

Obesity Surgery Centres of Australia

Specialising in Bariatric Surgery for the seriously overweight



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NEWSLETTER, JANUARY, 2010

FROM THE GENERAL MANAGER

Happy New Year! I hope you all enjoyed the festive/holiday season and are looking forward to the joys and challenges of the year ahead. I want to thank you sincerely for the lovely cards and gifts we received at Christmas. All our staff are most conscientious about their work but it is a real treat to receive a personal acknowledgement in this way; thank you.

We are undergoing some changes and it is with mixed feelings that I advise that this will be my last newsletter. Except for a short break when I was on extended leave it is now ten years since I commenced its publication. It has brought me wonderful contact with Banders, not just from our centres, but from all over Australia, and even overseas, from people who read it on line, or otherwise, and enjoy the news and information. However times are a changing, and its time to enter onto the techno highway! We have looked at ways of improving information delivery, education and support for our Banders and thus we are leaving behind the 'snail mail' delivery and providing the information on line.

I will take this opportunity to say firstly thank you for all the positive feed back over these past ten years but secondly, and most importantly, that you know I am still available at any time to our Banders via my email or otherwise. My years on the newsletter have been a privilege and a pleasure but it is time for me to hand over to Susan Fry our Practice Nurse who will be the driver/co-ordinator of our new on line project.

Janice Vicary (General Manager)

FROM THE PRACTICE NURSE

The New Year is always a good time to think about how we can do things better - lose weight, get fit, take control of our lives. That same affirmative action is happening here in the centre.

Commencing at the end of February you will have available information provided by our surgeons and allied health consultants. The website will have a site for Frequently Asked Questions, news bulletins, various other general banding related

information, as well as the currently existing dates and venues for information evenings at the various centres. You will be able to email questions to our consultants. There will be information available to the public however our Banders will have a member login and this will take you to information that is exclusively for our Banders.

We will look forward to your contributions too. Tried and true Bander recipes, information about the small support groups that are flourishing in the regional centres, book reviews and information on upcoming events such as conferences, workshops, cooking classes and anything else our Banders can share or add. It would be great if some of you would like to share part of your journey with others - it is also a buzz to see what you have written published online.

There will be an email address for 'nurse' so that you can ask questions or share concerns discreetly with our nurse. Questions that pop up frequently will be added to our FAQ section so remember to check there periodically for new ideas and information. Please keep checking in to the website to see what's new. Being a bit of a 'Google girl' myself, I'm sure to be listing some useful and/or fun sites to visit!

I often ask Banders why they felt they needed a further adjustment and the most common answer is "because I haven't lost any more kilos". NOoooo!!! Please use your meal size to determine if you need another adjustment. The band is only able to help control your meal size. It can't make food choices, nor can it burn off calories while you are flopped on the couch in front of the telly....we'd be fabulously wealthy if it could. If you haven't lost weight since your last visit and you know that you are eating about half of what you did before the band, then it's up to the 'middle man' - YOU, not the band.

If the band is over-tightened in an attempt to make calories evaporate before turning into fat, you risk an increase in complications such as a slip or erosion, you are no fun to eat with due to vomiting and you are most likely to lose muscle and water rather than shrink those fat cells. All of this turns your band into an enemy within instead of a friend.

If you are unsure about whether to tighten the band further, call me to discuss or make an appointment to see the dietitian to discuss. Then share your decision with your doctor at your next adjustment appointment. This is your band. We are here to help you make the most of it in order to improve your health. Don't be tempted to go from a lifestyle of dieting and torturing yourself to another lifestyle of vomiting, living on liquids and never being able to share a meal with friends or family.

I wish everyone a healthy and happy year. Don't measure your success just by kilos but also by shrinking dress or belt size and higher energy levels.

Susan Fry, RN

SURGEONS

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Kathryn Stewart MBBS (Syd) PhD FRACS

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