

Calgary Adult Bariatric Specialty Clinic Clinic and Class Schedule



September 2017

Calgary Adult Bariatric Specialty Clinic

1820 Richmond
Road SW
Calgary, AB
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Clinic Phone:
403-955-8088

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403-955-8634

Website:
calgarybariatric.ca

Missed Appointments

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 in our program due to the number of patients in the clinic and the number of appointments that are not attended. We understand that life can be busy, but if you can call the clinic 48 hours in advance of an appointment that you will be unable to attend, we are able to use this appointment for other patients. In July, 47% of booked appointments were not attended. Your thoughtful approach to your booked appointments is always appreciated.

As our busy school days get under way in September be sure to give yourself some extra time for travel.

If you need to rebook please call 403-955-8088.

Upcoming changes



Please be aware that as of this month our new client processes and classes begin. Any patients that are Orientating in September will follow our new processes and class schedules.

All patients currently involved with the program will continue their current path without change or disruption in care.

If you have any questions or concerns please call us at 403-955-8088.



Official Classroom Location

We are excited to announce that effective **September 11-2017** our class will be officially relocated to room # **1076** which is located in the Atrium on the main floor.

If you're struggling to find our new classroom please don't hesitate to speak with Admitting and they will point you in the right direction.

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.

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

Location: **Weight Management Room #1076**

Dates: September 20th and 27th and October 4th and 11th

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 September 20th.**

Maintain the Change



Beginning this month our Maintain the Change class will be changing in the following way:

Our classes will now fluctuate every other month as separate classes known as:

**Bariatric Pre-Operative Support Group and the
Bariatric Post-Operative Support Group**

The **post-operative support** group will be offered first on the following date:

September 19th-2017 from 6:00 to 7:30 p.m.



The **pre-operative support group** will be offered on:

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

The group is facilitated by our clinic 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



Band Adjustment and Surgery Clinics

Please note that not all Surgeons perform band adjustments. Please phone the clinic if you have any questions at 403-955-8088.

September 1-2017- Dr. Mitchell
September 5-2017- Dr. Gill
September 8-2017- Dr. Debru
September 12-2017- Dr. Reso
September 19-2017- Dr. Debru
September 22-2017- Dr. Church
September 26-2017 – Dr. Gill



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

Are you awaiting your surgery date?

Once you see a surgeon we would like to see you once every two to three months with either your nurse or dietitian. It is crucial that we maintain regular contact to keep you on track until your surgery date arrives.

Please call us at 403-955-8088 to book an appointment.

Classes



Bariatric Surgery Information:

As of September this class will no longer be offered by itself on site. It will now be combined with our new Orientation class.

If you were not able to partake in this class, please speak with your nurse about our online equivalent of the Bariatric Surgery

Information class. 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:



Please speak with your nurse about registering.

September 16th -2017- 9:00 a.m. to 11:00 a.m.
September 27th-2017- 1:00 p.m. to 3:00 p.m.

