



Surgical Obesity Services

Helen Kingston's Story...

Next Christchurch clinic: November 26th 2011

Some notes from a very happy WLS client
18 months post surgery.
Helen Kingston



March 2010 = 128.4 kg

I've enjoyed reading the stories in the monthly newsletters, I have found them really encouraging. As my story is so similar to others, I will highlight a few observations and encouragements that helped me.

Firstly, I need to say that the support and help I got from David and his team was excellent. I had problems with strictures, requiring 3 stretches under anesthetic. Zola was there, as food got stuck and calmed me, it was she who first realised that I had a stricture. Zola would often ring

to check up on me. Thank you Zola. Thank you David.

I am glad that I did not fully realise what was in store for me, as I may have chickened out. Now, however, I am so pleased, and my only regret is that I hadn't been able to have the surgery sooner.

My diabetes threat was over, my blood pressure came down so that now I am medication free, my joints appreciate less stress as well, all very positive outcomes of WLS surgery. I also look and feel so much better, more energetic, and with greater self esteem.



No-one ever called me fatty, but I get called skinny a lot now, and cant really respond by saying hello fatty, or make any other comment, that can be difficult!

There is at least one drawback to WLS, prior to surgery. I did not often have people want to sit next to me on the bus, now its a different story. I came home one night and said to my husband that everybody wants to sit next to me now! His comment was that he got a picture of everyone lining up just to sit next to me!

Recently my husband complimented me by saying you look good in clothes! I knew he meant that I was looking nice in what I was wearing, but actually he was right, without clothes, I do look a sight with lots of loose skin, however this doesn't bother either of us, and at 64 and I am happy to look nice with clothes on!

I do have one concern that worries me. Meeting others who have had WLS, I see a common trend of how much can we eat, especially the things we know we shouldn't. For me, I do not want to ever go down that road of being out of control with my eating. I am sticking to my proteins, veggies, portion sizes, and supplements. I appreciate what David said, that WLS was only a tool, and for me, this has given me a new lease of life.

Thanks again team, this has been quite a journey, but the rewards have been worth every step along the way.

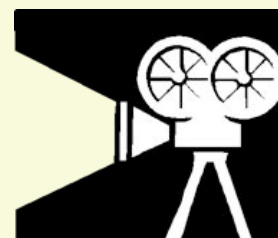


Sept 2011 = 70 kg

New website:

Hi all. We are in the process of upgrading our website and we are looking for about 5 patients who are willing to allow their weight loss journey testimonials on our website for potential patients to read and be inspired. We would also like to do a small video (at some stage) as well, this will eventually become a DVD and this will involve you speaking about your journey in front of the camera. If you are keen to help us out, let me know (by emailing or calling Zola) so that we can arrange the rest.

Regards David Schroeder.



'EatMe' competition: This month I asked for some tips from those who have survived social situations who have not told others about their surgery, **no one** emailed back for this competition. So we will do it again. The winner will get a free protein powder tub. Remember, that I can say anonymous if you do not want your name printed in the newsletter.



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

Sugar-free lollies

Although there is nothing wrong with these products, they are completely safe and tasty. But there are some misunderstandings about these products that I have discovered over the last few months. There seems to be an idea out there, that these lollies are 'free' meaning no calories.



Unfortunately this is NOT the case. Each lollie, on average, has about 10-15 calories, so if you eat 1-2 a day, this is harmless, however, if you are eating a whole packet a day, this will become an issue. I will put it in perspective, 1 can of diet fizzy (diet coke, coke zero, sprite zero) has about 1-1.5 calories per can.

Therefore, you are better off to have the diet fizzy, as this is going to give you a greater 'fullness' factor than 1 lollie and there is about 10 cans of diet fizzy to 1 sugar-free lollie - so I know which one I would choose.

If you don't like fizzy drinks and you eat sugar-free lollies, a minty flavour lollie is best, as often you only need 1 to satisfy, whereas, the fruity flavours often results in the whole packet being consumed, also watch those Werther's original.



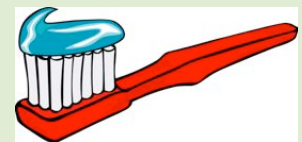
To learn amount how many calories there are in each lollie, look at the back of the packet. Look at the energy per serve (KJ), to convert this in to calories, half it, then half it again. Then look at how many lollies are in a serve.

For example, if the energy per serve is 200 KJ, then you half this then half it again, which is 50 calories. If there are 3 lollies per serve then you need to divide, 50 by 3, which is 16.6 calories per lollie - which is too high if you are eating more than 2 per day!

Forgetting to take your supplements?

Please remember that when you came here initially you were told that you would need to take supplements for life, that's means, everyday. A routine needs to be developed so that you do not forget these. Most women will be on iron/folate, multivitamin, calcium and B12 (tabs, under the tongue or B12 injections). Most men will be on folate, multivitamin and B12 (tabs, under the tongue or B12 injections).

A good time to take these tablets in when you brush your teeth. Most people brush their teeth twice a day, so for **women**



who are on iron and calcium that can not be taken together, this is no longer a problem. Take your iron/folate, B12 and multivitamin when you brush your teeth in the morning, then take the calcium in the evening before you go to bed. Just remember to keep a glass of water near them or a water bottle.

Men you can take all of yours in the morning, so do the same thing - take them when you brush your teeth.

If you are not in the habit of brushing your teeth daily, then you need to keep your supplements near something that you do routinely/daily so that you do not get in to the habit of forgetting these.

Please remember that you can not eat your way out of deficiencies, you can not eat much and what you do eat, is not fully absorbed, so you can not get out of it - please take them. **FOR LIFE** (unless we tell you otherwise).



Waikato/Bay of Plenty Support Group: The next support group meeting is on Sunday 11th September from 2pm to 4pm at The Loose Goose Cafe, 7 Main Road, Tirau (Southern end of Tirau). Any queries please contact Barbara at chickie_babe@ihug.co.nz or 021 139 3805