



Calgary Adult Bariatric Surgery Clinic

Clinic & Class Schedule

October 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

Weather Change and Construction

That time of year has come again when early winter conditions and ongoing construction can greatly impact your commute. Please make sure to give yourself some extra time in getting 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. Flu shots will be available at various ACH sites starting mid-October. Attached you will find the schedule for the flu vaccination clinics at the Richmond Road Diagnostic and Treatment Centre. Please consider dropping by the flu clinic if you have an appointment with us in the time period of October 15th - November 24th.

Flu shots will also be available at physicians' offices and pharmacies.

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.

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.

Surgeon Update

The bariatric team would like to welcome Dr. Arminan to the clinic. Dr. Arminan has been an active member of the surgical team for the past year, and is now the Locum for Dr. Debru's 6 month sabbatical.

If you were a patient of Dr. Debru's and have any post-operative needs, contact the

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

clinic at 403-955-8088 to book an appointment with Dr. Arminan.

Surgeon Clinics

October 2-2018- Dr. Mitchell
October 5-2018- Dr. Arminan
October 9-2018- Dr. Reso
October 16-2018- Dr. Church
October 26-2018- Dr. Church

Lap-Band Adjustments

For lap-band adjustments call 403-955-8088
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, 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.

Appointment cancelations and changes

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

Booking Appointments

The Calgary Adult Bariatric Surgery Clinic is an Ambulatory Clinic which means you must come to all appointments with the bariatric team at the Richmond Road Diagnostic and Treatment Centre. Be prepared to attend many pre bariatric surgery preparation appointments and many post bariatric surgery follow-up appointments at this location. This applies even if you are coming from locations far from Calgary.

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.

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

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.

Date: October 5, 19, 26 and November 2, 2018

Time: Friday mornings, 9:30 a.m. - 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 October 5, 2018.

Date: November 22, 29, December 6 and 13, 2018

Time: Thursday evenings, 5:30 p.m. - 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 November 22, 2018.

2. Pre-Operative Support Group

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

Date: Tuesday October 16, 2018

Time: 6:00 pm - 7:30 pm

For registered patients only.

3. Post-Operative Support Group

Offered to patients who have had bariatric surgery.

Date: Tuesday November 20, 2018

Time: 6:00 pm - 7:30 pm

For registered patients only.

4. 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: Monday, November 26, 2018

Time: 5:30 pm - 7:30 pm

For registered patients only.

Calgary Lab Services Now Available at RRDTC

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

Staff Update

We are sad to say that our Registered Nurse Liz Ingham has left the Bariatric Clinic for a temporary position. Liz's patients will be transferred to the care of another Registered Nurse. If you have any questions or concerns call 403-955-8088.

We would also like to welcome Ginger Green into one of our full time Registered Nursing positions. Ginger has been one of our casual nurses for the past year and will be a great addition to the team.

Scent Free Policy

Alberta Health Services works hard to keep the air clean in its facilities by promoting a scent free environment. Scented products tend to aggravate existing health conditions in people who suffer from asthma, allergies and other respiratory conditions. 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.

Subscription:

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

INFLUENZA:

Hospitalized **more**
than 1,600 Albertans
in six months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October	15	16	17	18	19	20
	11:00am – 6:30 pm	11:00am – 6:30 pm	Closed	11:00am – 6:30 pm	9:30am – 5:00 pm	9:30am – 5:00 pm
21	22	23	24	25	26	27
Closed	11:00am – 6:30 pm	11:00am – 6:30 pm	Closed	11:00am – 6:30 pm	9:30am – 5:00 pm	9:30am – 5:00 pm
28	29	30	31	November 1	2	3
Closed	11:00am – 6:30 pm	11:00am – 6:30 pm	Closed	11:00am – 6:30 pm	9:30am – 5:00 pm	9:30am – 5:00 pm
4	5	6	7	8	9	10
Closed	11:00am – 6:30 pm	Closed	Closed	Closed	9:30am – 5:00 pm	9:30am – 5:00 pm
11	12 other site clinics closed	13	14	15	16	17
Closed	9:30am – 5:00 pm	Closed	Closed	Closed	9:30am – 5:00 pm	9:30am – 5:00 pm
18	19	20	21	22	23	24
Closed	11:00am – 6:30 pm	Closed	Closed	Closed	9:30am – 5:00 pm	9:30am – 5:00 pm
November 25 Closed for 2018						

Influenza is serious. Prevention is your only protection.

Get Immunized.