



SURGICAL WEIGHT SOLUTIONS

2009 Winter Newsletter

Booth's Babble...

Booths Babble is a slow trickle this newsletter, punctuated by Lyn's lingo. (Lingo = language for a special group).

Winter was celebrated by the SWS team and patients with the Weight Loss Ball. A splendid occasion at 'The Spencer on Byron' excellent venue with an overnight package deal. A reminder that it still applies for our 'Out of Towner's'.

All looked magnificent in their finery.

Well attended from as far away as Invercargill, Nelson, Cambridge, Wellsford and Warkworth. We were welcomed with a violin recital by Wenona. Burnt up a few calories with Simon and his band 'Four on the Floor'. Brenda's joke drew a lot of laughs. Cam the auctioneer helped raise \$2300.00 for the North Shore Hospice. Encouraging Michael's moths out of his pocket as he purchased Debbie's lovely water colour, which is gracing Chris our practice manager's office. A just reward for Chris's excellent organising ability.

Donations included a Trelise Cooper top, Beauty Therapy package, Servilles Makeover, Les Mills 3 month membership and Consultations with two Plastic Surgeons.

Thank-you everyone for your support.

Spring is upon us, time to evaluate our wardrobe and exercise goals, get ready for summer. Catherine has some great ideas for exercise. Lyn noted in her audit statistics that pre-operative exercise goals are better than post operative.

We would like to hear about your success stories. If you would like to contribute a summary of the event for the newsletter please email us.

Next newsletter Nikki will be telling us about her conference in Paris. On that note remember to stop eating when " E ffiel' full (I feel full)

Lyn

The Ball...



Recipes from the Ball...

BLACKENED SALMON AND MELON SALSA

(4 portions)

Ingredients – Fish:

- 4 x 130 grams salmon fillets
- 20 grams of Cajun spice
- 3 grams of salt

- 1 – Dust salmon fillets with Cajun spice and salt
- 2 – Bake in hot oven (225 degrees) for 8 minutes
- 3 – Remove from oven and rest for 5 minutes

Ingredients – Salsa:

- 100 grams rock melon
- 100 grams honeydew melon
- 100 grams watermelon
- 20 grams coriander
- 20 grams mint
- 1 small chilli

- 1 – Peel and clean melons and then dice
- 2 – Add to melon coriander, mint and chilli
- 3 – Mix well, leave for 5 minutes and serve

POACHED PEARS IN RED WINE SAUCE

(4 portions)

Ingredients:

- 4 x whole peeled pears
- 750 ml of red wine
- 6 tablespoons of Equall
- 10 x cloves
- 6 x anise seeds
- 1 x Cinnamon stick
- 1 x Orange (sliced)

- 1 – Place pears, red wine, Equall, cloves, anise seeds, cinnamon stick and orange in a pot
- 2 – Add water if required to cover pears
- 3 – Bring to the boil and then simmer until pears are tender
- 4 – Can be served either hot or cold



Non-compliance...

Non-compliance

Rebel Yell

Blood sugars

Going to Hell!

In Denial

No accurate appraisal
of possibility
of system failure

Prick your finger

Watch your food

Exercise daily

Understood

Disregarded

Unknown damage

Overtime

Hard to salvage

What to do?

Go away

Don't want to deal
any day!!

Highly unlikely

Come to the party

Total acceptance

Daily monitoring

Pisses me off

Can't change a thing

Stop bitching and moaning

Lasso this thing!!

Educate yourself

Learn what to do

Get with the program

See it through

You can do this

No small thing

Break it down to smaller parts

Good health, it will bring!!

Carole Chamberlain

SWS 2—5 year Follow Up...

Michael Booth and the SWS team are dedicated to ensure your optimum wellbeing. It is important that we follow your progress for 5 years.

If you have continued to have follow ups with the SWS team I will not need to call you.

Otherwise I would like to maintain contact with questions about your progress.

If your details have changed or you would like to be contacted by email please send to lyn@wsurg.co.nz

Advice Snippets...

Hair Product

There is a new product to address thinning hair by Kerastase.

Intervention hair loss 'Specific'.

It is available at Servilles Hair Salons.

I have a sample box and information in my office if you wish to check out the product.
Lyn



Bob devises the ultimate weight-loss system.

The Sweet eaters guide to weight control after surgery

Eating sugar again after weight loss surgery is often an indicator that the joy of weight loss has diminished and old "joy" habits are filling the gap.

Eating sugar gives you sugar cravings so once you start to eat sugar your body will respond with increasing the need for it. It may be that small amounts of sugar that you are not aware of have crept into your diet and reactivated the need for sugar.

The best way to gain control of the craving is not to respond with sugar but respond to the underlying reason for it, and over time it will lesson both in intensity and frequency

Consider the following;

1. We often use sugar when feeling tired, Are you tired?
2. What are your stress levels like?
3. What else gives you some joy that hasn't been sweets?

What to do about it

Increase the enjoyment in your life. If you don't have any ideas email me for a list of 300 activities that can be enjoyed.

Review your diet

- There may be hidden sugar or a return to diet soft drinks as there is some evidence this can contribute to the cravings. Also check for eating white bread, pasta and rice as simple carbohydrates can also trigger sugar cravings.
- Honestly evaluate your use. Can you just have one piece of chocolate or is it hard to stop after a small amount. If it is hard to stop get rid of sugar completely for a month and then repeat the process.
- It may be worth increasing fish in your diet for the Omega 3 fat, as this has been implicated in fighting sugar cravings.
- Substitute sugar free lollies.
- Get rid of your stash from the car, the back cupboard and your desk drawer, out of sight is out of mind.

Fighting cravings

- Use the delay distract decide (triple D programme). Tell yourself you can have a sweet but it will be in 30 minutes time, distract yourself by doing something else in the meantime and then after 30 minutes honestly decide whether you still want the sweet.
- If you do eat it, eat it very very slowly so that you taste it and cherish it and are planning to stop eating more while you are enjoying that one piece. Don't eat it in an unconscious or distracted way as you will eat more and you won't enjoy what you have had.
- Exercise instead, it will reduce the cravings or distract you long enough to get through them.

Get Support

- Come and see me for an individualised plan
- Come back to/along to support group

Catherine

Types of Exercise...

Although walking is the most common form of exercise, it is also good to consider a wide range of options that might work for you.

This is designed for you as a checklist, tick those you achieve daily, weekly, occasionally and then identify any that you would consider in the future.

You should aim for 2-3 in each column

- | | | |
|---|---|---|
| <input type="checkbox"/> Walking around the block | <input type="checkbox"/> Walking in the park | <input type="checkbox"/> Walking the long way around the mall |
| <input type="checkbox"/> Walking with friends | <input type="checkbox"/> Walking the dog | <input type="checkbox"/> Playing netball |
| <input type="checkbox"/> Walking in my lunch hour | <input type="checkbox"/> Walking down for coffee | <input type="checkbox"/> Parking away from the shops |
| <input type="checkbox"/> Playing Wii fitness | <input type="checkbox"/> Playing with my children | <input type="checkbox"/> Walking home from work |
| <input type="checkbox"/> Swimming laps | <input type="checkbox"/> Mall walking | <input type="checkbox"/> Cricket |
| <input type="checkbox"/> Kayaking | <input type="checkbox"/> Walking to work | <input type="checkbox"/> Tramping |
| <input type="checkbox"/> Horse riding | <input type="checkbox"/> Hockey | <input type="checkbox"/> Nature walks |
| <input type="checkbox"/> Duathlon | <input type="checkbox"/> Weights training | <input type="checkbox"/> Aqua aerobics |
| <input type="checkbox"/> Pilates | <input type="checkbox"/> Tennis | <input type="checkbox"/> Marathon training |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Golf | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Treadmill | <input type="checkbox"/> Sex | <input type="checkbox"/> Dancing by myself |
| <input type="checkbox"/> Exer-cycle | <input type="checkbox"/> Cycling | <input type="checkbox"/> Vibratrain |
| <input type="checkbox"/> Rowing machine | <input type="checkbox"/> Cycling with my kids | <input type="checkbox"/> Cycling the rail trail |
| <input type="checkbox"/> Triathlon training | <input type="checkbox"/> Basketball | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Around the bays | <input type="checkbox"/> Indoor Soccer | <input type="checkbox"/> Dance classes |
| <input type="checkbox"/> Running in the park | <input type="checkbox"/> Taking the stairs | <input type="checkbox"/> Cross trainer |
| <input type="checkbox"/> Work with personal trainer | <input type="checkbox"/> Kick boxing | <input type="checkbox"/> Dance classes |

Daily	
Weekly	
Occasionally	
Planning to	

Catherine

SWS 2009 Audit Snippets

Thank-you to all of the patients who responded to our audit and whose comments will help drive changes to our service.

It appears our information evenings, website, information provision and appointment process have a 100% approval rating.

It was good to know you knew who to call should you need any advice or support.

Some of the results from the survey

Exercise

Type of exercise pre-operatively: walking, cycling, gym, pilates, swimming and aqua aerobics.

76% exercising 4-7 days a week, 24% 1-3 days a week.

Type of exercise post-operatively: Walking, running gym and cycling.

5% exercising 1-3 days a week, 24% no response and 71% 4-7 days a week

From the response rate the exercise rate is better pre than post operatively

How long did you exercise for: 29% 0-30minutes, 62% 30-60 minutes, 5%>60 minutes.

It is important to examine the type of exercise that inspires you to keep up the exercise momentum. Identify why lifelong exercise is the key to keeping weight off after surgery

Daily check up questions

1. I exercised today
2. I exercised within my target heart rate today
3. I made an effort to be more active today

Comments from the audit

Goals achieved from exercise

- My fitness level is great and has increased my confidence to try other types of exercise
- Ran a ½ marathon
- Cycling 25-75kilometers
- To be able to run is amazing
- Focusing towards other exercise goals like running
- Regular exercise now is part of my life
- Walk up hills

What other goals did you achieve?

- To lower blood pressure, medication and not use insulin
- Blood pressure is down
- I have my confidence back, my fitness level is greater, I am happier, I love life
- Feeling fantastic about myself, boosting confidence, changing jobs, exercising
- To be fitter, to fit into plane seats, to wear a dress, take less pills, control diabetes and blood pressure better, to not get so tired, eat better, less carbs, not be the fattest person at every function. All this and much more achieved 100%
- Higher self esteem
- I get younger, fitter and prettier every day
- All of these comments are inspirational
- The SWS team is privileged to work with you and assist in these personal goals

How can the SWS team improve our service to you?

- Sample recipes for the 'uninspired'. Please if you have a tried and true recipe you would like to share, email us and we will put it in the newsletter
- I would love to have a small gym and personal trainer on the premises but we would have to trim Michael and Nikki's offices to fit in the weights!
- It would also be helpful to have your email address as another contact avenue

Very positive comments so a big thank-you from us. Lyn

Support Groups for 2009

These groups have become an important part of a successful outcome with weight loss surgery and it has been great to have been part of the groups over the previous 12 months.

For those of you who haven't joined us yet, they are at their most valuable in the first 12 months after surgery in order to normalise the process and provide support through the frustrations and pitfalls

Things I have learnt from support group are:

- Every plateau in the first 12 months ends with further weight loss
- Hair loss is recoverable and enhanced hair growth (wigs) look great too
- Alpine tea is the best cure for constipation
- Stick to the diet plans and read food labels; supermarket shopping takes longer
- Energy and flexibility are the real gifts of weight loss although clothes and looking at yourself in the mirror are great too
- At times it's hard to remember that you are a thin person and how far that you have come
- Alcohol should be approached with caution
- Good support keeps you going

The dates for 2009 are on the website, however we will stick to the last Wednesday of the month for Takapuna and the first Wednesday of the month for Remuera. Both groups are now open to all those who have had surgery and we are looking forward to seeing you.

Please let us know that you are coming by phoning Sarah or Sandra on 441 2750.

There is no charge for the support groups.

Catherine, Lyn and Nikki

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. Start times are 7.30pm, please phone or email for bookings.

Dates for Shea Tce

15 Shea Tce, Takapuna

Wednesday 18th November 2009

Wednesday 16th December 2009

Dates for Remuera

81 Remuera Road, Remuera

Thursday 10th September 2009

Thursday 8th October 2009

Thursday 5th November 2009

Thursday 3rd December 2009

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.

**It's all right letting
yourself go,
as long as you can
get yourself back**