



SURGICAL WEIGHT SOLUTIONS

Spring 2007 Newsletter



Booth's Babble...

Greetings!

I thought you might be interested to hear of some recently published results that confirm that morbidly obese people who have weight loss surgery live longer and have a better quality of life when compared to those who don't have the surgery. This study known as the Swedish Obesity Study has been eagerly awaited by doctors for some time.

Approximately 2000 patients had weight loss surgery, gastric bypass, vertical banded gastroplasty or adjustable gastric banding. They were prospectively compared with 2000 patients of similar age sex, weight and other parameters who had no surgery.

Patients were followed for up to 15 years. After 10 years weight loss had stabilized to 25% (as a percentage of total body weight) for gastric bypass, 16% for vertical banded gastroplasty and 14% for adjustable gastric banding. There was no discernable weight loss in the non surgery group over the same period.

Weight loss surgery was associated with a significant reduction in overall mortality (that is improved survival) together with significant improvements in co morbidities such as diabetes, sleep apnoea, joint pain and quality of life.

So the next time some know all tries to tell you that this surgery is not the answer (just eat less and do more exercise) **you** can quote this paper. It confirms that once patients become morbidly obese they do not tend to lose weight over a prolonged period of time without the help of surgery.

For those of you who would like to read the paper, Chris from our rooms can email it to you.

Next year we hope to run some of our Information Evenings from Remuera Rd so it is important to check where they are if you are attending. I would like to thank those of you who have kindly offered their stories at our Information Evenings. If anybody would like to speak please let us know and we will book you in. Bringing an old pair of pants or shirt to show is always a hit!

The support groups appear to be running smoothly. We hope to run them from both sites next year so once again it will be important to check which location it is at. There will be a nominal charge of \$10 per person per session to cover costs.

We are always looking for some good Optifast recipes or cocktails. If you have any favourites we would love to print these in our next newsletter.

Finally wishing you all a very Merry Christmas and Happy New Year from the team at Surgical Weight Solutions!



Your Stories...

Surgical Weight Solutions are looking to share your weight loss experiences. If you would like to relate your story - good or bad, please forward to info@surgicalweightsolutions.co.nz Please indicate your preference to be named or to retain anonymity.

Surgical Weight Solutions reserve the right to abridge any stories.



(Body By Booth & Buchanan)

Advice Snippets...

Are your old clothes too good to throw out? Don't know what to do with them? Phone Gail for some options on 09 833 6723.

Head Hunger... food often can't satisfy it. If you're having head hunger, figure out what life is to you and start doing it. Get more actively involved in something that you love or think is fun. Only living can solve the cravings for food when your body isn't physically hungry.

Support Group...

A support group for patients has been running at the Waitemata Specialist Centre since June this year, it has been a pleasure to be involved in the group; hear the stories and share the experiences that only weight loss surgery can provide.

This group is aimed at support post operatively, thinking that the first 12 months would be the most important time for support. This has been true with the majority of those in the group in the early stages of weight loss however we have also been joined by wonderful people who are further on in their experiences and can provide a different perspective and those who still have their surgery to come.

Support is an important part of the process of weight loss and if you have few people in your life that have experienced bariatric surgery or that you can talk about your surgery with then consider a support group.

In the New Year we intend to set up more support groups, those that are coming next are a Remuera based group and a men's group. Any other suggestions e.g. a band or sleeve gastrectomy group let us know.

We are looking at a small cost in providing further support groups eg \$10 a session, some feedback on this would also be useful.

We will put the times of the 2008 groups in the next newsletter and on the website

Catherine and Lyn

Upcoming Dates for Shea Terrace are:

5th December





When Will I Be “Back to Normal”...

- Normal is living without co-morbidities
- Normal is walking up stairs briskly, and bending to tie your shoes.
- Normal is playing children’s games on the floor and getting up without struggling.
- Normal is hearing compliments about how great you look.
- Normal is ACCEPTING compliments about how great you look.
- Normal is fastening an airplane lap belt and pulling it tight.
- Normal is enjoying clothes shopping.
- Normal is feeling proud – not ashamed – of your body.
- Normal is savouring food one bite at a time, not ravaging it.
- Normal is enjoying exercising!
- Normal is quality food, not gluttonous quantity.
- Normal is taking responsibility for your own health and wellness.
- Normal is constant attention to weight maintenance.
- Normal is being scared of the rapid transformation your body makes.



Alcohol Use...

Now that it is the celebratory time of year it is a good opportunity to discuss alcohol use after surgery. You will need to be careful with alcohol use.

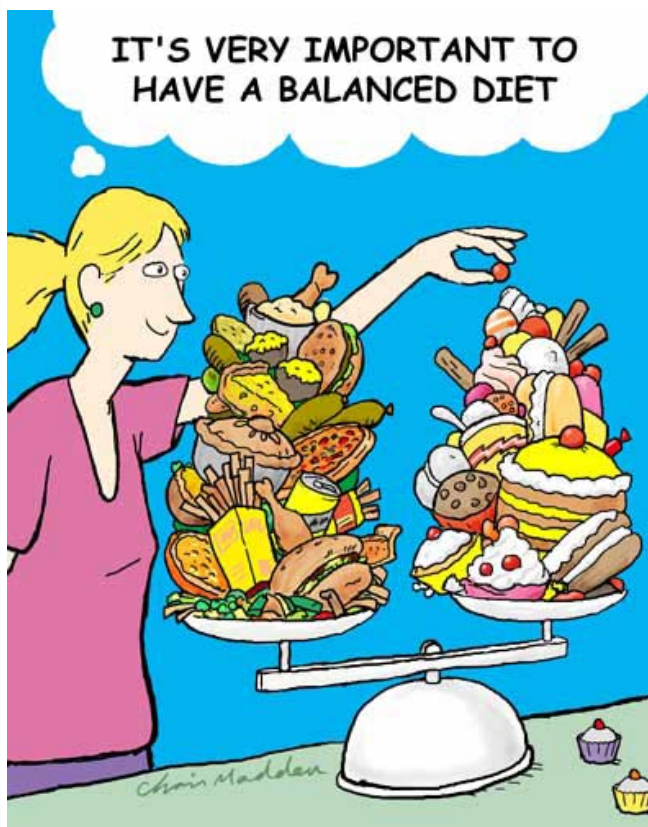
Drinking will cause you to feel intoxicated more quickly. This is because after surgery alcohol is more rapidly absorbed into the blood stream after passing quickly through the stomach pouch and into the large intestines without being processed. You will also be more sensitive to the effects of alcohol because of your low calorie intake and the metabolic changes that occur with rapid weight loss can further slow the liver’s ability to metabolise alcohol and so clear it from the body.

Alcohol also inhibits the absorption of thiamine and other B complex vitamins which you need following surgery to help with fatigue and immunity.

Be cautious about alcohol dependence, food addictions such as binge eating and carbohydrate craving may transfer to daily alcohol use. Complete a 3-day test and if you can’t manage without alcohol for 3 days in a row you need to introduce alcohol free days, at least 2 per week. Lastly don’t forget that alcohol is high in calories which may reduce your success with weight loss.

So guidelines for using alcohol after surgery:


- Use very minimal amounts of alcohol during periods of rapid weight loss
- Remember that only small amounts may make you quite intoxicated
- Don’t drink every day as it interferes with weight loss and you may transfer a food dependency to an alcohol dependency
- Keep up the multivitamins
- Make sure you eat as well as drinking
- ***Do not drink and drive***




Dietitian's Direction...


How to get through Christmas

Nibbles or snacks:


 Serve a tub of light cream cheese on a platter with ¼ c chilli sauce poured over the top, sprinkle with finely chopped green onions or coriander. Surround with rice crackers and finely sliced carrot sticks, celery sticks (choose the tender inside sticks) cucumber sticks and cherry tomatoes.

 Guacamole: 1 mashed ripe avocado with 1 finely chopped tomato, 2 spring onions finely chopped and the juice of ½ lemons. Add a dash of salt, ground black pepper and either 4 drops Tabasco sauce or chilli sauce to taste. Serve with vegetable sticks and pita crisps

You can add some olives to this platter or a tin of smoked oysters or mussels, or sliced smoked salmon for a real treat

 A bowl of mixed nuts

Main courses:


 Turkey roll, sliced ham on the bone or a ham roll or smoked salmon fillet make good alternatives to roast turkey or roast lamb. If cut very thin (shaved) they will be easier to eat.


Serve with a low fat gravy and oven roast vegetable wedges or with a salad and a light mayonnaise


Traditional vs. low fat Christmas dinner:


Traditional	Low Fat
Roast Turkey (with skin)	Roast Turkey (without skin)
Gravy & Cranberry Sauce	Cranberry Sauce
Roast Potatoes	New Potatoes, steamed
Roast Kumara	Baked Kumara
Cauli n Cheese Sauce	Steamed Cauliflower
Carrots	Carrots
Custard & Cream	Yoghurt
Ice-cream	Strawberries
Chocolates	Dried Fruits & Nuts
Bubbly wine	Dry White Wine
	<i>Keep serving sizes moderate</i>


Desserts:

 Fresh cherries, strawberries, peaches, apricots, nectarines - serve arranged on a platter for a simple and delicious summer dessert


 Fruit kebabs: thread chunks of melon, pineapple, kiwifruit and strawberries onto skewers.


 Chocolate strawberries: melt chocolate on low heat over boiling water or in the microwave. Dip strawberries so that they are half covered and allow cooling on wax paper. Delicious!

 Biscotti: crisp and delicious, unlike shortbread these are not filling and fattening!

 Sorbets, Greek yoghurt or frozen yoghurt are good alternatives or ice cream and whipped cream. Remember that the sorbet and frozen yoghurt does have some sugar, so go carefully!

Drinks:

 Alternate the alcoholic drinks with soda or soft diet drinks - this will ensure you get enough fluid and are less likely to drink too much!

 Dilute fruit juice 1 part to 4 of soda water. Light cranberry juice is a delicious summer drink.

Remember to chew your food well and take your time with your meals

Nikki and Elizabeth





Healthier Trifle

You will need the following:

- 1 x sponge cake
- Fresh strawberries (and / or other berries as desired)
- 2 cups custard made with artificial sweetener in place of sugar and calcium enriched trim milk
- Weight watchers jelly x 2 (try strawberry and raspberry)
- Tinned peaches in fruit juice (drained)
- Almond slivers
- Brandy / Sherry (optional)

Method:

Make the custard according to packet directions and cool until cold (to avoid a skin on the custard, place some plastic wrap such as glad wrap touching the top of the custard when still hot, then peel back when you are ready to use).

Make the jelly according to packet directions and cool until cold.

Cut the sponge into squares

Hull the strawberries (or other berries of choice)

Place a layer of sponge in the bottom of a large (serving) bowl

If using alcohol, sprinkle small amount over sponge

Spoon approximately $\frac{1}{3}$ of custard over the sponge

Add approximately $\frac{1}{3}$ of berries and peaches

Stir jelly so it loosens, and then add $\frac{1}{3}$ of each flavour

Repeat until you have 3 layers (or ingredients finished)

Sprinkle almond slivers on top

Keep in fridge until ready to serve.





Why psychology is important in weight loss...

You will lose weight after surgery so why is psychology important and what role does the mind play in successful weight loss. The simple answer is that psychology helps us do what we know we should be doing when we have trouble doing it.

There are a lot of expectations that go with weight loss surgery; the surgery alone with no changes in lifestyle will not give you the results you want. In the early stages it can be easier to comply with the exercise regime, the multivitamins, the food choices, chewing time and follow up appointments but often this enthusiasm diminishes over time.

Everyone that undergoes weight loss surgery comes with expert knowledge; expertise in nutrition, expertise in losing weight and expertise in weight management what comes next is developing expertise in maintaining weight loss and lifestyle changes.

Those of you who have been successful in maintenance are those who are likely to have successfully used psychological strategies to prevent weight re-gain.

Over the next few issues I want to talk about preparing yourself psychologically for change, gaining control of emotional eating, motivating yourself for an exercise programme, managing stress without food, turning your back on those dangerous snacks and making sure that eating remains a pleasurable experience.

Catherine Kissel

psychologist@surgicalweightsolutions.co.nz

There is a charm about the forbidden that makes it unspeakably desirable
‘Mark Twain’

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! Start times are 7.30pm, please phone or email for bookings. Up coming dates:

Shea Terrace :

17th December 2007
21st January 2008
18th February 2008
17th March 2008
14th April 2008
12th May 2008

81 Remuera Rd :

28th February 2008
01st May 2008

Contact Details...

Phone 09 623 3098 0508 Weight (934 448)
Fax 09 441 2759

Email info@surgicalweightsolutions.co.nz
Website www.surgicalweightsolutions.co.nz

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.

