

## Patient Profile:

Name: Jeanette Tollan

Length of time post surgery: 12 Months - weight loss of 22 kgs.



be embarrassed about having a fat mummy.

My pre op weight was 132.5kg and ever increasing. I am currently 33 years old. Before the surgery I severely lacked energy and self-confidence. I didn't want to see anyone and because we had recently moved to a new town, I was very lonely and I was really struggling to make new friends for the first time in my life. However my main motivation was my son, who was 1 year old at the time of my surgery. I wanted to make sure I would be around for as long as possible for him, and I didn't want him to

A television advertisement about lap band surgery piqued my interest, and after a lot of research on the procedure I decided it was a brilliant option for my situation. My husband fully supported me, so we sold a house to be able to pay for the procedure. I had previously tried all sorts of weight loss options, including Weight Watchers, weight loss drugs, detox diets etc, with little success.

Initially I was really worried about how I would view food post op. I was worried that I would feel deprived of all things yummy, and since I started my weight loss journey I have discovered that the feeling of deprivation has had a lot to do with my weight gain. I also was a bit sceptical as to whether it would work for me, due to my lack of success on other diets. I was surprised at how easy it has been to loose the weight since the surgery. I had lost 22 kgs until I became pregnant and have had a 6 kg gain in 5.5 months.

I found the first week post surgery the hardest. I didn't manage my protein intake correctly and got very weak, but as soon as I introduced some solids back to my diet I felt amazing. I tried to return to work just a couple of days after surgery as well, but soon discovered that I just needed to rest and recover for that first week after surgery. Once I got that sorted, everything fell into place. I felt very proud of myself for having gone through with the procedure, I always had the doubt in the back of my mind that I would find an excuse not to do it. I was lucky I had great support from my husband, and the team at Waikato Surgery are so good to deal with.

I have had one instance of food getting stuck right on Christmas, but it taught me to chew, chew, chew - I always learn the hard way. Also I am currently 23 weeks pregnant, not planned, but great all the same, baby is due in December, so my weight loss journey has slowed, but I am looking forward to the birth of our second child and getting back on track with my weight loss, as it was working great before the pregnancy.

The biggest challenge so far has been being pregnant. I spent the first three months spewing due to morning sickness, and this worried me about the band possibly slipping, so I had a deflation back to 3mls. This was disappointing for me as I had a weight gain after the deflation.

Since surgery my quality of live has improved 100%. I have so much more energy, and my self-confidence is improving all the time. I am getting out there and doing more, and have meet lots of people in my new home town of

The surgery has certainly met my expectations. I can't say thank you enough to Rowan, Carol and the rest of the team at Waikato Surgery for giving me the tools to change my life. I have been impressed with the service and support that I have received and I always recommend the team at Waikato Surgery to anyone who has asked me about lap band surgery.

There isn't much I would change if I were to start the journey again, apart from maybe waiting a till I had lost a more weight to get pregnant ☺

My advise to others coming through the clinic is to follow the advice given to you by the team at Waikato Surgery, read the books you are given, take the time to heal after surgery (you get back on your feet faster if you do) and stay positive - you are being kind to yourself and ensuring a happy and healthy future.

I look forward to giving you another update after the birth of my baby in December and once I have got back on track ☺



1 yr post op  
Weight = 110.5  
Weight loss so far = 22kg  
(also pregnant at this time)

## Not so sweet-as

Remember, when reading food nutrition labels always look for foods with **less than 10 grams of sugar per serving AND per 100g**. This goes for drinks, cereals, yoghurts, everything!

How much sugar is really in your food? Here's a visual:

1 teaspoon of sugar weighs 4 grams. To work out how many of these are in your food, use this simple calculation:

number of  = sugar (in grams) ÷ 4

Here are some examples:

	Sugar per serve	No. of tsps
Just Right (3/4cup)	10g	2
Fresh n fruity strawberry yoghurt (150g pottle)	15g	3
Orange Juice (250mL)	20g	5
Café trim hot choc (small)	35g	7
Cadbury Moro	41.2g	10

You wouldn't sit down to 7 teaspoons of sugar for morning tea, so think twice before ordering your next mocha/hot chocolate or sweet treat.

## Palmerston North Information Seminar

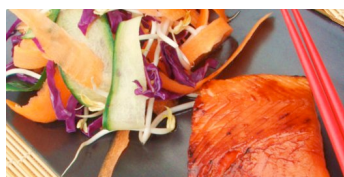
We will be holding an Information Seminar for prospective patients in Palmerston North on this Saturday **October 8th** from 1-3pm. Venue details below:

Bentleys Motor Inn (conference room)  
Cnr Linton & Chaytor Streets  
Palmerston North

Bookings are essential. If you know anyone in Palmerston North or surrounding areas who may be interested in attending please put them in contact with us. Anyone interested can call Anthony on 04 473 6887 to book or for further information.

## Recipe:

### Salmon with Rainbow Noodles



#### Ingredients:

##### Noodle salad:

- ½ telegraph cucumber
- 1 carrot, peeled
- ¼ small red cabbage, very finely shredded
- Mung beans or snow peas to taste

##### Dressing:

- 1 tsp sesame oil
- 2 Tbsp Japanese soba soy sauce
- 1 Tbsp Japanese rice vinegar
- 1 tsp sugar

4 Salmon fillets

#### Method:

1. Pre-heat oven to 180 degrees
2. Peel cucumber and carrot into ribbons using a vegetable peeler (but stop when you get to the core so you don't get any cucumber seeds).
3. Mix all dressing ingredients together and toss with the shredded cabbage, cucumber and carrot ribbons
4. Line an oven tray with baking paper and place salmon fillets on top. Cook in oven for 7-8 minutes, or until just cooked through. Or, pan fry if you prefer.

Serves 4+

Original recipe by Nadia Lim (NZ Masterchef) published at [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

*"I don't want my life to revolve around food. I want my life to revolve and for food to be a part of it."*

Natasha (Lapband patient)

## News from Zola...

After 2 years of trying to get the recipe right, Zola, our Hamilton nutritionist, is pregnant (now 31 weeks) and is due in early December. She will be away on maternity leave later in the year for 9-12 months or thereabouts, depending on how things go. Zola hopes to then return to SOS to work on a part time basis. We have found a great replacement for Zola. Her name is Deepti and she will be spending time at the Hamilton clinic in the coming months for training so please make her feel welcome. We will introduce Deepti properly in next month's newsletter but in the mean-time, congratulations and best wishes Zola!



## 2011 WLS Conference

The 2011 Weight Loss Surgery (WLS) conference is to be held in Palmerston North on November 18-20<sup>th</sup>. Visit [www.weightlosssurgery.co.nz](http://www.weightlosssurgery.co.nz) to register or for more information. The conference will include guest speakers, presentations, vendor stands and a chance to meet others who have had weight loss surgery, the overall aim being to "celebrate the decision to lead healthier lives with WLS."

## WLS Fundraiser – Tea towels

SOS Wellington are selling tea towels to help fundraise for this year's WLS conference. This will help bring keynote speaker Katie Jay to the conference from the USA. Teatowels are \$10 for a pack of 2. Check them out next time you're in the clinic.

## Lapband email database

To add your name and contact details to this patient-led database send your details to Sally at [sallychapman@paradise.net.nz](mailto:sallychapman@paradise.net.nz).

By sending your details you are consenting to other patients accessing them. This database/group won't be officially associated with or moderated by SOS. We do of course encourage you to be supportive of each other and hope that you find it helpful to work together towards your goals.



## Where Are We...

Feel free to visit or contact us any at time

#### Wellington:

242 Thorndon Quay, First Floor, above  
iRide cycle store  
Ph: 04 473 6887, Fax: 04 473 6883  
Email: [wellingtonbanding@xtra.co.nz](mailto:wellingtonbanding@xtra.co.nz)

#### Hamilton

36 Grey Street, Hamilton  
Ph: 07 859 0185, Fax: 07 859 0187  
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