



## Calgary Adult Bariatric Surgery Clinic

### Clinic & Class Schedule

### September 2018

#### Calgary Adult Bariatric Surgery Clinic

2<sup>nd</sup> Floor  
1820 Richmond  
Road SW  
Calgary, AB  
T2T 5C7

Clinic Phone:  
403-955-8088

Fax:  
403-955-8634

Website:  
[calgarybariatric.ca](http://calgarybariatric.ca)

#### Staff Update

We are sad to say that our Registered Nurse Liz Ingham will be leaving the Bariatric Clinic on August 31, 2018 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.

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

#### Surgeon Clinic Changes

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 surgeon appointment.

#### Surgeon Clinics

September 7, 2018 - Dr. Arminan  
September 14, 2018 - Dr. Mitchell  
September 18, 2018 - Dr. Arminan  
September 21, 2018 - Dr. Church  
September 25, 2018 - Dr. Reso

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

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.

#### **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:** October 17, 24, 31 and November 14, 2018

**Time:** Wednesday 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 October 17, 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 September 18, 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.

**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.

**Calgary Lab Services Now Available at RRDT**

Calgary Lab Services are available at the Richmond Road Diagnostic and Treatment Centre, 1<sup>st</sup> 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

**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".