



# Calgary Adult Bariatric Specialty Clinic

## Clinic & Class Schedule

February, 2018

### Calgary Adult Bariatric Specialty Clinic

1820 Richmond  
Road SW  
Calgary, AB  
T2T 5C7

Clinic Phone:  
403-955-8088

Fax:  
403-955-8634

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

### New Clinic Team Member:

We would like to officially introduce the newest member to our team, Chris Lineker. Chris will be joining our team as one of our Registered Dietitians. We are so excited to have him. Please join us in welcoming Chris to our Bariatric team!

### Appointment Information:

Have you ever wondered why you need to wait so long to see your bariatric health care team? Health care providers often book months in advance for our program due to the high number of patients in the clinic and the number of appointments that are not attended. Life gets busy and we understand. If you're unable to make an appointment, please call the clinic 48 hours in advance so we may offer that appointment to another patient. Thank you in advance for your help with this.

### Classes:

**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.

**Our February classes are currently FULL. To inquire about cancellations or to book into the March class, feel free to call us at: (403) 955-8088.**

#### 2. Support Groups

##### 2.1 Pre-operative Support Group

**Date:** Tuesday, February 20, 2018

**Time:** 6:00 – 7:30 pm

**Participants:** This course is for individuals who have received individual nutrition education from one of the Registered Dietitians in our clinic and have yet to receive bariatric surgery.

##### 2.2 Post-operative Support Group

**Date:** Tuesday, March 20, 2018

**Time:** 6:00 – 7:30 pm

**Participants:** This course is for individuals who have received bariatric

surgery.

### **2.3 Managing Changes in Body Image**

**Date:** Wednesday, February 21, 2018

**Time:** 5:30 – 7:30 pm

**Participants:** This course is for individuals who have received bariatric surgery.

### **3. Surgery Preparation Class**

#### **Dates & Times:**

Option 1 - February 10, 2018 from 9:30 a.m. to 11:30 a.m.

Option 2 – February 22, 2018 from 1:30 p.m. to 3:30 p.m.

**Participants:** Please speak to your nurse/case manager about registering for one of these classes.

#### **Clinics:**

- **Band Adjustment and Surgery Clinics**

If you're in need of an appointment or a band adjustment with your surgeon please contact 403-955-8088. Please note that not all Surgeons perform band adjustments.

February 6, 2018 – Dr. Mitchell

February 20, 2018 – Dr. Gill

February 23, 2018 – Dr. Church

February 27, 2018 – Dr. Debru

- **Clinic Changes**

Clinic dates and times may change due to unforeseen circumstances. We will do our best to provide you with as much notice as possible if this happens. Your understanding is very much appreciated.

- **Are you awaiting your surgery date?**

After you see a surgeon you need to follow-up with a nurse or dietitian every two to three months. Maintaining regular contact is crucial to keep you on track until your surgery date.

- **Post-Surgery**

You are required to attend post-surgery follow-up appointments for health and safety reasons. Our healthcare team takes your care seriously and a large part of that is ensuring you are healing properly.

#### **Subscription:**

If you no longer wish to receive these newsletters, please scroll to the bottom of this email and click "unsubscribe".