



Surgical Obesity Services

Verity's Story...

Next Christchurch clinic: November 26th 2011



My journey for weight loss started when I was 40, 3 years ago. I decided I was sick of being miserable, unemployable, and hideous; I hated the social stigma of being obese. I literally couldn't get a job, and my health was deteriorating rapidly I have heart arrhythmia's. I was on blood pressure medication and warfarin (rat poison) I hated my life. I was a hermit, I hated to leave the house because I couldn't walk anywhere and people stared.

I started seeing a local counsellor. Who was instrumental in many psychological changes for me. After about 15 months I then had consultations with another weight loss surgeon whom I didn't feel was right.

I finally chose David's Team through the feedback online. And talking with my GP.

I had dieted on Optifast from my initial consultation and weighed 155 kg. I was given an appointment for surgery for August 17th 2010. I was convinced I would die during surgery I gave away all my jewellery (had to ask for it back after) told my dogs I loved them and would see them at the rainbow bridge.

On surgery day I weighed 143 kg. Optifast was hard work, but so worth it.



Aug 2010 = 155 kg

Surgery was so much easier than I anticipated. David is awesome, I can't speak highly enough of the anaesthetist Brian Chan, he has the most amazing reassuring manner. The staff all rock, so kind and skilled.

To cut a long story short my Gastric Bypass changed my life. One year out I weigh 70 kg, I can fit size 10/12 clothes.

I am very, very fit, I go to the gym 5 x a week. I eat carefully, I follow Zola's rules. But I do have some goodies. I don't feel like I miss out on food. The saying nothing tastes as good as skinny feels, is SO true! It is the most fitting statement I have ever heard.

I am lucky in a way because I do dump very drastically on the naughty stuff so I consciously think about whether it's worth it. I pass out with a type of narcolepsy sleep. It's horrible and I avoid foods that cause it carefully.

And as for my confidence and self-esteem. Wahoo. My husband loves the new me and our personal relationship is stronger and better than when we were newlyweds.

And as for the employment front I am going off to training college in Wellington in 4 weeks to be a Corrections Officer. HOWS THAT!

It has been a year of personal growth and development and my life just rocks.

I don't regret this surgery for a second. I love not taking as many pills, love wearing tight clothes love feeling normal and just blending into the crowd and not feeling like a freak.

In fact I LOVE BEING ME. Whoop whoop



Oct 2011 = 70 kg

2011 WLS Conference:

The 2011 Weight Loss Surgery (WLS) conference is to be held in Palmerston North on November 18-20th. Visit www.weightlosssurgery.co.nz to register or for more information.



Eatme competition:

This month I would like you to share with others your 'self talk' during the tempting moments that helps you to stay on track. What do you tell yourself when you are faced with your favourite food and you need to resist it?

Introducing Deepti our new nutritionist:

Hi all. Its a pleasure to be on board at Waikato Surgery. A little bit about myself...I'm a recent graduate from the University of Otago where I obtained my Bachelor of Science (Human Nutrition) in 2010. My main interest from the beginning has been in the field of Bariatric Surgery and Weight loss, so I now tell my friends I have found my dream job!

Until recently I was working at a women's gym and enjoy exercise and am also a qualified Zumba instructor. In my short time at Waikato Surgery I have met people with the most inspiring success stories. Seeing how the quality of life improves markedly after surgery and the confidence people gain from it is amazing.

I hope to meet you all at some stage to hear your story and will do my best to help you with any hurdles you may come across. Please do not hesitate to contact me/Zola as we are only a phone call/email away. In the meantime, I will be getting roughed up by Zola as she tells me I'm far too nice. All the best with your weight loss journey and I look forward to meeting you. - Deepti Duddumpudi



Patient Seminar in Palmerston North: This is a time to bring your friends and family that have been considering weight loss surgery but have not yet had the confidence to call our office. Bring along your those who are interested in weight loss surgery and listen to David speak about the benefits of the procedures that we have here at Waikato Surgery.

Location : Bentleys Motor Inn Conference Room, Cnr Linton and Claytor Streets, Palmerston North. 1pm-3pm Saturday 8th October.

Bookings are essential. Call 04 4736887 David Schroeder will be presenting.

Sweet cravings after weight loss surgery:

I have come to realise that this is very common and the more I talk to our patients the more I realise that this is a very real issue any stage of recovery after surgery. I have a theory (it is not proven but everyone who I have talked to agrees with me).

After weight loss surgery, in general your relationship with food changes. I bet that you get very little excitement when you think about your protein shake in the morning for breakfast or your tuna and crackers for lunch. Food essentially becomes a chore that you need to think a lot

about and take your time with, it is often no longer the fun, easy event of your day. However, there is still a group of foods that is easy and fast to consume and will never lose their taste, **carbs/sugar**. I have patients who eat these foods, even when



they know it is wrong and some people eat them even when they do not actually enjoy the taste of them. Seems difficult to believe especially when they know that they are affecting themselves adversely, gaining weight and upsetting their blood sugar levels.

But remember what David said initially, that you need to find something else to give your brain a buzz...well for these people who are struggling with sweet cravings and indulgence, often this is the case, as that 'thing' has not yet been discovered. David would say, "you need to find something else to obsess about that is not illegal, immoral

or makes you fat". This is very true. Your brain is very powerful and even if you have the best intentions to follow the rules, your brain will recommend leading you astray and if you are having a 'weaker' moment, usually at about 4pm, watch out! As you will be more likely to fall into this trap.

For those who ate to their emotions before surgery, it is so important to find a different way to cope with life's emotions. This is why we have the holistic team here to give advise in these types of areas, to help you keep on track and to help those who have 'fallen off the wagon'. Trust me, if



you think you are the only one, you are mistaken, I see about 3-4 people a week to talk about weight regain and we spend time brain-storming ways to keep on track and we work closely with either Ann or Donna to maintain these new habits. Remember, that food has often been an issue in your life for a long time and it takes time and lots of hard work to keep the issue at bay. You will win some days and not others, but getting support will really give you a better chance of succeeding.

Please call us and make an appointment to come back if you are struggling with life and gaining weight, we would like to help you now before the issue gets greater.

Waikato/Bay of Plenty Support Group: The October meeting will be held on Sunday 9th October at The Cook, Cook Street, Hamilton from 2pm-4pm. It has been fantastic to see so many new people come along over the last 2-3 months and coming from right throughout the Waikato and Bay of Plenty regions. If you would like to be added to our database or our "Private" Facebook page please contact Barbara at chickie_babe@ihug.co.nz or 021 139 3805.

'EatMe' competition: This month I asked for some tips from those who have survived social situations who have not told others about their surgery. There were many fantastic ideas, so I have put them all below as I think that they will be useful for everyone at some stage: The winner is Anonymous (1) and Anonymous (2) and he/she will get a free protein powder tub.

- I get a normal sized meal, I eat what I can and slip the rest to my partner. We usually get different things so that we can swap foods and it doesn't look out of place.

- I eat what I can and leave the rest, I play with the food and talk and try and look inconspicuous.

- Get a small plate of food, if any one questions it I just say I got hungry earlier and had a snack.

- I eat what I can, then I clear my plate away, this works at people places. At restaurants, if I am by myself (not with partner) I will just hand my plate to the waiter when they pass and say I have finished thanks. If my partner is with me usually I wait until he has finished his meal and put our plates together and hand then to the waiter. - Anonymous (1).

- Tell people that I eat several small meals a day in order to control my portion sizes and not give in to 'bad food choices'.

- I always drive so have an easy out for saying 'no' to the second glass of wine, and a great excuse for sitting on the one glass for a long time. - Delphine

- Act confident and be slow: if I didn't act like there was anything to draw attention too, then no one's attention would be drawn. We went to a Japanese restaurant, I ordered a tofu dish it came with veggies and rice. I ate the tofu first, slowly, by the time I had finished, most people had nearly finished their meals. I ate a few veggies, but mostly just moved them around my plate. I gave the rice away to a friend who wanted some more. - Mythrayee

- Tip on drink in social settings. Take a bottle of Low Cal Lemon Lime and Bitters fill a wine glass, sip the glass of "wine" all evening, and no one takes any notice. - Mary

- If people ask about how I lost the weight, answer with "portion control and exercise" I don't like lying so saying this much has worked for me.

- If you are standing around chatting at an event, grab a glass of water, position yourself away from the nibbles, strike up a conversation with someone and don't let the food even become a problem. - Lisa

- Before going to a restaurant for the first time, look online and check out the menu and if available the nutritional information, then work out what your options are. Also look for all the options that are low in fat/carbs and high in protein.

- When ordering a drink ask for a glass of water, let it sit on the table for the evening and no one even notices you haven't touched it.

- If someone comments that not much has been eaten - say, I had a late/big lunch so not very hungry this evening.

- Remember that no one really analyzes what anyone else eats, so I just relax and enjoy the evening and try to stick to the rules so you get there and back without feeling sick.

- If at a BBQ or pot luck situation, take some nutritious food and stick with that. - Debbie



- I actually ate a small amount of protein before I went out so I wasn't tempted to pick at the food there, I think eating before the event helped me greatly and will do this in the future. - Julie-Ann

- Alcohol drinks: have vodka and diluted apple juice with plenty of ice and alternate the next drink with just diluted apple juice and ice. I find this very filling and am still involved socially otherwise I prefer to be the sober driver. - Anonymous

As far as telling people about the op or not:

1) The straight up approach "I had a gastric bypass, its been so life changing the best thing I ever done, come for coffee and we'll chat about it, here is not a good time we can chat better over coffee anyway tell me what you've been up to" (If they are really interested they do end up coming over and then its up to you to dictate how much you want to share).

2) "I have chosen to lead a healthier life style & better food choices, exercise & more sex"- (this always changes the subject).

3) "You've lost so much weight wow how did you do it?" "Thank you, yes, I feel a million bucks, but never mind me, you look fabulous yourself where did you get your shoes?" - if they persist I resort to the above 1) or 2).

NB these are what I use in social situations as it is not a great topic during these times, however, in a private setting just use your gut on just how much to share.

I usually start by saying "I had a gastric bypass a personal decision that has changed my whole life. I have better health I am so much more fitter I love exercise and I am well and that's what is important to me. I wish I knew about this operation years ago. Usually following this comment you get asked the number 1 question "how much have you lost" and its simple I just say it xxkgs. Its up to you then as to how much more you wish to share. -Anonymous (2) 2 years post-op

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

'Eatme' are now selling the chewable Celebrate Bariatric Vitamins on the EAT ME website under a new tab named Bariatric: <http://eatme.net.nz/celebrate-bariatric-supplements.html> If you are struggling with the prescribed supplements, perhaps you can try these.