



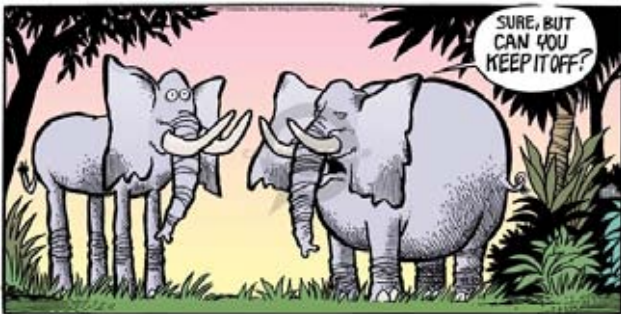
SURGICAL WEIGHT SOLUTIONS

Autumn 2007 Newsletter

Booth's Babble...

For sometime I have been meaning to put two fingers to the typewriter and so at last it is here, our first newsletter from Surgical Weight Solutions.

We have now been performing weight loss surgery for over 4 years and hopefully most of you will have found your experience as rewarding as we have. It is highly satisfying to see patients lose weight, become more confident, shed clothes size and get off medication.



New Dietitian...

Unfortunately Elizabeth is wanting to wind down her practice, has grand children she would like to spend more time with and despite my attempts to cajole, coerce and even bully her into staying she is holding firm. So we are currently looking for another dietitian to slowly take over the reins. Liz will still be here to follow many of our existing patients and when she does finally abandon us we will miss her but wish her well for the future.

81 Remuera Road...

As we have become busier it is increasingly apparent that we need a dedicated weight loss surgery clinic in the city. Traffic unfortunately makes it difficult for many of our patients to get over to the North Shore on occasion. With this in mind we have recently begun converting the downstairs of a building at 81 Remuera Rd.

Elizabeth, Catherine and myself will all work out of Remuera Rd as well as the Waitemata Specialist Centre and hope to be able to coordinate appointments in the same way that we have been able to do at Shea Terrace, Takapuna. Sarah will also be fronting my clinics at Remuera. There is ample parking so we are looking forward to seeing you there when we open!

Please be very clear when you make appointments as to which location you wish to be seen at.



Dietitian's Direction...

Remember to separate your solids from your liquids or the bypass and pouch will not work for you. Sit down and enjoy your food. Try and prepare something delicious. Give yourself time to enjoy it and savour the taste. Make sure you are getting approximately 80grams of protein.

Don't forget to take your multivitamins.



Advice Snippets...

Upper abdominal pain after Gastric Bypass Surgery

Occasionally you may get new onset of abdominal pain sometime after your original surgery. This may be caused by reflux, an ulcer or even gallstones.

Occasionally patients can develop internal hernias and even bowel obstructions. None of these things happen very often but it is important if you are having any trouble to discuss these symptoms with me.

Occasionally patients need to go back on to somac or have an ultrasound scan or other investigations as is felt appropriate.

Gallstones for example, have been found in up to 30% of patients post gastric bypass and patients often will require the gall bladder to be removed.

Adjustable bands are generally only as good as the Adjustments!

Studies show that those patients who are most successful with adjustable bands tend to come back and have adjustments made on a regular basis after surgery for the first year, and on a more intermittent basis after that. It maybe time for you to consider an adjustment if you haven't had one for a while, particularly if you feel unrestricted or hungry.

Remember the adjustable band is not a substitute but an adjunct to your recommended diet and exercise programme.

Support Group – Invitation to attend...

We are currently looking at the feasibility of establishing a support group, with meetings to be held at 81 Remuera Rd or 15 Shea Terrace 6.30pm – 8.00pm. If you would like to attend or have suggestions, please email Catherine (catherine@hotmail.com) or Lyn (lyn@wsurg.co.nz), prospective dates are :

6th June

4th July

1st August

12th September

10th October

7th November

5th December

Information Evenings...

Many of you have been along to the information evenings we have been providing for interested people over the last year. We welcome any suggestions as to how these may be improved and do appreciate those of you who have given your time to come along and provide prospective patients with your personal experiences. It never ceases to amaze us how well our patients speak and how entertaining you can all be! We will be holding information evenings at 81 Remuera Rd as well. Start times are 7.30pm, please phone or email for bookings. Up coming dates at Shea Tce:

28th May

18th June

9th July

6th August

10th September

Contact Details...

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This website is being continuously updated and any comments or suggestions are much appreciated.

We always look forward to seeing you all for follow-up. If you have any comments or suggestions or would like to write a piece for the next newsletter, please let us know.