



# Calgary Adult Bariatric Surgery Clinic

## Clinic and Class Schedule

## December 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)



### Booking Appointments

The Calgary Adult Bariatric Surgery Clinic is an Ambulatory Clinic which means you must come to all appointments with the bariatric team at the Richmond Road Diagnostic and Treatment Centre. Be prepared to attend many pre bariatric surgery preparation appointments and many post bariatric surgery follow-up appointments at this location. This applies even if you are coming from locations far from Calgary.

### Appointment cancellations and changes

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

### Weather Change and Construction

That time of year has come again when early winter conditions and ongoing construction can greatly impact your commute. Please make sure to give yourself some extra time to get to your appointments.

Our team tries to be as accommodating as possible; however, if you are more than 15 minutes late for an appointment you may be asked to reschedule.

### Cold and Flu Season

Cold and flu season is upon us, and soon we will be seeing sniffles, coughs and maybe even chills and fever. If you are ill, please rebook your appointment by calling 403-955-8088.

We strongly encourage you to get a flu shot as soon as possible. Flu shots are available at physicians' offices and pharmacies.

### Website Update

Visit [www.calgarybariatric.ca](http://www.calgarybariatric.ca) to watch the updated education videos now offered in a format that can be viewed on all electronic devices. New education videos include a review of the in-person orientation class called, *Orientation Review*, and the video *Bariatric Surgery Essentials: Getting Started* which is shown during the orientation class. A series called *Set Yourself Up for Success* includes information modules on a variety of general weight management topics. We encourage you to check out our new education videos found under the *Patients* tab on our website.



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



### Surgeon Clinics

December 4, 2018- Dr. Reso  
December 7, 2018- Dr. Arminan  
December 14, 2018- Dr. Mitchell  
December 18, 2018- Dr. Arminan/Dr. Reso  
December 21, 2018- Dr. Church

### Lap-Band Adjustments

For lap-band adjustments call 403-955-8088  
Note: not all surgeons perform band adjustments.

### Internal Medicine and Surgeon Clinic Changes

Internal Medicine and Surgeon clinic dates and times may change due to unforeseen circumstances. The Bariatric Team tries to provide you with as much notice as possible when this happens. We appreciate your understanding if we need to rebook your appointment.

### Are you awaiting your surgery date?

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

### Post-Surgery

Post-surgery appointments are very important to monitor changes in your physical and mental health and to ensure you are progressing safely. They also provide data to help with program development, growth and ongoing funding.

### 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 or drinks (except water) to class.  
To register for classes and groups call 403-955-8088.

#### 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.

You must have attended a Nurse Assessment before attending this class.  
For registered patients only.



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



**Date:** January 4, 11, 18, and 25- 2019

**Time:** Friday mornings, 9:30 to 11:30 a.m.

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 January 4, 2018.

**Date:** January 22, 29, February 5, and 12- 2019

**Time:** Tuesday evenings, 5:30 to 7:30 p.m.

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 January 22, 2018.

## 2. Post-Operative Support Group

Offered to patients who have had bariatric surgery.

**Date:** Tuesday January 15, 2019

**Time:** 6:00 pm - 7:30 pm

For registered patients only.

## 3. Pre-Op Jingle Mingle

Come join in the fun at our annual "Pre-Op Jingle Mingle". As always there will be time to share your questions, concerns and achievements but also come participate in a jeopardy game!

Please note there will be a "Post-Op New Year's Mingle" in January for those patients who have had bariatric surgery.

**Date:** Tuesday December 18, 2018

**Time:** 6:00 pm - 7:30 pm

For registered patients only.

## 4. 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:** Wednesday, February 27, 2019

**Time:** 5:30 pm - 7:30 pm

For registered patients only.



**Subscription:**

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



**5. Surgery Preparation Classes**

**Date:** December 8, 2018

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

**Date:** December 19, 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.

**6. 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, tasty recipes?

This 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 so you have the chance to ask all your questions.

**When:** 1:30 PM – 3:30 PM

Saturday, January 19 or Saturday, March 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.

**Cost:** Free!

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

**Keep the Bariatric Clinic Informed**

It is important to keep your file up to date. Call 403-955-8088 if you have a new address, phone number, email or a new doctor.

**Calgary Lab Services Now Available at RRDTTC**

Calgary Lab Services are available at the Richmond Road Diagnostic and Treatment Centre, 1<sup>st</sup> floor, near Diagnostic Imaging.

Book appointments online at: <https://pabs.calgarylabservices.com/pabs/>

Walk-ins are welcome.

This is a bariatric friendly location.

**Hours:** Monday to Friday 7:00 am - 4:30 pm



### **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. Scented products include: perfume, cologne, aftershave as well as scented hairsprays and deodorants.

*Wishing you all a*  
***Happy Holiday Season!!!***

---

Please note our clinic is **closed:** Tuesday Dec 25<sup>th</sup>, Wednesday 26<sup>th</sup>, 2018 and Tuesday January 1st, 2019.