



SURGICAL WEIGHT SOLUTIONS

2019 Christmas Newsletter

In This Issue

Superfoods on a Xmas Budget!

Yearly Roundup from Lyn

Christmas gifts (for yourself)

Alpine Tea Drought!

Weight management over the holidays

Support Group

But which multivitamin?!

SWS website

Information Evenings

Kia Ora

Its been another busy year for us and I would like to acknowledge some of the positive changes that have occurred in our practice. Our website has been fully revamped, it is now more user friendly and informative for interested patients and viewers.

There are additional areas such as the Patient Portal which gives patient improved access to clinical staff as well as tracking their own information and results. We have been lucky to have some our patients do online podcasts which can be accessed here. These give an account of their own personal journeys, generally all have similarities but no two journeys are the same.

Successful results always have common themes the most important one being self responsibility and taking control of their lives. Its only by doing this does it empower patients to make choices; prioritise exercise and dietary programmes. Everything else will fall into place. Sometimes its hard to see that from the inside so its valuable to read about other patient journeys.

There may be some rocks and pitfalls along the way but the journey for most of our patients is challenging and exciting.

Our team has been lucky to have Elize for our dietitian for the last 18months. Elize has injected new thoughts, enthusiasm and has developed a great rapport with our patients. Catherine and Lyn have now been in the practice for over 15 years and have a wealth of experience behind them. You can see interviews with Catherine, Lyn, Elize and myself on our website. We are indebted to one of our patients Sian who came up with the idea of conducting interviews then did the live interviews and editing with her family team! They give insights into how we function and why we are passionate about what we do.

Surgery continues to advance and with the advent of new endoscopic treatments being performed this can be a very confusing are for patients. As such patients should be careful in terms of the line between what is marketing and what is backed by evidence. There are no perfect procedures out there. They all have advantages and disadvantages.

If I was a patient then these would be the questions I would ask my Doctor about any bariatric procedure they were proposing.

- How safe is this procedure?
- What is the mortality

- What are the long-term results (greater than 2 years) of this procedure?
 - ◊ If you don't see results with longer than 2-year follow-up then you run the risk of not seeing how much weight regain you may encounter after a procedure and how truly effective it is. By 2 years the Placebo effect and the effect of taking very low-calorie diets around the time of your procedure will have worn off and the results will speak for themselves.
- In your hands what are your results?
 - ◊ I say this because frequently we never see surgeons/endoscopists presenting their own results. Is there is a reason for that
- How many procedures have you done?

In general, bariatric surgery results and complications will vary by the type of procedure, the surgeon and the multidisciplinary support for you in your journey. As a general rule the more complex the procedure the better the long term weight loss and the higher chance there is of improving or resolving comorbidities such as Type 2 diabetes, Obstructive Sleep Apnoea and severe musculoskeletal pain.

Health Insurance Cover..... or the lack of it

Finally for those of you who have health insurance I would encourage you to approach your health insurer to ask them if they fund bariatric surgery. If so, how much? There are few companies which provide total care, some don't provide any, others only provide an ex gratis payment.

Partners Life – Full cover
 Southern Cross Health Care—Ex-Gratia payment up to \$7500
 Police Health Plan—Ex-Gratia payment
 AIA/Sovereign—No cover
 NIB—No cover

Patients are encouraged to check with their provider as all policies have different guidelines around the amount of cover included.

Kiwisaver Applications

Recently we have had a couple of Kiwisaver applications accepted. People will need to enquire with their scheme as Kiwisaver providers have different rules around funds withdrawal.

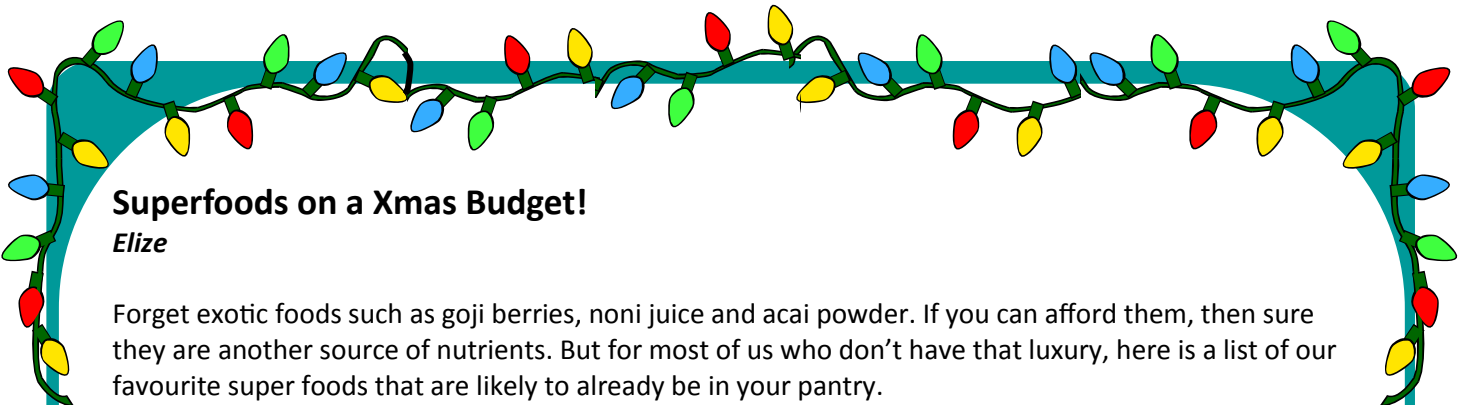
We are also able to accept pre-approved Q-Card finance (additional fees apply)

Failure by the insurance companies to provide cover can only result in increased costs long term associated with more hip and knee replacements and revisions. There will be additional costs to Type 2 diabetes medications and complications and sleep apnoea. Health insurance companies provide cover in Australia, the UK and USA. It makes no sense and is discriminatory not to offer it here.

Things will only change if pressure is borne on some of these companies or “Friendly Societies” such as Southern Cross by the Policy Holders themselves.

Wishing you all a very Merry Xmas and a happy and prosperous 2020!

Michael and the SWS team



Superfoods on a Xmas Budget!

Elize

Forget exotic foods such as goji berries, noni juice and acai powder. If you can afford them, then sure they are another source of nutrients. But for most of us who don't have that luxury, here is a list of our favourite super foods that are likely to already be in your pantry.

Remember, the rule of mostly protein and vegetables always applies after weight loss surgery, however some of the following list which are higher in carbohydrates can be included in small amounts.

Get in touch with me if you are confused or review my nutrition information sheets available in the patient portal on our website.

Oats

Super cheap and also good for you (if you aren't a coeliac). High in fibre, which most of us need more of. The soluble fibre helps to lower cholesterol as part of a balanced diet and helps to regulate blood sugar levels. Go for wholegrain oats, but they will take longer to cook.

Herbs

Not only are herbs amazingly tasty, they are also amazingly good for you. They are packed with vitamins, minerals and antioxidants. But we only eat a small amount of them, so you need to pair them with other vegetables to meet your recommended daily intake. Add herbs to any type of salad, add parsley with scrambled eggs, use coriander in Thai cooking, add mint to potatoes and lamb and thyme in risottos. Buying fresh herbs every week can add up, so why not make you own herb garden? The small investment is worth it in the long run.

Olive oil (ideally, cold pressed extra virgin)

Yes, it is more expensive than other oils, but in the long run it's worth it. It contains good fats and is a staple of the healthiest diet in the world, the Mediterranean diet. Combine with lemon juice and you have an easy, tasty and healthy dressing that works with most salads. Remember, oil is oil and therefore it's still loaded with calories so don't over do it! Like any oil, store in your pantry and out of the sunlight.

Broccoli

Everyone knows how good broccoli is for us. Packed with antioxidants, vitamins and minerals we really should all be eating it every day! Add olive oil/lemon juice and fresh herbs to steamed broccoli or try raw broccoli with hummus.

Eggs

Eggs are pretty much a perfect food, containing all the essential amino acids our bodies need and vitamins and minerals including iron, vitamin D, zinc and vitamin E.

Salmon

It is a great source of the good unsaturated omega 3 fats. But salmon has a stigma of being expensive. And it can be! But if keep an eye out on it for when its on special (i.e \$19.99/kg) you can score a decent fresh fillet for around \$3. Pair this with steamed green beans and a small amount of mashed kumara and you have an extremely nutrient dense and easy meal. And since salmon is so rich, you only need a small amount so sharing a fillet makes an easy meal for two. When it's not on special, go for canned salmon.

Tea

As a major tea aficionado, I had to include it in my favourite superfoods (even if it is a drink). Not only is it a delicious way to increase your daily fluid intake, but the antioxidants in tea are an added bonus. Mix it up by having a black tea in the morning, green tea during the day and a herbal tea at night. Remember to avoid drinking tea at meal times as the tannins in tea inhibit iron absorption.

Spinach

Contrary to popular belief (thanks Popeye), even though there are high iron levels in spinach, the bioavailability of it is low so it is not a good iron source. Regardless, it is a good source of folate, vitamin A, vitamin C, fibre and vitamin K. The best thing about spinach is it can be enjoyed at breakfast, lunch and dinner. Pair it with eggs or in a smoothie in the morning, in your lunch salad, and as part of your vege intake at dinner.

Lemons

Use lemon juice and olive oil as a salad dressing, and on green veges - not only is it tasty but the vitamin C aids iron absorption. You might also like to start the day with lemon juice and hot water to kickstart your digestion system. Bear in mind though, the lemon juice (like all acidic things) can strip the enamel off your teeth. There are a number of things you can do to minimise this such as to wash your mouth with water afterwards or chewing gum.

Baked Beans

Baked beans are high in iron and fibre and are cheap and convenient. But they can also be high in sugar and salt so check the labels and go for the lower salt/sugar types, or better yet, make your own. My favourite recipe is simply onion, a can of mixed beans (in brine – drain this before cooking), garlic, canned tomatoes – simmer and serve! Experiment with other types of legumes such as lentils, chickpeas, and kidney beans as they are delicious, nutritious and cheap.

Cinnamon

Help reduce taste fatigue of foods such as porridge or protein shakes.

Yoghurt

Natural probiotic. Choose Greek yoghurt without added sugar (read ingredients list). There are natural sugars, and these are okay (lactose). Also choose a product with the least amount of fat, however not the low-fat options as these will not keep you as full between meals. For example, good brands are Kalo, Anchor protein+ and Yoplait Greek yoghurt.





Yearly Roundup

Lyn

2019 has been a year where our practice amongst other things has focused on audit and outcomes which I have been an integral part of.

This year we joined the Bariatric Surgery Registry (BSR) being members of the Australian & New Zealand Metabolic Obesity Surgical Society (ANZMOSS) an organisation that encourages research, education and communication amongst its members. It essentially collects data from voluntary participating surgical practices across Australasia collates it and looks at the questions below

1. Is this treatment safe?
2. Is this treatment effective?

If you had surgery this year, thank you for participating in the BSR. In doing so the above questions can be answered as well as new procedures evaluated. All your data remains anonymous which means that no individuals can be identified

October 2019, I attended the ANZMOSS conference in Brisbane and thought I would share some of the topics presented.

1. **Multidisciplinary Team MDT.** Within the area of Bariatric Surgery, I have noticed there is more emphasis on a patient/client centred approach or MDT model of care. A model of care I am proud to say our practice prioritises which aligns to a "Centre of Excellence" approach. The principal speaker at the conference; Professor Rachel Batterham (UK) address was titled "MDT should be an essential part of bariatric surgery."
The team should include:
 - ⇒ Surgeon
 - ⇒ Dietitian
 - ⇒ Psychologist
 - ⇒ Nurse Specialist
 - ⇒ Practice Manager
 - ⇒ Support Group
 - ⇒ Other consultants: Endocrinologist, cardiologists (etc) as required
2. **Mental Health:** The areas that were focused on were:
 - ⇒ Stigma: Social media and the bariatric patient (the good, the bad and the ugly). The consensus was that language that the media used should be moderated
 - ⇒ Aftermath of surgery: 'Happily ever after or not' and 'Weight Regain: Biological or Behaviour?'" This discussion highlighted the need for on going care with each practice. For example, 'Getting back on track' and "Bariatric Retreat" programmes resulted in a lot of discussion
3. **Revisions of Adjustable Gastric Bands.** Australia has been a global champion of Gastric Band Surgery. Unfortunately, the results have never stood up to the initial claims, of interested parties and results were generally poor and there were high reoperation rates of up to 50%. As a result, many patients are now seeking revisional surgery. Sleeve Gastrectomy or Gastric Bypass are two potential surgical options to consider for this.

4. I also attended a session on Endoscopic treatments for obesity. These endoscopic treatments included intra gastric balloon and endoscopic sleeve gastropasty. The question is "Are these they a potential replacement for the stapled Sleeve Gastrectomy? Initial data would suggest that results in the short term are inferior, costly and likely to require further endoscopic or revisional surgeries in the future. My belief in evidence-based practice has lead me to agree with this view especially when you see what has happened to gastric banding.

I look forward to the challenges of 2020, working with a dedicated team who want to optimise and support your weight loss journey

Nga mihi o te wa me te Tau Hou

A Merry Xmas and Happy New Year

Lyn



SANTA AFTER GASTRIC BYPASS SURGERY

Christmas gifts (for yourself)

Catherine

Consider what would support you, over the next 12 months, to focus on goals and long-term lifestyle changes along with being a great gift

- ◇ New work out clothes- comfortable, warm, the right size
- ◇ A coffee card, prepaid, for a nice café at the end/ middle of your daily walk
- ◇ Find a new café or a new nice place to walk (a free gift)
- ◇ New shoes- that you can move faster in
- ◇ A gym membership, you'll use it now, or a swim centre with a spa/sauna for afterwards
- ◇ Yoga or Pilates classes- sure Zumba and dance classes are fun too
- ◇ Swimsuit for summer or wetsuit/rash shirt/surfing swimsuit
- ◇ A new cookbook, or gather old copies of the Healthy Food Guide
- ◇ Reorganisation of household chores – free for others to give to you
- ◇ A new low-calorie drink for summer or a soda stream for sparkling water (When you can drink bubbles)
- ◇ Walking events; Complete A Great walk or local walking events, download the timetable and find a training buddy
- ◇ Exercise equipment at home, some pre-winter planning
- ◇ An active holiday plan, what works, who with, what do you need?
- ◇ A years' worth of Multivitamins- they won't go off
- ◇ An outfit, that makes you feel fabulous

Alpine Tea Drought!

You may have noticed alpine tea or other herbal tea with senna leaf (the active ingredient that helps you get busy) is currently out of stock.

In the meantime you can use Benefiber and Phloe capsules together as a bowel prevention. If you really enjoy alpine tea to help prevent constipation, I see you can buy it online from HealthyMe:

[Senna Tea](#) \$14.00

[Senna Klenz](#) \$6.95





Weight management over the holidays

Catherine

If there is a pattern to your eating that is initially unrestricted, e.g. “not caring” eating or celebratory eating so that you can have all the foods you associate with Xmas and holidays **but then** regret and restriction in the New Year.

Then it's worth planning pre holidays!

Celebrating Xmas is a day of families and eating. Depending on where you are after surgery, have a green or spicy Optifast, puree the turkey or plan a menu that has several items that you can happily eat and feel like treats. Have Boxing day off as well, there will be leftovers and if its your birthday factor that in (mine is the 29th December, so I am). But consider portion size, keep eating slowly, particularly as the food is delicious and keep separating out food and fluid. The surgery is still there.

Also, before Xmas, decide what your summer eating plan will look like, what's delicious, healthy, fresh, high in protein and low in calories. What are you drinking- cut back on the alcohol there's plenty of time for that later?

Keep up the physical activity throughout your holiday, it more fun in summer, you have more time to complete this – do something every day.

It can be harder to have structured meals and distract yourself from eating when you are not at work. There can also be an increase in social activities which increases food exposure particularly in the late afternoon. So have a plan for this time e.g. avoid alcohol, sit with a low-calorie fluid that looks like a cocktail e.g. lime juice soda water, slice of lemon, flavoured water in a can- make sure you stock up.

Also have food that's ok for you or plan on what you are going to eat e.g. 2 crackers or strawberries etc. Do you need to eat between meals? Will you be ok until dinner- practice new behaviours. Involve yourself in planning, cooking other activities instead of sitting around food. And make sure you have regular meals so that you are not hungry.

Be careful with sweets, particularly if you have a sweet tooth, allow yourself some, if that's important. Then put them away in a box, out of sight, in a hard to get to place, in your partner's car. But plan to stop- it's too easy to continue.

Start your days with a normal breakfast, it sets up your habits for the day, even better if you plan to exercise early as well.

Weigh yourself over this period, don't leave the scales at home, you need to monitor!

When does the holiday stop? The first of January? when you go back to work? when everyone is back to school?

Know when this is over and what the return to normal looks like.

Catherine

Support Group

Catherine

If you are considering attending next year. We would love to see you.

I enjoy being part of the support group, each year, it's a positive and supportive place for you at the end of each month, thanks to the people that attend. It's an opportunity to reflect on your progress, with others or just for yourself. And discuss the hard stuff, snacking, lollies, struggling to find the joy at times, weight gain and exercise with a group that understands; people who have been there and are not judgemental.

The average size of the group this year has been between 12-14 people and most people come in the first year, although we have the wisdom of those who are 2-3 years out as well.

I have looked at the weights of support group members in comparison with others who haven't attended. In the first year there's not a significant difference, everyone does well. I think that there may be a difference for those that have good support further out from surgery. Support can be through family, friends, colleagues and online as well as coming in for the group, but it is an important component in maintaining success.

After surgery people have identified "not getting enough support" as a factor in weight regain, along with stress, alcohol use and an injury or health issues that prevents exercising.

The team are considering how to continue to offer support in the longer term, when you need it, so that it is easy to access and doesn't cost too much and the support group is part of the plan, you can come back at any time and stay for as long as you want. You can book an appointment with Elize or myself as a review or with a specific focus in mind. You can bring a family member or a support person.

As well, we could consider a weekend seminar or an additional support group for a limited time that maintains a back on track focus or a maintenance review.

The new website also offers potential for specific enquiries or questions that you might have.

Weight loss surgery is a long-term investment and we would like to know what your needs are- let us know

Catherine



But which multivitamin?!

Elize

As you may already know, multivitamin supplementation is vital after bariatric surgery. A complete multivitamin and mineral supplement are recommended after all bariatric procedures. Some multivitamin supplements which are available may not contain sufficient amounts of certain vitamins to counter the effects of bariatric surgery.

Here is an updated list of preferred multivitamin supplements I recommend that are available on the market in NZ (at the price I found online at the time of writing this article):

BNMulti™ chewables or capsules (\$34.95)



Band Buddies NutriChew™ chewables (\$46.95)



Celebrate™ chewables or capsules (\$39.00)



Centrum Advanced 50+ capsules (\$30.00 for 100 caps)



Centrum for Women capsules (\$24.99 for 90 caps)



Clinicians Multivitamin and Mineral Boot Powder or Capsules (\$25.90)



Swisse Ultivite capsules (\$19.99)



NutriFuel™ powder (\$51.70 for 70 serves)



BariLIFE™ powder (30 packets, out of stock currently)



The number of multivitamins per day depends on your surgery type and time since surgery, and the multivitamin product you choose. If in doubt about which multivitamin and in what frequency is right for you, do not hesitate to get in contact.

Please note that this list may change as new products come onto the market or formulations change. The only multivitamins available under prescription (Mvite, Vitabdeck) are not suitable as they are incomplete.

Merry Xmas and Happy New Year from your dietitian Elize

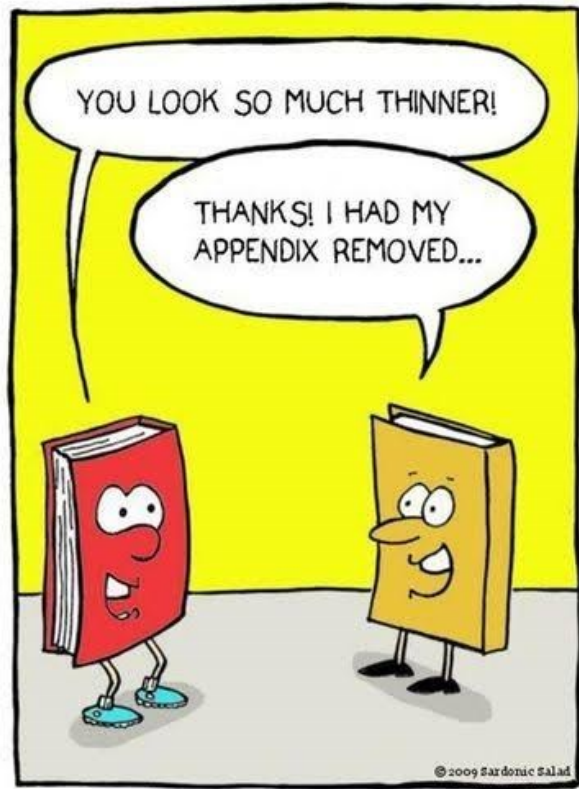
SWS website

Welcome to the patient portal on the SWS website. We are continuing to develop the website to provide interactive and responsive support for people for the whole of the weight loss process; the first enquiry through to long term follow-up, access and care.

Currently the portal is most commonly being used by patients for:

1. The ability to fill in the post-op questionnaire online before your appointment and this is mandatory for phone follow-up appointments such as for out-of-towners
2. Access to all Dietitian Post Op Weight Loss Surgery Resources (pdf versions)
3. Support Group Dates

If there is information that you would like to access online? please let us know



Information Evening Presentations by

Michael Booth—Bariatric Surgeon
Catherine Kissel—Psychologist
Elize van Drimmelen—Dietitian

Weight Loss Surgery - Facts & Fiction

For those who are considering weight loss surgery as well as those who have:

- Non insulin dependant diabetes
- Sleep apnoea
- Other weight related illnesses

Wednesday 22nd January 2020

Wednesday 19th February 2020

Wednesday 18th March 2020

Wednesday 22nd April 2020

Wednesday 13th May 2020

Wednesday 17th June 2020

Wednesday 22nd July 2020

Wednesday 19th August 2020

Wednesday 23rd September 2020

Wednesday 21st October 2020

Wednesday 18th November 2020

Wednesday 16th December 2020

Contact Details

If you are interested in finding out more please call us on 09 441 2750 or 0508 934 448

We will confirm via text and will send the form directly to your provided email.

Email info@surgicalweightsolutions.co.nz

Website www.surgicalweightsolutions.co.nz