



# Calgary Adult Bariatric Surgery Clinic

**Clinic & Class Schedule**

**August, 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.

### Calgary Lab Services Now Available at RRDTTC

We are excited to announce that you can now access Calgary Lab Services at the Richmond Road Diagnostic and Treatment Centre. As of August 7-2018 you will be able to book appointments online. Walk-ins are currently welcome.

<https://pabs.calgarylabservices.com/pabs/>

### **Hours of operation:**

**Monday to Friday: 7:00 a.m. to 4:30 p.m.**

### Updated Information?

Do you have a new address, phone number or perhaps a new doctor? This is valuable information and in order to keep your information as updated as possible we encourage you to provide any changes you may incur. Please phone the main line at **403-955-8088**, or simply notify the clerk when checking in for an appointment.

### Booking Appointments

The clinic will only be able to accommodate single appointment bookings for each patient. This will apply to everyone, regardless of their location. Patients will be provided tasks to work on before their next appointment. Please use this time wisely in between appointments to complete any assignments or tasks your educators may give you.

### 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.

### **Surgeon Clinics**

August 3, 2018 - Dr. Reso  
August 7, 2018 - Dr. Reso  
August 10, 2018 – Dr. Church  
August 14, 2018 - Dr. Reso  
August 17, 2018 - Dr. Mitchell  
August 21, 2018 – Dr. Church  
August 24, 2018 – Dr. Debru  
August 28, 2018 - Dr. Mitchell  
August 31, 2018- Dr. Church

### **Band Adjustments**

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

### **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 cancelations 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

**Subscription:**

If you no longer wish to receive this newsletter please scroll to the bottom of the e-mail that you receive each month for the updated Newsletter and click "unsubscribe".

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.

**Date:** August 8, 15, 22 and 29, 2018

**Time:** Wednesday mornings from 9:30 am - 11:30 am

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 August 8, 2018.**

**To register for future classes call 403-955-8088.**

**2. Surgery Preparation Classes**

**Date:** August 18, 2018

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

**Date:** August 30, 2018

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

This class is for registered patients awaiting their surgery date. Please call your nurse/case manager to register for one of these classes.

**3. Pre-Operative Support Group**

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

**Date:** Tuesday August 21, 2018

**Time:** 6:00 pm – 7:30 pm

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 September 18, 2018

**Time:** 6:00 pm – 7:30 pm

For registered patients only; call **403-955-8088** to register

**5. 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.

Monday, September 17, 2018 5:30 - 7:30 in room #1076

**Now Full-** Please phone 403-955-8088 to book into the next available:

November 26, 2018- 5:30 – 7:30 p.m.

### **Scent Free Policy**

**Alberta Health Services works hard to keep the air clean in its facilities by promoting a scent free environment.** Scented products tend to aggravate existing health conditions in people who suffer from asthma, allergies and other respiratory conditions. Please remember to avoid wearing scented products when going to Alberta Health Services facilities for appointments; these include: perfume, cologne, scented hairspray, scented deodorant, aftershave and other scented products.

### **Staff Changes**

We would like to inform everyone that our Registered Nurse Elizabeth will be leaving our clinic on August 31, 2018.

Anyone working with Liz will be transferred to the care of another of our Registered Nurses.

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