



Calgary Adult Bariatric Specialty Clinic Newsletter

February 2017



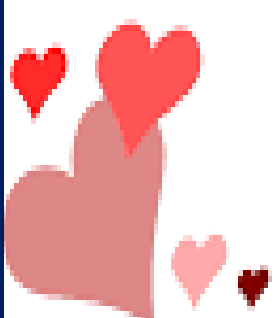
Calgary Adult
Bariatric
Specialty
Clinic

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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.

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

Location: Weight Management Room #1873

Dates: February 6, 13, 27 and March 6

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 February 6th.**

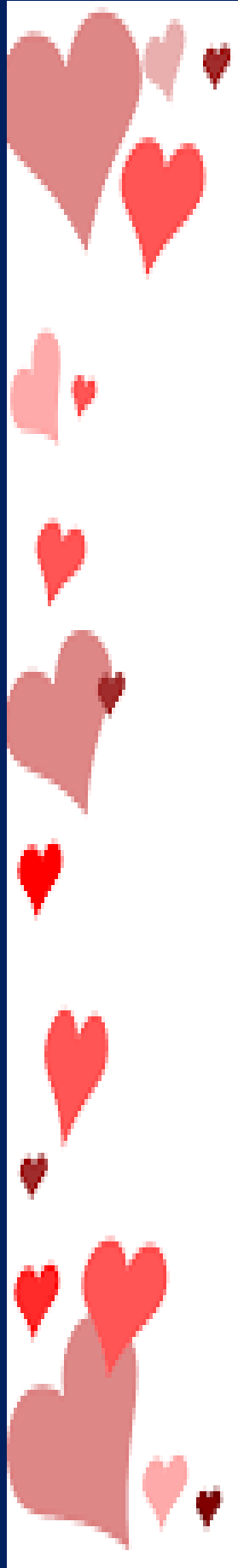
This group is **not** designed to be taken more than once; please no repeat participants.

Registration: **This class is currently FULL.** Please call **403-955-8088** or ask at your next appointment to be registered for our next intake in March or April.

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:

- Approved for bariatric surgery by a surgeon
- Attended the Surgery Preparation Class

- Received individual nutrition education from a Registered Dietician

Sign up for the next Maintain the Change Group on Tuesday, February 21st-2017 from 6:00 pm-7:30 pm

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.

February 22-2017 – 5:30 p.m. to 7:30 p.m. in room #1873

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

Self-Love

Self-love is an action and not a state of feeling good. Self-love supports our physical, emotional, psychological and spiritual growth. According to psychologist Dr. Deborah Khoshaba there are a few ways to cultivate self-love:

1. Be Mindful
2. Act on what you need rather than what you want
3. Practice good self-care through daily healthy activities
4. Set boundaries
5. Forgive yourself
6. Live intentionally – consider the intention of living a meaningful and healthy life and make the decisions to support this intention.



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 February 9th-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

February 3-2017- Dr. Debru

February 7-2017- Dr. Mitchell

February 10-2017- Dr. Church

February 14-2017- Dr. Gill

February 16-2017- Dr. Gill

February 17-2017- Dr. Debru

February 21- 2017- Dr. Gill

February 24-2017- Dr. Mitchell

February 28-2017- 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:

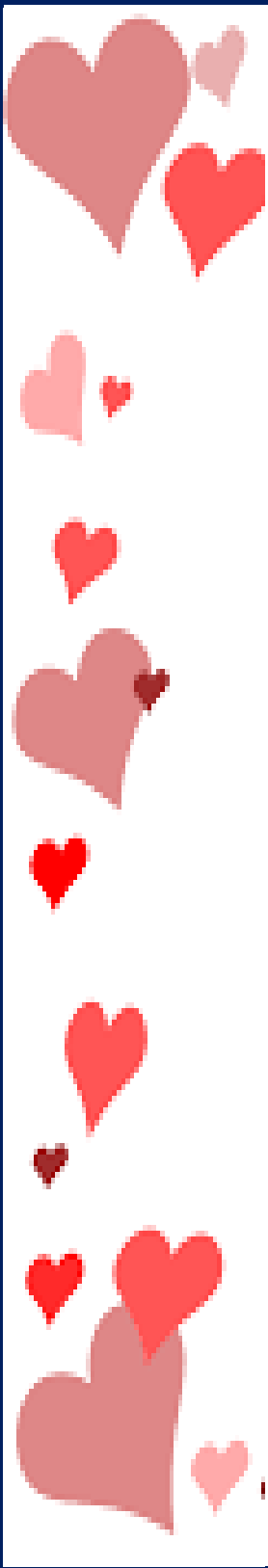
For patients interested in surgery options:

February 11-2017- 1:30 p.m. to 3:30 p.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.

February 4th-2017- **Currently FULL**

February 18th-2017- **Currently FULL**

Please **call 403-955-8088** to enroll in our March classes.

Recipe of the Month – Squash, Lentil & Chickpea Soup

We're still a few weeks away from spring, so we're staying warm with this Squash, Lentil and Chickpea Soup. This soup freezes well for batch cooking, and the lentils and chickpeas pack in a lot of fibre and protein. Squash can sometimes be cumbersome to peel and chop, so look for bags of pre-cut squash in the produce aisle, or replace with sweet potato.

The recipe is attached separately so that you can easily print it.