

Calgary Adult Bariatric Surgery Clinic Newsletter

August 2019



<https://obesitycanada.ca>

MONTHLY HIGHLIGHT!

9 Month Post-Surgery Follow-up Group Appointment

Small groups are scheduled monthly and alternate between evenings and Saturdays. The 9 month follow up is an open ended appointment meaning you are free to bring up any issues you wish to discuss. One advantage of the small group is the opportunity to learn from others. Participants often ask questions that may interest you or give tips that may help you on your weight management journey. The 9 month post-surgery follow up appointment is an important learning opportunity to help you maximize your bariatric surgery. We look forward to seeing you there.

Scooters available!

If you have mobility issues, scooters are available to adults for use while attending appointments at this site Monday thru Friday from 07:30 – 16:00.

Scooters are available for free on a first come first serve basis. You may sign one out at the admitting desk on the main level. There is a 400 pound restriction.

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.

If you're awaiting a surgery date, please continue to meet with a member of your bariatric team every **2 to 3 months**. We will work with you to support your lifestyle changes as you prepare for bariatric surgery.

If lifestyle changes are not maintained and you are scheduled for bariatric surgery it may be postponed or cancelled as a result. Maintaining physical health, mental health, and nutritional health status are important.

Visit our website:
www.calgarybariatric.ca

Classes & Groups

All classes and groups are for registered patients only. Some classes allow a support person to attend the class with you; if so, it will state this in the class description.

All classes are held in room #1076 on the main floor of Richmond Road Diagnostic & Treatment Centre with the exception of the Bariatric Hands on Cooking Class. Please do not bring food or drinks (except water) to class.

To register for classes and groups call 403-955-8088.

Improve Your Relationship with Food

This **4 week** group will provide education and support to help you improve your relationship with food so you can better manage your weight. The group will be led by Dr. Jo Telfer.

You must have attended a Nurse Intake Assessment before attending this class and be willing to commit to attend all 4 sessions. Occasional cancellations due to illness or unexpected events are accepted, however, you must attend the first class.

Dates: August 9, 16, 23, and 30, 2019; Friday mornings from 09:30 to 11:30.

Dates: August 7, 14, 21, and 28, 2019; Wednesday evenings from 17:30 to 19:30.

Nutrition Basics

NEW! Patients are welcome to bring their support person/partner to this class. Taught by a registered dietitian, you will learn about eating habits that are recommended specifically for people who are considering bariatric surgery. You must have attended a Nurse Intake Assessment before attending this class.

Date: Tuesday August 6, 2019; 17:30 to 19:00

Date: Thursday, August 15, 2019; 13:30 to 15:00

Date: Friday, August 23, 2019; 13:30 to 15:00

Maintain the Change

NEW! This support group is offered to patients who are waiting for surgery and have completed the Surgery Preparation Class or patients who have had bariatric surgery. Led by a registered dietitian, this support group discuss important topics and questions about bariatric surgery.

Date: Tuesday August 20, 2019; 18:00 to 19:30

Surgery Prep Class

For patients awaiting a surgery date. Contact your Nurse/Case Manager directly to register.

Date: Saturday August 10, 2019; 09:30 to 11:30

Date: Wednesday August 28, 2019; 09:30 to 11:30

9 Month Post-Surgery Follow Up

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

Date: Monday August 19, 2019; 17:30 to 19:30



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Managing Changes in Body Image

Has your body image changed after bariatric surgery? Maybe you don't recognize yourself in the mirror. Perhaps you thought you would be ok with loose skin, but now you are not! Are the comments and attention from others irritating or welcomed?

This class is intended for patients who have had bariatric surgery. It will provide you with an opportunity to discuss changes in body image and provide ideas on how to maintain a positive body image while on your weight management journey. This class is led by Dr. Jo Telfer.

Date: Wednesday September 25, 2019; 17:30 to 19:30

Bariatric Surgery Hands-on Cooking Class

Do you need tips for meeting your protein goal after surgery?
Would you like ideas for soft solid food choices post-op?
Are you interested in trying some new and tasty recipes?

This free class gives you a chance to cook and taste simple dishes that represent the normal diet progression immediately after surgery. Classes are taught by a bariatric clinic dietitian and provides you the chance to ask questions.

Date: Saturday September 14, 2019; 13:30 to 15:30

Where: South Health Campus Wellness Kitchen

Prerequisite: Must have attended the Surgery Preparation Class at the Calgary Adult Bariatric Surgery Clinic, but not yet had surgery.

Appointments:

Missed appointments have a significant impact on wait times for patients and clinic operations. Please be aware that by rebooking an appointment you may be delaying your progress in the clinic. If you need to reschedule or cancel an appointment call 403-955-8088 at least **48** hours in advance. Two unexcused appointments will result in discharge.

Patient responsibility: As a patient of the Calgary Adult Bariatric Surgery Clinic you are required to attend multiple appointments in Calgary pre and post-surgery, regardless of where you live. Most appointments will be at the Richmond Road Diagnostic & Treatment Centre, except for: medical tests, pre-surgery assessment clinics, and select surgeon & internal medicine appointments. Advance notice will be provided to you for offsite appointments.

Clinic Information:

➤ Internal Medicine and Surgeon clinic dates and times may change due to unforeseen circumstances. We will provide you with as much notice as possible when this occurs. We appreciate your understanding if we need to reschedule your appointment.

➤ Attending post-surgery appointments are essential for your health and safety. It's vital for you visit with your team on a regular basis so we can support you post-surgery. Our clinic relies on the data collected at these appointments for program development & funding.



[https:// www.worldobesity.org](https://www.worldobesity.org)

We are Scent Free!

Help us keep the air we share healthy and scent free. Please avoid wearing scented products such as: perfume, scented hair sprays and body lotions when visiting Alberta Health Services sites for appointments.

Thank you for your cooperation!

No scents makes good sense.

Upcoming Lap Band Adjustment Clinics:

- ✚ August 6, 2019 – Dr. Church
- ✚ August 9, 2019 – Dr. Debru
- ✚ August 16, 2019 – Dr. Debru
- ✚ August 20, 2019 – Dr. Church
- ✚ August 27, 2019 – Dr. Mitchell
- ✚ August 30, 2019 – Dr. Church