



Calgary Adult Bariatric Surgery Clinic

Clinic & Class Schedule

May, 2018

Calgary Adult Bariatric Surgery Clinic

2nd Floor
1820 Richmond Road SW
Calgary, AB
T2T 5C7

Clinic Phone:
403-955-8088

Fax:
403-955-8634

Website:
calgarybariatric.ca

To enroll in a class or group you must be a current registered patient of the clinic.



Bariatric Clinic Name Change

The Calgary Adult Bariatric Specialty Clinic has changed its name; we are now the **Calgary Adult Bariatric Surgery Clinic**. Our new name more accurately describes the service we provide; preparing patients for and supporting them after bariatric surgery. We only accept referrals for patients who are interested in undergoing bariatric surgery.

Surgeon Clinic Changes

Surgeon 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 if we need to call you to rebook your appointment with the surgeon.

Surgeon Clinics

May 4, 2018 – Dr. Debru
May 8, 2018 – Dr. Debru
May 11, 2018 – Dr. Church
May 15, 2018 – Dr. Reso
May 18, 2018 – Dr. Debru
May 22, 2018 – Dr. Church
May 25, 2018 – Dr. Mitchell

Band Adjustments

For band adjustments contact **403-955-8088**
Please note not all surgeons perform band adjustments.

Are you awaiting your surgery date?

If you have been approved for surgery and are awaiting your surgery date, please continue to meet with your healthcare team every **2 to 3 months**. We will continue to work together to support your lifestyle changes and help you prepare for surgery. Call 403-955-8088 to book an appointment

Post-Surgery

You are required to attend post-surgery follow-up appointments for health and safety reasons. Your healthcare team takes your care seriously and we are a partner in your care.

Appointment cancelations and changes:

If you need to cancel or change an appointment please call the clinic at **403-955-8088** at least **48** hours in advance.



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 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.

April classes are currently FULL. To register for future classes call 403-955-8088.

Date: May 25, June 1, 8, and 15, 2018

Time: Friday mornings from 9:30 am - 11:30 am

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 May 25, 2018.

2. Surgery Preparation Classes

Date: May 19, 2018

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

Date: May 31, 2018

Time: 1:30 to 3:30 p.m.

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

3. Pre-Operative Support Group

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

Date: Tuesday June 19, 2018

Time: 6:00 pm – 7:30 pm

For registered patients only; call 403-955-8088 to register

4. Post-Operative Support Group

Offered to patients who have had bariatric surgery.

Date: Tuesday May 15, 2018

Time: 6:00 pm – 7:30 pm

For registered patients only; call 403-955-8088 to register





Subscription:

If you no longer wish to receive this newsletter please scroll to the bottom of the e-mail that you receive each month for the updated Newsletter and click "unsubscribe".



5. 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.

This class is currently full for June 4-2018. Stay tuned for future dates in our upcoming newsletters or call 403-955-8088.