

Banding in Wellington and Hamilton

Coping with Christmas



The festive season is upon us. During this time it is easy to become focused on eating and drinking at special events and we forget what and why we are actually celebrating. This year, try to reframe Christmas events as opportunities to re-connect with old friends, get to know your work colleagues better or spend quality time with family. Make these things the focus, rather than the food.

Try these tips to cope this Christmas:

End of year functions:

- Eat before you go
- Offer to sober drive
- Alternate alcoholic drinks with water/diet soft drinks
- Add ice cubes to wine to lessen the volume in your glass

Summer BBQs:

Take along food you know is healthy and you can eat:

- Celery/carrot/capsicum platter with cottage cheese/hummus
- Diet soft drink/sparkling water
- Good cut of meat. Try prawn kebabs or fresh fish in tin-foil (make sure it's cooked properly and no-else pinches it!)
- Fruit salad and diet jelly for dessert if necessary

Gluten-free, not free for all

Gluten-free eating is the latest health craze. For certain people, avoiding gluten is essential but for most of us there are no health benefits to eating gluten-free.

Avoiding gluten is essential for people with Coeliac disease. Medical professionals may recommend you avoid gluten for other health reasons too and if this applies to you, then keep following their advice.

However, for those without known allergies or intolerances to gluten, eating gluten-free is not necessarily a more healthy way of eating. There is no scientific evidence that eating gluten-free foods will help you lose weight. In fact, many gluten-free products have just as many calories as "regular foods" and can often even be higher in sugar and fat, and lower in protein.

Gluten-free substitutes for carbohydrate-based foods like bread and pasta are simply reformulations of the original food. These are usually made with corn or rice flour instead of the usual wheat flour, which means gluten-free foods often still contain carbohydrates.

Let's compare gluten free bread with regular bread:

	Gluten Free Ground Linseed Bread	Standard Soy Linseed Bread
Calories (per 100g)	297	222
Total Fat	7.1g	7.2g
Protein	4.2g	15.1g
Total carbohydrate	50.4g	21.1g
Sugar	6.0g	2.7g

From this you'll see that gram-for-gram, gluten-free bread has more calories, and over twice the amount of total carbohydrate and sugars than standard bread. If you are trying to reduce how much carbohydrates you eat, simply choosing a gluten-free food instead of a regular one isn't the answer.

If you need to follow a gluten-free diet for medical reasons you can do so by following the plate model for eating. By making meals half meat and half vegetables you are already eating gluten free. There is no need to focus on finding gluten-free carbohydrate options, these are added extras.

If you don't have any dietary restrictions, don't see gluten-free products as fair game. You should continue to focus on the portion plate style of eating for the best weight loss results.

Quote for Christmas:

**"Don't trade what you want most
for what you want at the moment"**

Coping with Christmas cont...

Christmas Day

- Find out your family's Christmas favourites and focus on these things only
- Cater carefully so you only make as much food as you need
- Try something different like a bbq or beach picnic
- Gift wrap left-over Christmas goodies like cake, chocolate etc on boxing day, and give them to visitors.
- Include plenty of vege side dishes e.g. steamed asparagus or beans, garden or Greek salads

Clinic Closures

The offices will be closed over the Christmas break, and do not re-open until Monday January 16, 2012. During this time, in an emergency, you may contact **Andrea on 027 280 0049** and she will do her best to arrange someone to see you. From Christmas Eve until January 2nd, there will be very limited staff available in both Hamilton and Wellington, and if a deflation is required, it will most likely be done by a GP, or person with much less experience with bands than our regular SOS staff. Please work with your bands, be careful and most importantly enjoy your time-off over the break!



Contact us

Wellington

1st Floor, 242 Thorndon Quay
 PO Box 12413, Thorndon, Wellington
 Ph: 04 473 6887 Fax: 04 473 6883
 reception@obesitysurgerywellington.co.nz

Hamilton

36 Grey Street, Hamilton
 Ph: 07 859 0185 Fax: 07 859 0187
 reception@obesitysurgery.co.nz



1 year post op

aaaaagggggghhhhhh!

Caroline Robinson

Other than marrying my husband Clive 30 years ago, having a lapband fitted has definitely been the best decision I have ever made. My only regret - I didn't make this decision earlier.

It wasn't until I saw the photo taken of me, Wednesday this week, and compared it with those taken a year ago, that I realized just how different I actually look, let alone feel.

I did not take the decision to have surgery lightly. Having tried just about every diet plan ever invented, glowing in the success of each kilo (or part there of) lost only to fall back into old habits sabotaging my efforts - not only regaining all the weight I had lost but increasing my weight until I reached 136 kilos

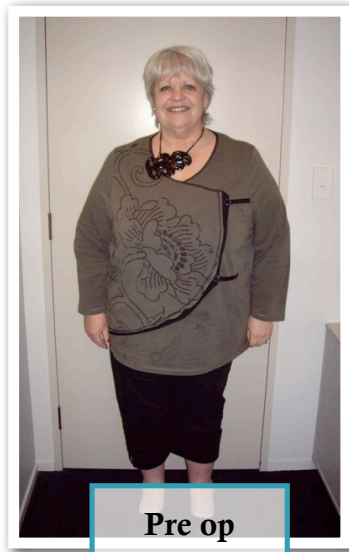
I angsted over all sorts of things - the cost, whether 'people' would think I was cheating, how others would respond to a 'new me', "could I actually do this" etc - but, again, all of those doubts were just in my head

Now, 12 months and 52 kilos later, I have to say I am pretty chuffed. I know I could not have done this alone. The support I have received, not only from family and friends but in particular the team from surgical obesity services in wellington, marks the measure of my success.

The surgery is just a tool. I have had to master the way in which I use that tool to sculpt the person you see today. I keep refering back to 'the manual' which is the S.O.S .team and the resources they provide. I am still learning and sometimes I forget the rules and am reminded of the old saying:

A poor workman blames his tools

I have met those who say they had some form of weight loss surgery but it didn't work for them **my response:** it is me who has to do the work - "I bought the tool but, unless I follow the instructions, I wont be able to build the person I want to be"



Pre op

New Plymouth Clinics – Changes for 2012

Due to increased patient demand, Andrea has moved premises. From January 2012 onwards, she will be consulting just down the road at:

City West Medical Centre
 125 Vivian Street
 New Plymouth

Clinics will be held on a Tuesday afternoon (1 pm - 5.30 pm) and the following Wednesday morning (8.30 am - 12.30 pm) about every 8 weeks. We will continue to make appointments for follow-up from our Hamilton/Wellington clinics. This information is also on our websites.

The dates for 2012 are:

January 24th and 25th
 March 20th and 21st
 May 22nd and 23rd

July 24th and 25th
 September 18th and 19th
 November 20th and 21st