

Calgary Adult Bariatric Specialty Clinic

Newsletter

April 2017

Calgary Adult Bariatric Specialty Clinic

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Website:
calgarybariatric.ca

Missed Appointments

Missed appointments have a significant impact on wait times for patients and on clinic operations. In accordance with our clinic policy and the patient contract, if two (2) appointments are missed in a twelve (12) month period, then you will be discharged from the clinic. **Please note this includes appointments with physicians and surgeons, clinic staff, and classes.**

Advance Care Planning

Alberta Health Services recognizes Advance Care Planning Day on April 16, 2017. What is Advance Care Planning? Advance care planning is a way to help you think about, talk about, and document your wishes for healthcare. It's a process that can help you make healthcare decisions now and for the future. What are your values, wishes, and goals for your healthcare? Do you have beliefs that influence your healthcare wishes? Are there conditions under which you do or don't want a certain treatment? Where would you want to be cared for? Have you had experiences with family or friends where healthcare decisions had to be made? Have you consider organ and tissue donation? For more information please check out the following website:

<https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-topic-overview.aspx>

Over-eaters Education Group

Emotional eating, binge eating or food addiction all mean turning to food for reasons other than hunger. This **4 week** group will provide education and support to help you manage over-eating so you can better manage your weight. The group will be led by Dr. Jo Telfer.

April and May Classes:

Currently FULL

June Classes:

Time: Wednesday evenings from 5:30 p.m. to 7:30 p.m.

Location: Weight Management Room #1873

Dates: June 14th, 21st, 28th, and July 5th

Participants: This group will be limited to participants willing to make a commitment to attend all 4 sessions. Occasional cancellations due to illness or unexpected events are accepted, however, **you MUST attend the first class June 14th.**

This group is **not** designed to be taken more than once; please no repeat participants.

Registration: Please call **403-955-8088**

Maintain the Change

Maintain the Change is a monthly education group for patients approved and waiting for bariatric surgery, and for post-surgery patients.

The group is facilitated by our clinic dietitians. The purpose is to discuss important topics and answer questions regarding bariatric surgery, and also review the important pre and post-surgery nutrition practices.

Prerequisites:

- Received individual nutrition education from a Registered Dietitian in our clinic before
- Approved by a surgeon or have had bariatric surgery
- Attended the Surgery Preparation Class

Maintain the Change Group is offered on **April 18th from 6-7:30pm**. If interested please call **403-955-8088** to register.

Body Image Class

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 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 led by Dr. Jo Telfer and is intended for patients who have already had bariatric surgery.

Date: April 19th-2017 – 5:30 p.m. to 7:30 p.m. in room #1873

Please call **403-955-8088** to register.

Bariatric Support Garments

Bariatric Support Garments are specially fitted and custom made for you to wear under your regular clothes.

There will be fitting sessions held monthly at our offices.

The next fitting session is on April 13th-2017

Please contact Katelyn by email at bsgc@ualberta.ca or call **780-492-9020** to schedule a private fitting

Band Adjustment and Surgery Clinics

April 4-2017- Dr. Gill
April 7-2017- Dr. Debru
April 11-2017- Dr. Mitchell
April 21-2017- Dr. Church
April 25-2017- Dr. Reso

Clinic Changes

Clinic dates and times may change due to unforeseen circumstances. We will try to provide you with as much notice as possible if this happens. We appreciate your understanding.

Classes

Bariatric Surgery Information:

For patients interested in surgery options:
April 22-2017- 9:30 a.m. to 11:30 a.m.

Call **403-955-8088** to register

Did you know that an online equivalent of the Bariatric Surgery Information class is available? You may choose to read and view surgery information online at <http://www.calgarybariatric.ca/bariatric-surgery.html>

There is information and a video on each procedure. You will need to complete a worksheet (found on the website) and bring it to your next nursing appointment for review.

Surgery Preparation Class:

This class is taught by a Registered Dietitian and a Registered Nurse and is meant for patients who have been approved for surgery.

April 1-2017 – 1:00 p.m. to 3:00 p.m.
April 29-2017 – 9:30 a.m. to 11:30 a.m.


Recipe of the Month – Eggs Poached in Pipérade

Pipérade is a dish from Basque that traditionally uses onions and green and red peppers, reflecting the colours of the Basque flag, white, green and red. In our version, we add zucchini and mushroom and use this flavourful sauce to poach a few eggs, making it the perfect addition to your Easter brunch.

Staff Changes

We would like to inform everyone that Kelly and Joan will be transitioning this spring.

We would like to reassure any who are under their care that you will be taken care of. Diligent notes have been made and you will be placed in the appropriate care with another Registered Nurse.



If you have any questions or concerns please call 403-955-8088.