



Surgical Obesity Services

Dee Hall's Story part 2...

Next Christchurch clinic:
Saturday 25th June 2011

Wow! I finally did it! I finally reached my first goal of 69kgs

I know that people do & I know others say the same things I am about to say but "you can't possibly know how amazing and how wonderful it feels to be the me inside my body now"



Nov 09 = 127.4kg

I've gone back to blonde, bubbly & crazy inside & out & life is just GREAT!

Carbs = Non existent in my life
Treats = Things I can have and truly enjoy knowing that I will never ever let myself fall into the trap of thinking I need them because, I really don't - I just enjoy them because they are 'just treats'
Protein = My NEW BEST FRIEND

Its been 13 months since my operation - weighing in at 127.5kg I knew that life was going to get better - I just had no idea HOW MUCH BETTER - and WOW it is!

Do you have any idea how it feels to hear people say "Hell you're skinny, stop losing weight!" Of course I know I can still lose some more but I don't have to obsess over it anymore and the best thing is I'm not. I just stick to the foods I know, the foods that have given me

the freedom to enjoy life, I get out and I REALLY ENJOY the life I have, I exercise (not to obsession but to assist the work now needed on toning) and it's all very normal day to day living - nothing about my lifestyle is a task - life is for living and I've got lots of life left in me to live now.

The greatest joy of all is not just the shopping for new clothes because I can - although my friends roll their eyes when I say I'm off shopping again - I can't resist!! Pretty stuff fits me now! And I have reason to do my nails and brush my hair because I go out more!

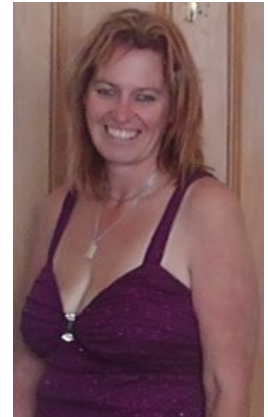
The greatest joy is riding life alongside my kids - Joshua 20, Jayden 15 & Jessica 14 - They want to go sky diving, so I am going sky diving! They want to go swimming, so I am going swimming! They want to go leap off the Sky Tower, so I am going to leap off the Sky Tower!

(although I must add, I did chicken out that time I told you I was going, David, Jessica did it but I did the sky screamer and every ride at Rainbows End twice and some!)

To stand in the middle of my lawn this Christmas just gone, a volleyball net separating 2 teams made up of me, my kids and a handful of friends and family & to be able to not just participate but be crazy and silly and fit enough to do so, is the greatest thrill ever and my kids are so grateful to my brother & David and his team who have made my new life possible.

I struggled for some time - I'm not going to pretend every day is easy because It isn't. I went through all the emotions of thinking I had done the wrong thing because my hair fell out and because I didn't feel normal anymore. Over a 2 month period I almost allowed myself to go back into my little shell and give up, but thankfully I had the tool that didn't allow me to give up and which still to this day makes everything so much easier to continue onward and upward.

I wouldn't hesitate in recommending Gastric Bypass Surgery to anyone who is struggling to get through life because of an eating problem. There are so many reasons to go ahead & the best one of all is the quality of life you can live with a body that is healthy and happy.



April 2011= 69kg

Reminder about B12

Please everyone take B12 sublingual supplements or be on B12 injections:

Clinicians B12 drops (50mcg): take more than a drop, squirt the whole pipette under your tongue and the level of B12 in this is lower than the dots and nuggets.

Twinlab B12 dots (500mcg): online www.healthpost.co.nz

Solgar B12 nuggets (1000mcg): <https://www.healthchemist.co.nz/product/solgar-vitamin-b12-1000mcg-nuggets-100-p5215.html>

Please tell others who have had a gastric bypass that they need to begin to take these as well.

Importance of Core exercises from Advance Physio

Here at Advance we develop a **simple** resistance program that our post-op gastric bypass and lapband surgery patients can do **at home** in no more than 20-30 minutes. The reason we develop this program is that a **20% GREATER weight LOSS** can be achieved with resistance and core exercises as opposed to cardiovascular exercise alone. At Advance Physiotherapy we are firm believers in improving core strength, so we tailor our programs around core strengthening. There are three reasons for this:

- Developing good core strength allows the **whole body** to work as a unit. The core muscles provide a base for everything else to be able to work correctly and efficiently.
- Your core muscles are **postural muscles** which means they can work all the time. Learning how to activate and use these muscles means they can be turned on constantly. This means your **metabolism** is continually working and weight loss is increased.
- Core muscles that are weak or poorly controlled have been associated with **low back pain**. Three of the four core muscles begin all the way back at your spine and wrap around to attach at the front. Lack of strength through the core leads to improper posture. In many exercises for other areas of the body, the abdominal muscles contract to stabilize the body, the stronger and more correctly balanced the core muscles are, the less strain on the spine and lower occurrence of back problems.



iphone application to help people track their progress: **myfitness pal**: For those people are not technically challenged and those who have an iphone, there is an application that I have been told is great for helping with tracking progress and also motivation, it is called,

myfitness pal, download it off the internet or access it off the internet. It does calorie tracking, you can get goals for protein, carbs and fat levels, it can track weight loss and exercise and water intake. <http://www.myfitnesspal.com/>



Eat Me competition:

This month I asked for **healthy children's snacks for after school**. No one entered so we are going to do this for another month.



You can get free protein powder samples from www.eatme.net.nz

We have all seen the warnings, heard them, read them, listened to them but seriously how many of us have taken notice? I never did! I am being honest. I remember sitting there day 1 when Carol explained to me I would have to be on supplements for the rest of my life, I just agreed saying it wouldn't be an issue.

Ha! I never took them, or like many of us I would go through stints of a month of really good routine and then hello! Off the band wagon I fell, I know many of you can relate. Anyway long story short I am 3 years and 3 months out from the day I had my roux-en-y gastric bypass, recently I was rushed to Middlemore in a condition I would call the most frightening I have ever been in - if you know me you know how truly stubborn I am so it took my best friend and her husband to drag me to the hospital. I was petrified! After an emergency laparoscopy the bariatric surgeon there could not understand why I was getting pain and so terribly unwell.

After 11 days of being in hospital, on a drip, with an attempt at putting a feeding tube in (I put up a good fight) they finally diagnosed me with a Thiamine deficiency in our terms - a deficiency where the body lacks all essential nutrients.

In hospital I lost just over 7kg and previous to that from being unwell had lost 5kg, it was frightening to say the least, tubes everywhere, feeling so exhausted just walking to the bathroom and back. **I cannot stress to you enough the importance of taking the supplements, I for one do NOT want anyone having to go through a similar experience, its hard on our loved ones and harder on ourselves.**

They were able to inject me regularly with Thiamine injections and then I was released on 1 weeks course of thiamine pills - along with a concoction of others, all because I would "forget" to take my supplements or was just too lazy to care. Take them! I now am very wary of taking them, I will not leave the house until I have taken them, **it is not worth it, 2 seconds a day to take a small pill could have saved me a lot of damage to my body.** I've heard all the excuses as to why we don't take them, heck I have used every single one imaginable! But the damage is huge AND can be fatal so why risk it? - Sarah -

