



# Surgical Obesity Services

Next Christchurch clinic:  
Saturday 25th June 2011

## Angela Rapleys pregnancy Story...

I'm very happy to announce that my sweet little boy, Thomas, was born on 9th February 2011 weighing in at 3.78kg (8.5lbs).

I had surgery in 2006 (pre-surgery I weighed 145kg) and after a year my weight plateaued to 80-85kg. I maintained this weight for 4 years and was a little concerned about how I would go with pregnancy and the extra demands that it would put on my body. During my pregnancy I allowed myself the occasional treat that I craved, but on the whole I just kept ate normally. I took additional Folic-acid which I just got from the chemist to supplement my daily vitamins, calcium & iron tablets.

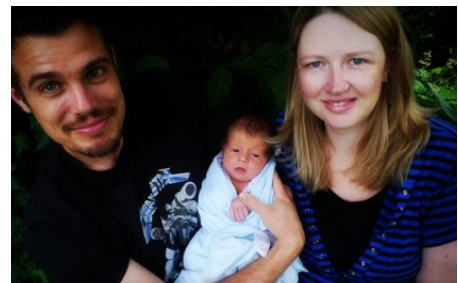
The only issue that arose later in pregnancy is testing for diabetes which is a common problem in pregnancy. As standard practice you test for excess glucose in your urine, which peaked for me around 8 months. Normally this would be investigated further by having a glucose tolerance test which involved drinking a high glucose syrup, then a blood test a few hours later. Obviously this test wasn't any good, as the glucose syrup would have caused dumping. But my midwife was satisfied that there were no other symptoms, and my health was good otherwise.

I was limited on the exercise I could do for the last 3 months as I had a groin strain that was painful and wouldn't heal due to the softened joints caused by the pregnancy, but I did go swimming a few times which was really great - especially on the really hot days we had this summer!

Pre-pregnancy I was 85kg, and just prior to birth I was 101kg. A normal weight gain through a healthy pregnancy ranges from 9-12kgs, so was pretty pleased that I wasn't too far over that.

I breast-fed for the first 6 weeks, and think that really helped with the weight loss - I kept taking my vitamins and took Complian once a day just to keep up with the extra calories needed for breast-feeding. I lost 9kgs in the first 2 weeks, which is mostly fluid loss etc from the pregnancy - amazingly while pregnant you have an additional 40% more blood in your system.

I've lost most of the pregnancy weight now, with 4.5kg to go until I'm back at pre-pregnancy weight. My next goal will be to lose that plus another 5kg so that I am looking hot for my wedding come December this year.



### Constipation after Gastric Bypass Surgery:



Patients often complain of constipation in the first 3 months after surgery. This can be due to pain relieving narcotics immediately following surgery, reduced intake of food and water, and side effects of iron supplements. You should not expect your bowel patterns after surgery to be the same as it was before. Frequently, patients settle into a pattern of having bowel movements every 4-5 days. This is not a problem if they are comfortable and if the bowel movements pass easily. If you get to 5 days without having a bowel motion consider using the following to prevent constipation. It is better to prevent it and start treatment earlier, rather than wait until it becomes a major problem.

The ways to relieve constipation are to:

- Increase fluid intake - aim for 1-2L a day
- Drink Alpine Tea - a herbal tea containing senna leaves, giving a gentle laxative effect (you can put 2-3 tea bags in 1 cup for a more effective treatment)
- Use a fibre supplement such as Benefiber powder daily, to increase fibre intake, add this to your water, you can not taste it, see it or smell it - MAGIC!
- Exercising - increase physical activity, such as, walking
- Stool softeners should help to prevent and treat constipation. You can use lactulose syrup, take 5mls, 4 times a day with water. If you take larger doses you may experience a 'dumping' effect. Laxsol tablets (coloxyl or senns) are another aperient that you can use, have 2 at night until symptoms resolve.
- Use of small microlax enema's if needed, from the pharmacy.



### **Eat Me competition:**

This month I asked for some tricks on how to make chicken more tender and edible in the early stages of post-op. The winner is Rosemary and she will get a free protein powder, have a look at her great idea below:



#### **Chicken Pate (good on Cruskits)**

- 3 chicken thighs, skinned
- 1/2 cup chicken stock (or 1/2 cup of water and 1 tsp chicken stock powder)
- Nutmeg to taste (1/4 to 1/2 tsp)
- Juice of 1 large lemon
- Salt and pepper
- 1/2 to 1 Tbsp corn flour

- 1) Slow cook the chicken in stock with nutmeg, lemon, salt and pepper until it is so tender it falls off the bones. (I do it in a tightly lidded casserole in the oven for about 2 hours at 150 degrees celsius).
  - 2) Thicken it a little with corn flour.
  - 3) Remove the bones and blend the meat with enough of the stock to get a pate-like consistency.
  - 4) Freeze in ice cube trays
- Rosemary

**Next month** I would like you to email through your food distraction tips to prevent snacking, for example, other activities that is not eating to keep you busy/entertained between meals as these may help others through the winter. The winner will get a free protein powder

You can get free protein powder samples from [www.eatme.net.nz](http://www.eatme.net.nz)

### **Vogel's Cafe-Style Light Luxury Nuts & Seeds Muesli**

Vogels is now doing a muesli that is **legal** in the weight loss surgery world. It has no fruit in it so it is low in fructose and glucose and over all it only has 7% sugar. Other mueslis have over 20% sugar in them.



This muesli is sweetened with a natural product called Stevia, so it still tastes great without all the extra calories that normal sugar contains.

This is a massive break through in the cereal world, so if you eat cereal daily, buy this product instead as it is genius, don't let it to become unpopular and then go off the market. However, if you are likely to eat it more than you should, perhaps it is not a good idea to have it in the house if it is too tempting. Make sure you control your portion and make it last.

Memorise the box so that you do not buy the wrong one as Vogel's makes many mueslis and not all of them are good for you. Pay attention to the little black label on the bottom right hand side, it says '**Fruit free, low in fructose and glucose**'.

### **Waikato/BOP Support Group (formerly Hamilton Support Group)**

We've changed the name! Any of you that have attended the group over recent years will be aware that people come to the group from miles around to come to the Hamilton get togethers so we've changed our name to reflect that and hopefully encourage others from the wider regions to join us.

We have also recently undergone a bit of restructuring. Louise, the former contact person, is now too busy to undertake the task of co-ordinating the group so some of us that attend regularly have put our hands up after discussion with the group. Numbers have dropped off in recent months so we're hoping to get better communication within the group and get some of the old attendees back and hopefully some new ones too.

The new co-ordinators are:

Barbara (4 years post-op RNY) [chickie\\_babe@ihug.co.nz](mailto:chickie_babe@ihug.co.nz)  
Raewyn (7 months post-op RNY) [rgn@waikato.ac.nz](mailto:rgn@waikato.ac.nz)  
Tracy (5 months post-op RNY) [morriesmum@hotmail.com](mailto:morriesmum@hotmail.com)

We are planning on alternating the meeting places of our get togethers too. We're proposing Hamilton (The Cook on Cook Street) one month then somewhere else around the Waikato/BOP region the following month. They will still be from 2pm to 4pm on the second Sunday of the month.

If you want to get involved (and maybe join our "Secret" group on Facebook) please contact one of the ladies above or turn up at The Cook on Sunday 12<sup>th</sup> June. We will have a sign on the table saying "WLS Group" so you know who we are. We can meet you outside if you're too shy too! We've all been there.

So if you're pre-op, newly post-op or an "old timer" please come along to our informal get togethers for inspiring and fun chat (we can guarantee a laugh or two!)