

Calgary Adult Bariatric Specialty Clinic



Newsletter

March 2017

Calgary Adult Bariatric Specialty Clinic

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Please welcome our new team members!

We are pleased to announce we have some new members that have joined our team

-Hallveig: Registered Nurse

Hallveig brings with her a great deal of nursing experience including cardiac and ambulatory care.

-Dr. Yoon and Dr. Prasad

Dr. Yoon and Dr. Prasad are surgeons and will be providing coverage for some of our clinics in the Spring.


Beneprotein is now "Boost Just Protein"

Nestlé Health Science has recently changed the name of Beneprotein to Boost Just Protein, and will be making it more widely available for retail purchase. Beneprotein will still be available for special order. Please see attached Customer Letter for more info on this change.

Boost Just Protein is just one of many protein supplements that are available to help you add more protein in your diet, particularly post-surgery. If you have any concerns regarding your protein intake, please speak to your registered dietitian.

Outside Sources of Information

As bariatric surgery becomes more mainstream, it has become easier to find information in books, articles, blogs, online forums and social media.



While these resources can be a great source of support and ideas, many have shared that they can also be a source of confusion and anxiety.

It can be helpful to learn from others' successes and struggles, but remember that **your journey is unique**.

If you have any questions or concerns regarding your care, we encourage you to contact us and speak to one of the members of your healthcare team. We are here for you!

Self-Compassion

What is self-compassion? Dr. Kristin Neff, the most well-known self-compassion researcher, calls it "a healthier way of relating to yourself; you extend kindness and understanding to yourself." Self-compassion has a component of mindful self-awareness, in which you acknowledge your own emotions, but don't get over identified with them or use them as excuses not to meet your goals. Being mindful means being consciously aware of what you are thinking, feeling, and doing right now. Self-compassion expands on this by asking: "What is it that you need?" Research shows that people who practice self-compassion have better mental health, less anxiety and depression. Self-compassion can give us courage and help us with emotional eating.

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.


March Classes:

Time: Friday mornings from 9:30 a.m. to 11:30 a.m.

Location: Weight Management Room #1873

Dates: March 3rd, 10th, 24th, and 31st

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 March 3rd**.



April Classes:

Currently FULL

May Classes:

Time: Thursday afternoons from 1:00 p.m. to 3:00 p.m.

Location: Weight Management Room #1873

Dates: May 18th, 25th, June 1st and June 8th

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 May 18th.**

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

Registration: Please call **403-955-8088**

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:

- Received individual nutrition education from a Registered Dietitian in our clinic before
- Approved by a surgeon or have had bariatric surgery
- Attended the Surgery Preparation Class

Maintain the Change Group is offered on **March 21st from 6-7:30pm.** If interested 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.

April 19th-2017 – 5:30 p.m. to 7:30 p.m. in room #1873

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

Healthy Cooking: Basics & Techniques Class

There are open spots in the upcoming Healthy Cooking Basics & Techniques course in the Wellness Kitchen at South Health Campus. This program is free and instructed by a registered dietitian.

If you are a pre-surgery patient and think that you would benefit from this beginner cooking program please register by phoning the number below:

Please phone 403-956-3939 to register

March 4- 2017 – 1:30p.m. to 3:30 p.m.

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 March 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



March 2-2017- Dr. Gill
March 3-2017- Dr. Debru
March 7-2017- Dr. Reso
March 10-2017- Dr. Church (Dr. Prasad will be covering)
March 14-2017- Dr. Reso
March 17-2017- Dr. Mitchell (Dr. Prasad will be covering)
March 21-2017- Dr. Gill
March 24-2017- Dr. Church (Dr. Yoon will be covering)
March 31-2017- Dr. Debru

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:
March 11-2017 – 8:30 a.m. to 10:30 a.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.

March 4-2017 – 8:30 a.m. to 10:30 a.m.
March 25-2017- 8:30 a.m. to 10:30 a.m.



Recipe of the Month - Fish Cakes

Did you know that March is Nutrition Month? This year's Alberta Health Services Nutrition Month theme is [Find Answers at healthyeatingstartshere.ca](http://healthyeatingstartshere.ca). This protein-packed recipe for Fish Cakes (attached) is one of many tasty and healthy recipes available on the website.