



From Staff at the Calgary Adult Bariatric Surgery Clinic

Upcoming Lap Band Adjustment Clinics:

- ❖ January 10, 2020 – Dr. Mitchell
- ❖ January 17, 2020 – Dr. Arminan
- ❖ January 21, 2020 – Dr. Debru

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.

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

We are Scent Free!

Avoid wearing scented products when visiting Alberta Health Services sites for appointments.

Thank you for your cooperation!

Flu Season is here ☹

If you're feeling unwell and have an upcoming appointment, call the clinic to reschedule.



If you need to get your flu shot, more information is available online:

<https://www.albertahealthservices.ca/influenza/influenza.aspx>



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.

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, January 13, 2020; 17:30 to 19:30

Nutrition Basics

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, January 7, 2020; 17:30 to 19:30

Date: Thursday, January 23, 2020; 13:30 to 15:30

Support Group (Maintain the Change)

This support group is open to all patients after they have attended the Orientation class. This group addresses topics and questions about bariatric surgery for both pre and post-surgery patients.

Date: Tuesday, January 21, 2020; 18:00 to 19:30

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: January 7, 14, 21 & 28; Tuesday morning from 09:30 to 11:30.

Dates: January 9, 16, 23 & 30; Thursday evening from 17:30 to 19:30.

9 Month Post-Surgery Follow Up

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

Date: Saturday, February 25, 2020; 17:30 to 19:00



Bariatric Surgery Hands-on Cooking Class

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, February 8, 2020; 13:30 to 15:30

Where: South Health Campus Wellness Kitchen

Prerequisite: Must have attended the Surgery Preparation Class.
Awaiting surgery date.

Register: <https://app.booking.ca/shcwellnesspub/index.asp>. Or, call **403-956-3939**. Support people/partners are welcome to attend and must also register.

Clinic Information:

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.

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 to 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.

Scooter available!

Monday to Friday;
7:30 am – 4:00 pm.

Not yet available on Saturday.

A scooter with a 400 pound limit is available on a first come first serve basis. You may sign it out at the admitting desk on the main level of Richmond Road Diagnostic & Treatment Centre.