

Calgary Adult Bariatric Surgery Clinic Newsletter



<https://.obesitycanada.ca>

UPDATE:

Elective surgeries may start being scheduled as soon as June. Please be patient and wait for your surgeon's office and the pre-operative clinic to call you to schedule appointments. There are many surgeries that are being scheduled and rescheduled within the Calgary Zone. Once you have been contacted by your surgeon's office, please call the bariatric clinic so we can schedule any required/outstanding appointments. The bariatric clinic does not control surgical booking and is unable to provide information about current scheduling.

The following services remain cancelled until at least the end of June, 2020:

Assessments

Pre-Surgery Follow-up's

Classes

Internal Medicine & Surgeon Clinics

- ❖ All appointments apart from post-operative appointments will be rescheduled based on the previous booking order when it's safe to do so.
 - ❖ Routine post-operative appointments will be scheduled over phone or virtual.
 - ❖ If you have been given a surgery date that falls between now and June 30, 2020 follow-up with your surgeon's office directly.
 - ❖ Check www.calgarybariatric.ca for the latest updates.
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Staying on Track:

Tips from the Dietitians for staying on track during COVID-19:
Page 3

Food & Grocery resource from Nutrition Services:
Page 4

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.

12 Month Post-op:

If you have a 12 month post-op appointment booked, fill out the questionnaires before or after your appointment and send to cal.bar@ahs.ca. The questionnaires are found on the Calgary Bariatric website, additional resources tab, screening tools section.
www.calgarybariatric.ca

Staying on Track with COVID-19

COVID-19 can cause feelings of stress and anxiety causing people to fall back on comforting behaviors such as less movement and emotional eating. Channel your uncomfortable feelings into other activities and lifestyle behaviors or reach out for support (*Help During Tough Times-* <https://www.albertahealthservices.ca/amh/Page16759.aspx>)

Maintain the Four Ps. Planning, purchasing, preparing and packing:

- No single food, vitamin and mineral supplement or natural health product can boost immunity or protect against COVID-19. Eat a variety of healthy nutritious foods (vegetables, fruit, whole grains and protein rich foods) to help support health and immunity.
- Reduce the frequency of grocery shopping by creating meal plans and grocery lists
- Order groceries online with curb side pick-up or delivery.
- If working from home, meal planning and regular meal and snack preparation can help prevent grazing and emotional eating. Consider “packing your lunch” to help managing food choices.

If you have not had Bariatric Surgery:

- Use this time to continue working on eating and lifestyle behaviors that can prepare you for bariatric surgery in the future.
- Have three planned meals each day and snacks as needed to manage your hunger.
- Watch your portions by using smaller plates and utensils.
- Use the “eat well plate” when meal planning. (1/2 plate vegetables and fruits, ¼ plate protein and ¼ plate starch or whole grains)
- Avoid purchasing foods that are higher in sugar, fat and salt
- Check in to your hunger and fullness cues across the day
- Review the nutrition and mental health classes and resources on our website: <https://www.calgarybariatric.ca/additional-resources.html>

If you have had Bariatric Surgery:

- Eat and drink fluids regularly even when you have a low appetite
- Following up with your health care team by phone or Zoom as scheduled
- Take your vitamins daily as recommended by your dietitian. If you are struggling to find vitamins please contact your family doctor, pharmacist or the clinic.
- Complete 6 and 12 month post-surgery bloodwork. Alberta Precision Laboratories (APL) are responding to the COVID-19 pandemic to keep patients safe: <https://www.calgarylabservices.com/who-we-are/newsroom/news03042001.aspx>
- Continue food journaling. Remember it is not a tool of judgement just information!
- Refer to “*Staying on Track after Bariatric Surgery handout*” (https://www.calgarybariatric.ca/uploads/7/6/6/6/76664263/weight_regain_after_bariatric_surgery_2020.pdf)
- Should you be experiencing any of the following post-surgery signs and symptoms (https://www.calgarybariatric.ca/uploads/7/6/6/6/76664263/surgical_complication_symptoms.pdf), our surgeons ask that you still proceed to the Peter Lougheed Centre for any bariatric surgery emergencies.

April 2020_ BariatricCOVID

Nutrition Services

Calgary Zone

Food and Grocery Resources – Calgary Covid19 Supports

This information is current as of the date indicated in the footer. Please go to [Inform Alberta.ca](http://InformAlberta.ca), visit organizations' websites or call them to ensure the most up-to-date information.

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Directories of Community Supports and Agencies

Please note 211[®] and Inform Alberta strive to provide the most up-to-date information on community supports and agencies.

- 211[®] is a free 24 hour information and referral service that helps connect people to community, government, and health services. [The 211 website](#) provides an online chat feature available 7 days a week from 12 noon to 8 pm. In addition, 211 offers a phone service [in certain areas of Alberta](#).
- [Inform Alberta](#) is a provincial on-line directory of publicly funded and/or not-for-profit community, health, social, and government organizations and services. 211[®] and Health Link manage the Inform Alberta database and agencies who meet [these inclusion criteria](#) can [ask to be added](#) for free.
- Food-specific Directories: You can view, share and print these listings for free through these online locations:
 - [Food Banks and Hampers](#)
 - [Meals for Individuals in Need](#)
- Facebook volunteer groups – various community volunteer groups have been created to respond to community needs during the Covid-19 crisis.
 - Calgary-wide volunteer group: Search 'YYC Covid-19 Volunteers' on Facebook

Last Updated April 16, 2020