

Banding in Wellington and Hamilton...

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Peter Tulloch's Story...

I am a 43 year old father from Lower Hutt. My pre-op weight was 122.6 kgs. I am an asthmatic and have been all my life, my weight making my health worse each year.

I have fought my weight all my life, for over 30 years, and have tried all the diets known. Diets I have tried have ranged from Weight Watchers and Jenny Craig to the infamous Israeli army diet and cabbage diet. I bought weight loss pills, fat burning pills and special vitamins. There was so many. I did lose some weight along the way, but it all came back on, plus more.

This surgery was an opportunity for me to reclaim my life. I was very pleased with the surgery and it appears to have been successful keeping in mind that diet and exercise are still a major factor in my life.



I am now 4 months post op and have lost almost 30kg. Before the operation I felt very down about my health and the way people viewed me and had been down for a long time. This operation enabled me to have a positive outlook on life and has given me more self confidence - but there is still a lot more work to

do. I have had a couple of scares where I think that food may have got caught in the band, but that was down to me eating a bit too fast and not chewing properly. Some old habits die hard! The hardest time was getting the lapband adjustments right and remembering that I could not eat as much as I used to.

To overcome some of the problems I did start at Les Mills gym with a personal trainer which gave me more time away from home. Previously I would lounge and pick, so the gym definitely helped. The Surgical Obesity Service physio also gave me an exercise programme which goes hand in hand with dietary requirements and the lapband.

My quality of life now is a lot better. I seem to not get so annoyed like I used to and I have more energy. I feel better about myself and look to a bright future with my wife and daughter. The surgery has met all my expectations and



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then some. But remember the lapband is a tool which does not mean that you can go bananas with your food!

If I had to do it again I would, but I would have done it earlier in my life. I recommend anyone that has fought weight for over 10 years to consider this kind of surgery. Just don't expect a magic bullet. As with all changes of life there will be hiccups still and times where you do eat the wrong things and maybe your weight does not drop down as quick as you think it should. That does not mean that you should give up.

And one more tip: Don't jump on the bloody scales everyday like I used to – once or twice a month is enough!

Instead of giving myself reasons why I can't, I give myself reasons why I can

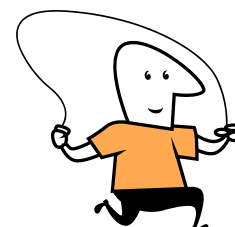
Anonymous

Lucy's Exercise Tip

Is it getting too dark and cold outside to get out and walk or go to the pool? Do you want some ideas for cardiovascular exercise at home that are quick but work you hard? Try skipping for five sets of 1-2 minutes without a break. This will really get your heart rate going and it will tone your arms and legs too. Or you could set the egg timer or microwave timer and do 3-5 minutes of step ups. If the times I've suggested are too long, start off with one minute and try to build up over the winter months. The cold and dark are not excuses for not keeping up with your exercise regime!! Keep at it.

Lucy

Physiotherapist
SOS Wellington



New product “Sweete”

Sweete is a new natural sugar substitute on the market. It contains an extract from the sweetleaf plant (stevia) which has been used as a sweetener in South America for hundreds of years, we’ve just been a bit slow to catch on! Sweete is granulated so it feels



and looks like sugar and comes in handy individual sachets. To find out more visit www.sweete.co.nz.

Other stevia products can also be found at most good healthfood stores.

Psychologists in Wellington

We now have three psychologists on board to compliment our Wellington team – they are Tom Nesser, Fran Lowe and Stacey Graham. Each patient is entitled to 3 visits with a psychologist, free of charge. The psychologists will be with us only a few days each month so get in quick to take advantage of this new opportunity to get the most out of your Lapband – call the Wellington clinic to book an appointment.

MyFitnessPal



Here’s one for the technologically minded of you! Myfitnesspal is an online food record and is also a great smartphone app. It has a huge food database and can be used to help you monitor what you eat, plus your exercise, drinks and can track weight loss too.

Visit www.myfitnesspal.com

Food diaries and self monitoring are some of the best proven tools to aid weight loss and maintenance – give it a go!

Clothes Rack

We have had lots of new/pre-loved clothes added to the Wellington clothing rack lately – make sure you have a browse when you are next in the clinic. We invite you to donate any clothes you no longer fit and also if you take clothes from the rack, we ask that you return them when you no longer use them.



SOS is on Facebook



Visit our page at:

<https://www.facebook.com/pages/Surgical-Obesity-Service-Wellington-Hamilton/150143418335521>

Masterchef Australia Baked Beans

- 2 cups (400g) large dried beans
- Extra virgin olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, thinly sliced
- 1 carrot, peeled, diced
- 1 stick celery, strings removed, diced
- 2 bunches thyme, secured together with kitchen string
- 2 dried bay leaves
- 2 cups chicken stock
- 400g can diced tomatoes
- 100g feta cheese (optional)
- ¼ cup mint leaves
- ¼ cup flat leaf parsley leaves

Serves 4-6

1. Place beans in a large ceramic bowl, cover with cold water and set aside for 12-24 hours to soak. Drain well, rinse and drain again.
2. Lightly cover base of large frying pan with extra virgin olive oil and heat over high heat, add the beans, onion, garlic, carrot, celery, thyme and bay leaves, stir to coat.
3. Pour over the chicken stock and add the tomatoes. Reduce heat to low, cover and simmer 2 hours or until beans are tender.
4. Taste the beans, adjust the seasoning as required. Remove the thyme and bay leaves. Crumble over the feta, scatter over the mint leaves and parsley.

Try this one in the slow cooker this winter!

Where Are We...

Feel free to visit or contact us any at time

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