



# Calgary Adult Bariatric Surgery Clinic

## Clinic & Class Schedule

April, 2018

### Calgary Adult Bariatric Surgery Clinic

2<sup>nd</sup> Floor  
1820 Richmond  
Road SW  
Calgary, AB  
T2T 5C7

Clinic Phone:  
403-955-8088

Fax:  
403-955-8634

Website:  
[calgarybariatric.ca](http://calgarybariatric.ca)

To enroll in a  
class or group  
you must be  
a current  
registered patient  
of the clinic.



### Bariatric Clinic Name Change

The Calgary Adult Bariatric Specialty Clinic is changing its name to the Calgary Adult Bariatric Surgery Clinic. This name more clearly describes the current service provided by the clinic, that of preparing patients for and supporting them after bariatric surgery. We only accept referrals for patients who are interested in undergoing bariatric surgery.

### Surgeon Clinics

April 3, 2018 – Dr. Reso  
April 10, 2018 – Dr. Mitchell  
April 17, 2018 – Dr. Reso  
April 19, 2018 – Dr. Debru  
April 20, 2018- Dr. Mitchell  
April 24, 2018- Dr. Debru  
April 27, 2018- Dr. Church

### Band Adjustments

For band adjustments contact 403-955-8088  
Please note not all surgeons perform band adjustments.

### Surgeon Clinic Changes

Surgeon 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 if we need to call you to rebook your appointment with the surgeon.

### Are you awaiting your surgery date?

If you have been approved for surgery and are awaiting your surgery date, please continue to meet with your healthcare team every 2 to 3 months. We will continue to work together to support your lifestyle changes and help you prepare for surgery. Call 403-955-8088 to book an appointment

### Post-Surgery

You are required to attend post-surgery follow-up appointments for health and safety reasons. Your healthcare team takes your care seriously and we are a partner in your care.

**Appointment cancellations and changes:**

If you need to cancel or change an appointment please call the clinic at 403-955-8088 at least **48** hours in advance.

**Classes And Groups:**

All classes and groups are held in room #1076 on the main floor of Richmond Road Diagnostic & Treatment Centre. Please do not bring food and drinks to class; the only exception is water.

**1. 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 class 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 classes are currently FULL. To register for future classes call 403-955-8088.**

**Date:** May 25, June 1, 8, and 15, 2018

**Time:** Friday mornings from 9:30 am to 11:30 am

**Location:** Main floor Classroom #1076

This group will be limited to registered patients 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 May 25, 2018.**

**2. 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 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:** Monday June 4, 2018

**Time:** 5:30 pm – 7:30 pm

**Location:** Main floor classroom # 1076

Class for registered patients only

Call 403-955-8088 to register

**3. Pre-Operative Support Group**

Offered to patients who are waiting for surgery and have completed the Surgery Preparation Class.

**Date:** Tuesday April 17, 2018

**Time:** 6:00 pm – 7:30 pm

**Location:** Main floor classroom # 1076

Support Groups are for registered patients only

Call 403-955-8088 to register



#### 4. Post-Operative Support Group

Offered to patients who have had bariatric surgery.

**Date:** Tuesday May 15, 2018

**Time:** 6:00 pm – 7:30 pm

**Location:** Main floor classroom # 1076

Support Groups are for registered patients only

Call 403-955-8088 to register

#### 5. Surgery Preparation Class

**Date:** April 7, 2018

**Time:** 9:30 to 11:30 a.m.

**Date:** April 26, 2018

**Time:** 1:30 to 3:30 p.m.

**Location:** Main floor classroom # 1076

This class is for registered patients awaiting their surgery date.

Please call your nurse/case manager to register for one of these classes.

#### **Subscription:**

If you no longer wish to receive this newsletter scroll to the bottom of this email and click "unsubscribe".

#### **To the patients of the Calgary Adult Bariatric Specialty Clinic:**

As many of you may have already heard, our surgeon Dr. Gill was in an accident. We are not at liberty to provide details as to protect the privacy of Dr. Gill and his family. What we can tell you is that Dr. Gill will not be seeing patients for some time. We are working hard to keep everything running as smoothly as possible. If you have testing or surgery scheduled with Dr. Gill these procedures will be rebooked with another surgeon.

If there are any changes to your appointments or surgery dates, you will be contacted by phone to be informed of these changes. Our hope is for a speedy recovery for Dr. Gill. We will do our very best to accommodate all of his patients the best we can. Thank you for your patience during this difficult time.

