

# Bariatric Support Newsletter

Providing information and support for patients and their families for people who are exploring the option of weight-loss surgery or those who have undergone weight-loss surgery at Counties Manukau District Health Board.

Issue 14

June 2010

## What a disaster in April !

### FOUR SIMPLE RULES

Protein first  
Lots of Water  
Limited snacks  
Regular exercise  
Equals . . .

Successful weight loss and good weight maintenance

#### Inside this issue:

Breakfast ideas	Pg 2
Email addresses needed	Pg 3
Immune System	Pg 3
Soup Season	Pg 4
All about US	Pg 4
Get over that Plateau	Pg 5
Palmerston Nth—Meet & Greet	Pg 6

SOUTH—Dress for Success drop off zone

SENZ Training & Employment Centre  
ACTS Church Building  
13 Gladding Place  
Manukau  
Ph: 261 0070

I need to start this newsletter with an apology to those who turned up to the meeting venue in May—I had a date set in my mind that was different to what was advertised and consequently missed the meeting. My sincere apologies to those who were inconvenienced.

History—Did you know that in May 2008 we produced the very first newsletter for the Bariatric Support Group ?

It is hard to believe that we have been producing newsletters and running the support group for a little over 2 years. In those early days it was set up to share experiences with others going through the same surgery. We have moved from then to now being much more supportive of the “newbies” who are contemplating surgery, and the old hands who had their surgery some years back.

Linda (an old hand) has offered to set up some more dancing sessions for those (old hands and newbies) who want a workout while having fun. The

key to the dancing is to find a suitable venue. If you think you can help—please contact us.

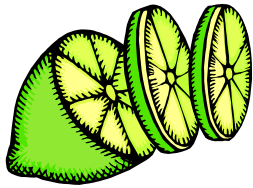
April meeting we had Alison Allard from Dress for Success come along and talk to us about their charity. We donated several large bags of good dress clothes to them (and sent the casual clothes to the Hospice). Alison says “I just wanted to say thank you so much for letting me be involved in the group – it was fascinating and what a lovely group of people. I really enjoyed meeting everyone and even found Habib’s presentation interesting despite my fear of operations etc!!



I have delivered the clothes to the office and they look perfect – thank you so much it is lovely to be able to offer our larger ladies such really nice clothes.

Our next meeting is Monday June 28th at the Manukau Superclinic , 6.30pm. We will be showing the Sunday DVD of 2 patients having weight loss surgery at CMDHB, sharing stories, answering questions and much more. Hope to see you then.

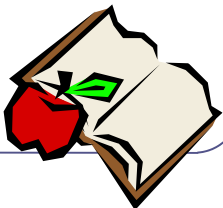
Stigma and discrimination toward obese persons are pervasive and pose numerous consequences for their psychological and physical health. Despite decades of science documenting weight stigma, its public health implications are widely ignored. Instead, obese persons are blamed for their weight, with common perceptions that weight stigmatization is justifiable and may motivate individuals to adopt healthier behaviors. We examine evidence to address these assumptions and discuss their public health implications. On the basis of current findings, we propose that weight stigma is not a beneficial public health tool for reducing obesity. Rather, stigmatization of obese individuals threatens health, generates health disparities, and interferes with effective obesity intervention efforts. These findings highlight weight stigma as both a social justice issue and a priority for public health. (*Am J Public Health*. 2010;100:1019–1028. doi:10.2105/AJPH.2009.159491)



Save money—make the most of fruits in season while they are plentiful:

- Tamarillo
- Pears
- Rhubarb
- Mandarins
- Kiwifruit

Run out of ideas for a good healthy breakfast ? Look here for some easy options.



Did you know that approximately one in five adults in New Zealand are actually obese? Obesity is defined as having a body mass index (BMI) over 30, and its associated with increased risk for a large range of health problems that include:

- Heart disease
- Type 2 diabetes
- Polycystic ovarian syndrome
- Gastro-oesophageal reflux
- Stress urinary incontinence
- Gout
- Infertility
- Obstructive sleep apnoea
- Severe joint destruction
- Depression
- High cholesterol
- Early death

### Facing Obesity

The diagnosis of obesity is rarely new or news for any of us. We know all about being extremely overweight, whether we are prepared to face it or not. It is something we carry around every day, feel in every joint and every step.

We should never judge by the way we look, yet how often is the perception that someone who is obese is “sloppy”, not in control, lazy and a slob. Unfortunately the morbidly obese person carries their baggage with them ie: a long history of dealing with an embarrassing, frustrating, troubling, and a very visible problem.

We all arrive in clinic with that sense of shame, hurt and sense of failure that years of “tried and failed” diets have carefully nurtured. Going to the consultation with the surgeon, hearing some home truths about the effects on the body, the reduced lifespan and hard choices can be very emotional.

Taking the next step to put yourself under the surgical knife for weight-loss surgery is a decision not taken lightly. Yet how often have people said —“Oh you are taking the easy way out”?

Remember why you took this drastic step, remember how it felt when you finally “got there”, the energy and enthusiasm you had and the resolve—“never to go there again”.

These are the positive thoughts we need to resurrect every so often to help keep us on track, to help us make wise food choices, to encourage us to go for that walk in the rain, to take the stairs, to drink water instead of wine and to reset new goals for the future.

Just remember—we are right here behind you every step of the way, offering support and encouragement. Now .....GET moving !

### Breakfast Ideas

Porridge  
Poached egg  
Egg Benedict  
Omelette  
Weetbix  
Scrambled Egg  
Cereal  
Toast  
Berries & Cherries  
Fruit salad  
Spaghetti

Yogurt + fruit smoothie  
Baked Beans  
Mushrooms on toast  
Banana on Weetbix  
Pancakes with lemon juice  
Ham and cheese wrap  
Liver & Bacon  
Mince on toast  
Tomatoes + Bacon

**Amy Burr**

Physiotherapist

BHSc(Physio) PG Cert(Acup) NZRP

Providing individualised assessment and physical conditioning before and after bariatric surgery.

021735183

amyburr@clear.net.nz



## Newsletter mailings

Now that our patient numbers who have had surgery are getting way over the 330 mark, we need to reconsider how we distribute the newsletter. Counties Manukau has a project going underway called “Thriving in Difficult Times”. Its not about cutting corners but rather reducing costs, working smarter and working more efficiently. To this end, we would like to send out newsletters electronically when possible, to only those who wish to receive them. At the moment they are posted to everyone who has had bariatric surgery through Counties Manukau and we have no idea if they are of interest/benefit to you or not.

If you wish to continue receiving the newsletter and haven't already supplied your email address, please email us on “weightlosssurgery@middlemor.co.nz” and we will add you to the list.

Thanks for your support

## Foods to kick start your immune system

Now is the time to prepare your self for the incoming germ season—already flu, laryngitis, coughs and colds are circulating through the office and I try hard to encourage a “germ free” zone in my office area. I firmly believe that if you are full of germs, do us all a favour and stay home and keep them to yourself. I have become very self centred since my husband had a kidney transplant 8 years ago and his immune system is kept low (to prevent rejection of his brothers kindly donated kidney) If I take home germs and pass them on, it is likely he will end up in hospital with pneumonia or some other dramatic illness that could threaten his life (as have happened in the past). We didn't go through dialysis and a transplant to lose it all for a minor germ ! Anyway—you can prepare your immune system for the seasonal onslaught by indulging in the following:

**Lemons and Citrus fruit** = These fruits are rich in Vitamin C, help the body produce white blood cells as well as antibodies—both of which keep the immune system fighting fit. So squeeze those lemons and top up with hot water !

**Eggs**= Delicious home grown organic eggs—nothing beats them. My friends will vouch for the difference an organic egg will make (except for the one who tried to flip a poached egg and wondered why it fell apart!) Eggs are a good source of protein and iron and contain vitamen A, which has antioxidant properties. Try one poached today !

**Lean Red meat** = lean red meat 2–3 times a week will keep you topped up with iron and help maintain the immune system.

**Oats and other grains** = Wheat, barley, rye and brown rice are important too—they provide Vitamin B6 which supports the immune system and provides a valuable source of fibre. The B6 vitamins are not stored in the body so must ideally be consumed every day. Porridge is a good start to every day.

**Nuts** = To get the best effect, choose a variety of nuts. Brazil nuts in particular are rich in selenium. Dont over do the nuts though.

**Seafood** = food of the sea, shellfish, scallops, mussels, oysters, salmon, squid, fish— the choice is endless and the variety huge, full of omega 3 and other goodies. Try to have these about twice a week.

So now you are full of germ fighting phenomenon, get out there and do some exercise ! A little rain, wind and cold wont hurt you ! Go on – get going !

### Green Prescription

A green prescription is written advice from your Doctor or Practice Nurse recommending that you be more physically active to improve your health.

People are encouraged to join up and make use of the services offered in order to help them lose weight before having surgery, and to maintain weight loss and health benefits after surgery. Can be used post surgery as well !

## “Weight Loss Matters”

### 2010 Dates for Support Meetings

All meetings in 2010 will be held at the Manukau Superclinic ground floor conference centre. Gathering at **6.30pm** for 15 minute mix and mingle and then meeting starts roughly **6.45—7pm** for an hour and a half (sometimes more).

Tea , water and coffee are available.

Monday meetings on the following dates:

**Monday June 28th**

**26th July  
30th August  
27th September  
18th October  
(25th is Labour Day)  
And . . . .  
29th November is  
celebration month !**

Everyone is welcome !

We strongly encourage people who are contemplating the weight loss surgery journey to come to the support group and talk to others, hear what those who have been before have to say (we will be brutally honest). Ask your questions—no matter how odd you think your questions are, sure as eggs one of us has asked the same question.

### R U gaining weight ?

Message from the Surgeon. . .

Many of you will be over the 2 year mark post surgery and your weight will have stabilised some time ago. If you are struggling with your weight , or are gaining weight and need some extra help to refocus, we would like to hear from you. You are not alone in this and we do not want to see anyone fail. We want to help! We are looking at setting up an intensive support session for those of you that require it.

Email us at the address on this page - we want to hear from YOU!

Have only had 3 enquiries so far

Habib Rahman  
Bariatric Surgeon

## CMDHB Official Information

The only official website for containing up to date information on the CMDHB Bariatric Service, referral information, surgery information, support group newsletters (past and present) information from the dietician, physiotherapy etc will be the health website

**[www.healthpoint.co.nz](http://www.healthpoint.co.nz)**

(Go to CMDHB, General surgery and then Bariatric Service)

Please check here for meeting dates, and surgery information.

We will also provide a link from here to the **[weightlosssurgery@middlemore.co.nz](mailto:weightlosssurgery@middlemore.co.nz)** email address which links directly with the surgical team for queries about appointments, referrals, and if you are

having problems and need another more urgent appointment.

We are always interested in your thoughts and what you would like to see included in the meetings.

We have had very little feedback on the newsletter—is it giving you what you want ? What else do you want to know ?

If you wish to contact us about the newsletter or the support group

Email :

**[weightlosssurgery@middlemore.co.nz](mailto:weightlosssurgery@middlemore.co.nz)**

Support group coordinator and newsletter editor—Joye Rowlands.

### Yay – Its Soup Season!

Its that time of year, that as it gets colder and wetter, we tend to turn to more hot comfort foods. One of my favourites is hot and nourishing soup. Its quick and easy and ready almost instantly when you need it. (as long as its ready in the fridge that is !)

#### Corn and Bacon Soup

One of my favourite soups is the simplest I have ever made, thanks to Kings soup mixes. Take one packet of Kings 210gm traditional soup mix “Corn and Bacon”. Add to a large saucepan with 2-3 litres of water. I add a smoked bacon hock and simmer for a few hours. To create an even more delicious soup, add a can of creamed corn, some diced potatoes and/or finish with a splash of cream. Serve with bread and croutons. Makes thick and tasty soup that the whole family enjoys.

#### Pea and Ham Soup

Take one packet of Kings 210gm Pea and Ham soup mix. Add to a large saucepan with 2-3 litres of water. You can add a bacon hock or bacon bones, seasonal or left over vegetables (I like to use leeks, broccoli and celery to keep with the green theme) and simmer for a few hours. It seems to taste even better when kept in the fridge and used during the week. Hot, nourishing and delicious. Serve with bread and croutons.

#### Pumpkin Soup

For me, I don't muck about. I use Watties special pumpkin soup. It is the easiest and tastiest when it comes to pumpkin soup. Enjoy

## How to get over that plateau (first printed Nov 2009 edition)

What is a plateau ?

Sometimes we all stop losing weight for a while. Your body is just readjusting – that's all. This often happens at the 12 month post surgery phase. This is the time to really pay attention to your eating habits and its a good time for a reality check.

A readjustment period for the body is necessary as you lose weight, not only from your fat cells, but also from your “lean body mass” or muscles. You need this muscle mass for walking, moving around and various other body functions. The muscle mass needs to be constantly rebuilt – and that's why we have to get walking. The more you walk, the more lean body mass you will keep – if you don't use it – you will lose it ! So lets get going people !

### **Check your carb intake**

Are you consuming too many fruit juices, soft drinks, and soft foods such as pasta, rice, breads, mashed potato that go down a treat? Many of these are higher in sugars and not too good for you. They will put a stop to your weight loss. Aim for the low glycaemic index foods – high in protein and not in carbs and sugars. Snacking will slow down weight loss – those few extra bites of things you like, all contain calories you really do not need. These sneaky carb filled bites and mouthfuls all add up to extra calories per day that you don't need.

### **Don't skip meals**

All meals should be planned for, so it is easy to have nutritious food that is low in calories (and low glycaemic index carbs) on hand when you need it. Skipping meals leads to increased snacking and snacks are often laden with more calories than you need. This could be things like sweets, biscuits muffins or fatty foods. The first thing you can grab because you are hungry ! This therefore, leads to bad eating habits and may take you much, much longer to reach your goal ! Plan your meals like a good little boy scout – be prepared.

### **Sugar content-sweeteners—who needs them?**

Check the sugar content – beware of natural sugar, fruits and honey – they all contain sugar. Your body will still hang onto the extra calories whether it is natural or manmade. Its all calories !

### **Alcohol sucks !**

Skip the happy hour – Alcohol contains calories and calories count. You may find you cannot tolerate alcohol as well as you could before surgery. Be warned you may well absorb alcohol much more quickly post surgery. One drink may be too much !

### **Grazing is for cows**

Three meals a day – not three hundred ! You can slowly consume an incredible amount of calories over a day by grazing. If the meal takes longer than 30 mins, you are most likely grazing. Grazing will kill your goal far quicker than you can imagine. If you think you are hungry, try to analyse your feelings as many times, people mix thirst with hunger. Have a drink of water instead or a nice cuppa tea! Not only will you be well hydrated, but you wont consume extra calories either !

### **Exercise**

If you are not walking – the world is probably passing you by. Walk, walk, walk and walk some more. Find a walking pal, roam the neighbourhood or better yet – someone elses ! Make sure you have some decent walking shoes and hit the pavement. Get an “i pod” with some funky music and set a good pace. Try to extend the distance you walk every week. Borrow the neighbours dog or ...get your own ! If you hate walking – find something else that gets your pulse racing.

### **You have a choice**

To get over the plateau – you really only have 2 choices. Cut the calories or increase the exercise and get walking. Your body is a perfect calories counter and will know what comes in and what goes out. If you are stuck on a plateau, you will need to work your way off it. 30 - 45 minutes of sweating may well do the trick. Keep this up every 2<sup>nd</sup> day and you will be back on track to achieving your goal and losing weight. Talk to your fellow support members – every single one of them has been there and done that and they will all have valuable advice to help you over this plateau.

After all, a plateau is just a temporary resting place.....and then you move on ! So.....getting moving !

## Bariatric Surgery "Meet & Greet" Palmerston North

There is a forum coming up in Palmerston North in November. The organiser contacted me with the detail to share with others who might be interested.

Some of the confirmed highlights of the forum are:

- Gorgeous Getaways - Plastic Surgery info
- Lisa O'Neill - the fashion stylist from Good Morning is going to present a 2 hour session on how to wear out clothes well for all stages of losing and then getting to goal
- Head & Heart session with a psychiatrist and therapist to help us deal with some of the issues we experience.
- Nutritional information - reminder of some of the WLS basics to get the best of our WLS tool.
- Vendor Stands - lots of support for items we can use to help us with our journey (hopefully with conference specials)
- FREE samples from some of our vendors!!!!!!!!!!!!
- Discussion on the setting up of a non profit organisation for WLS people that can assist with information, lobbying etc for the WLS community. Let's give ourselves a voice and show people that we have chosen to live much better lives by choosing WLS.
- Clothing swap/sale(bring your no longer wanted clothes and what doesn't get snaffled up will be donated to charity)
- Saturday lunch - A WLS friendly lunch (included in cost)
- Saturday Night - Dinner & Dancing with live band - (extra cost - approx \$15 - \$20 for meal)
- Sunday - a walk to the botanical garden, a shopping hour or two at the mall and then brunch (extra cost) (for those staying around the next morning)
- Discounted Accommodation - Kingsgate Hotel - Extra Cost.

We will also have information on other Meet & Greets around the globe - mainly the Hawaii (Aug 2011) and the Las Vegas (March 2011)

Friday night casual drinks for those who arrive early.

WHEN : Saturday Nov 20th 2010

WHERE : Kingsgate Hotel, Fitzherbert Avenue, Palmerston North

COST: \$45.00

If you want any further information please contact me Janine Hallewall on [janinehallewell@xtra.co.nz](mailto:janinehallewell@xtra.co.nz) or phone 027 334 6748 or 06 3582247. We are hoping to have the registration website up and running in the next week or so.

It is hoped to make this an annual event to celebrate our decision to lead better lives through Weight loss Surgery and to embrace our commitment to change.

We are also hoping that this Meet & Greet will provide the platform to establish a non profit organisation that is set up and run by people who have had WLS, to provide support and resources to those wanting information about Weight loss Surgery.

To give those of us who have had the surgery a positive voice in the media regarding the reasons we have this type of surgery and to balance the information available. We hope that if established will be easier access to WLS friendly products and resources that are readily available overseas.