you use an app for your food record, make sure your dietitian has access. If you have any questions about your food record, connect with your dietitian directly.