

Calgary Adult Bariatric Specialty Newsletter

January 2017

Calgary Adult Bariatric Specialty Clinic

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New Class - Managing Changes in Body Image

Many patients report a change in body image after bariatric surgery. Some people say they do not recognize themselves in the mirror, or the mental picture they carry of themselves changes. Some people find the comments and attention from others strongly influences how they see themselves.

This class will offer you a chance to discuss changes in body image and provide ideas on how to maintain a positive body image while on your weight management journey.

This class will be led by Dr. Jo Telfer and is intended for patients who have already had bariatric surgery.

Wednesday, February 22 5:30 - 7:30 in room #1873

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 5:30-7:30 pm

Location: Weight Management Room #1873

Dates: February 6, 13, 27 & March 6, 2017

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 6.

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

Registration: Call 403-955-8088 or ask at your next appointment to be registered

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 an Registered Dietician

Sign up for the next Maintain the Change Group on *Tuesday, January 17th* from 6:00 pm-7:30 pm

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

Surgeon Clinics

January 3rd – Drs. Gill and Reso

January 9th – Dr. Debru

January 10th – Dr. Gill

January 13th – Dr. Mitchell

January 17th – Dr. Gill

January 20th – Dr. Church

January 24th – Dr. Reso

January 26th – Dr. Gill

January 27th – Dr. Church

January 31st – Dr. Reso

Call **403-955-8088** to book an appointment.

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.

January 14th 1:30-3:30

February 11th 1:30-3:30

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 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 an RD & RN and is meant for patients who have been approved for surgery.

January 7th 1:30-3:30

January 21st 8:30-10:30

Call **403-955-8088** to register

February 4th 1:30-3:30

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 January 12th 2017

Please contact Katelyn by email at bsgc@ualberta.ca or call 780-492-9020 to schedule a private fitting

Recipe of the Month

Looking for a delicious recipe? Try out the Three Bean Chili. This dish is made with higher fiber ingredients like beans and vegetables, providing over half of your daily fiber requirement!

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

Sizeism

According to the Canadian Human Rights Commission, discrimination is: "An action or a decision that treats a person or a group negatively for reasons such as their age, race or disability."

Unfortunately, Canadian legislation does not offer individuals who face discrimination based on physical appearance or size the same legal protection as it does to people who are discriminated against due to race, ethnic origin, sexual orientation or 8 other reasons listed in the Canadian Human Rights Act.

There are now public petitions calling upon the Canadian Human Rights Commission to make physical appearance and size discrimination illegal. (#SizeismSUCKS)

You can help support the Alberta petition by bringing awareness and signing the petition.

<https://www.change.org/p/alberta-human-rights-commission-end-sizeism-in-alberta-sizeismsucks>

Staff Changes

We are sad to announce that Nicki will be leaving the Bariatric Clinic on January 15-2017. She would like to reassure any who are under her care that you will be taken care of. Diligent notes have been made and you will be placed in the appropriate care with another Registered Nurse.

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