

Calgary Adult Bariatric Surgery Clinic

Clinic and Class Schedule

January 2019

Calgary Adult Bariatric Surgery Clinic

2nd Floor
1820 Richmond Road SW
Calgary, AB
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403-955-8088

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403-955-8634

Website:
calgarybariatric.ca



Happy
New
Year

Booking Appointments

The Calgary Adult Bariatric Surgery Clinic, is an Ambulatory Clinic, located at The Richmond Road Diagnostic and Treatment Centre. All appointments are at this site, even if you are coming from a location far from Calgary. Please be prepared to attend many appointments before you are approved for surgery. If approved for surgery, you will be asked to attend many appointments after the surgery as well.

Appointment cancelations 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

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 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

January 4, 2019 - Dr. Reso
January 8, 2019 - Dr. Mitchell
January 11, 2019 - Dr. Arminan
January 15, 2019 - Dr. Reso
January 22, 2019 - Dr. Church
January 29, 2019 - Dr. Arminan

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 ***Currently FULL***

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.

1. Pre-Operative Support Group

Offered to patients who are waiting for surgery and have completed the Surgery Preparation Class.

Date: Tuesday February 19, 2018

Time: 6:00 pm - 7:30 pm

For registered patients only.

2. Post-Op New Year's Mingle

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

Date: Tuesday January 15, 2019

Time: 6:00 pm - 7:30 pm

For registered post-operative patient's only.

3. 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.

4. Surgery Preparation Classes

Date: January 12, 2019

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

**Subscription:**

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



Date: January 30, 2019

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

This class is for registered patients awaiting their surgery date. Please call your nurse/case manager to register for one of these classes.

5. 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 RRDT

Calgary Lab Services are available at the Richmond Road Diagnostic and Treatment Centre, 1st 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 can make asthma, allergies, and other respiratory conditions worse. 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 New Year!*

Please note our clinic is **closed**: Tuesday January 1st, 2019.