

Calgary Adult Bariatric Specialty Clinic

Clinic & Class Schedule

October, 2017

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)



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 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.

The October and November classes are FULL. To inquire about cancellations or to book into the December class, feel free to call us at: (403) 955-8088.

2. Pre-operative Support Group

October 17, 2017 from 6:00 to 7:30 p.m.

The group is facilitated by our Registered Dietitians. Please review the following prerequisites for pre-operative patients:

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.

3. Surgery Preparation Class

(please speak to your nurse about registering for this class)

October 20, 2017 from 9:00 a.m. to 11:00 a.m.

October 26, 2017 from 1:00 p.m. to 3:00 p.m.



4. Post-operative Support Group

Tuesday, November 21, 2017 from 6:00 to 7:30 p.m.

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.

Wednesday, October 18, 2017 from 5:30pm to 7:30 p.m.

Clinics:

- **Band Adjustment and Surgery Clinics**

Please note that not all Surgeons perform band adjustments.

October 3, 2017 - Dr. Gill
October 6, 2017 - Dr. Church
October 10, 2017 - Dr. Reso
October 13, 2017 - Dr. Debru
October 19, 2017 - Dr. Gill
October 20, 2017 - Dr. Mitchell
October 31, 2017 - Dr. Gill



- **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 dietician 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.