

Banding in Wellington and Hamilton

Introducing:

Chi Zero Sugar



This is a 'diet' version of an old favourite. Chi now has a new look and adds a low calorie option to its range. Chi Zero Sugar is sweetened with Stevia (a natural, sweetener) and makes for a refreshing drink this summer. Try adding a wedge of lime and/or a few mint leaves.

Clinic Closures

The offices will be closed over Christmas/New Year, 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. Over the holiday period 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!

Happy New Year from SOS! We trust you have had a safe and happy Christmas and that you are looking forward to a successful 2012.

The following is an excerpt from a blog written by one of our patients, AJ. This was written a few months ago at the start of AJ's journey and is hopefully something to encourage you or rekindle your drive for success this year:

My whole story starts some 20 years ago when I started overeating. I would not say I am an "emotional eater" as such - I just like food! I tried Jenny Craig a few years back when I weighed about 116kg. I got down to 104. I am now 150!

So I have seriously wanted to do something about my weight for a few months now as it is really starting to negatively affect the way I live my life. I used to play and enjoy a lot of sports mainly cricket and golf, but ankle problems mean I can hardly walk a km these days. So needless to say for those reasons and many others I am motivated for change. I want to record some of the issues I have had mainly so that I can look at this in future times if I ever need motivation. It also might be of assistance to others considering the op.

Negatives

*I am avoiding social occasions as much as I can and have become a slight hermit.
I am conscious people are looking at me and passing comment behind my back.
Mirrors and photographs are to be avoided at all costs.
I am always nervous getting on a plane that I will have to ask for the dreaded "extension" (it doesn't always happen but has sometimes). I am conscious of the poor people sitting next to me on the plane also
I avoid seeing people who I haven't seen for a while (people mean well but they do comment sometimes)
People call me "big guy" as a term of endearment which is nice - but small guy would be better
I have to be careful where I sit in restaurants and when visiting that the seat is sturdy enough and there is enough room!
I can't enjoy the sport I used to, I am very low in energy - the couch is my friend!
I have sleep apnoea and high blood pressure
I am worried about the effects my obesity has had on my health and will do in the future left unchecked. I am headed for an early grave*

Positives

*I am very fortunate that I have no other obesity complications - yet
I am determined to change
I have the support of my family (I have only told my wife and my mother at this stage)
I can change if I want to.
If/when I do lose weight a lot of the issues mentioned above will be assisted.*

This is just a taste of AJ's online blog. We plan to use more of AJ's work and follow his progress in future editions of this newsletter. Using a journal, diary or online blog is a useful tool to better understand and learn more about yourself, which is an important element of making lifestyle changes for long-term weight loss. We hope AJ's efforts will inspire you to start something similar in 2012.

SOS on Facebook

Are you friends with us on Facebook?

Add us as a friend today and enjoy getting motivational quotes and updates on special events that could interest you, plus more!



SOS Wellington Support group 2012

Support groups will be held throughout 2012 on the 3rd Thursday of every month. The first of these is January 19th at 6.30pm at our Thorndon clinic rooms.

This will be an informal gathering, to have a tea/coffee, to catch up, and to re-focus for 2012. We will have a short group discussion as part of this.

We have had a good number of responses already and if you'd like to add your name to the list please rsvp to dietitian@obesitysurgerywellington.co.nz and put the date in your diary now!

All support group dates for 2012 can be found on our website (see below for address)



Contact us

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