

Message from David:

Some of you may have seen comments by Mr Richard Stubbs in the Dominion Post in an article on obesity surgery on Saturday 21st August. He was quoted as saying that "a third of bands fail at 6 years and need to be replaced". This is untrue. What did happen last century was that we had a lot of problems with slippage, and this did create the need for reoperations. This century our reoperation rate is around 2%, and 1% have had to have their bands removed. We know slippages occur because of patients not coming back for deflations when they are in the red zone, so most of the time they are self-inflicted and preventable.



Finally, I have never had any of my bands break. The design is very reliable. I hope this puts your minds at rest, unless you are regurgitating frequently, in which case you should come back and have a deflation!

Rosemary lemon chicken thighs

- 1 lemon, zest and juice
- 2 tablespoons fresh rosemary
- 1 clove garlic, chopped
- 2 tablespoons avocado or olive oil
- 10 boneless chicken thighs, skinned

1. Make marinade by combining lemon zest and juice, rosemary, garlic and oil.
2. Slice chicken thighs in 2-3 evenly sized pieces and thread onto skewers or use whole.
3. Place chicken in marinade and rest in the fridge for 10 minutes.
4. Grill or bake until juices run clear. Serve with fresh vegetables.

Serves 6

Recipe adapted from HealthyFoodGuide magazine



**SURGICAL
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Patient Profile

Name: Nicky Selwood
Operation : Lapband
Length of time post surgery : 2.5 weeks (op date 15/07/11)

I have been dieting on and off since the age of 14. I remember vividly walking into my first weight watchers meeting with great trepidation, little did I know it would be something I would still be doing 32 years later.

My lack of confidence, depression and the overwhelming feeling of disgust has always been like a huge weight (no pun intended) round my neck.

Most weeks I would start a new "diet", I would obsess over counting calories, carbs v protein, low GI, no GI, all meat, no meat - I've tried them all.

Occasionally I would do well (sometimes for as long as 4 weeks or as little as a day). Giving up was the easy bit, I could reward myself for having given "it" another go - I would usually end up eating my own body weight in cake or diving into a vat of chocolate!

My heaviest weight tipped the scales at just over 100kgs. I have always hated exercise and associated it as a form of punishment - as a child I would hide in the changing rooms to avoid dreaded PE.

So as you can imagine it came as no surprise to be told prior to surgery I had high blood pressure as well as high cholesterol, not exactly a shock after the way I'd abused my body!

After trying all other avenues I began reading about Lapband surgery. Not for a minute did I consider it an option for me. Then one day while surfing the net I happened to come across the website for Wellington Obesity Surgery. They were having an information evening (on my birthday) so when I was asked what I wanted as a present - the answer was easy. I wanted to see if this could possibly be something for me.

Expectations were high. I had read everything possible about the procedure and had even tracked down a couple of people who had had it done. The major expectation was the operation was going to help turn off the "eat everything in sight" switch in my head!

The operation went without incident, I wasn't nervous, more excited than anything. The first few days were uncomfortable but once the dreaded gas began to dissipate things got easier with one exception.....

HUNGER - what a shock to be so flaming hungry. I was constantly thinking what can I have?? I am aware of the difference between head and stomach hunger and trust me this was most definitely stomach!

I was so disappointed, the money, the time off work, I'd told family and friends and it hasn't worked "OMG the shame of it!"

Fear not though, once I got off liquids and mush my body soon let me know when I'd had too much to eat. Avoid eating quickly, it really will come back to bite you otherwise! I've learnt to eat slowly and stop when I've had enough, there's no need to clear the plate.

It's still very early days - until I've seen Dr Schroeder I'm taking it a day at a time. I am aware it is a journey and will not always be easy. I lost weight pre op, but nothing post op, yet.

My parting advice to others coming through the clinic: Remember there is no such thing as a silly question.

Nicky plans to keep us updated over the coming months so we look forward to hearing how things are progressing for her very soon.

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.

WLS Fundraiser – Tea towels



SOS Wellington will be selling tea towels to help fundraise for this year's WLS conference. The aim of this is to make it possible to bring keynote speaker Katie Jay to the conference from the USA. Teatowels are \$10 for a pack of 2. As we hope you'll agree, this is a worthy cause and we invite you to support it so check out the tea towels next time you're in the clinic.

Website Testimonials

Our Wellington and Hamilton Surgical Obesity Service websites are getting an upgrade. As part of this we are hoping to include a variety of testimonials from patients. We think it's important for those visiting the sight and considering surgery to see just what is possible. If you are interested in being a part of this please do let us know by emailing Ruth (dietitian@obesitysurgerywellington.co.nz.) Many thanks.

Wiggle-ercise

Move over zumba. Here's an idea for busy Mum's and Dads who find it hard finding time to exercise while looking after young children. It's simple. Put on some fun kids music,



The Wiggles are the recommended option, then get boogieing with the little ones. I'm told you can even get up quite a sweat! Every bit of extra activity you do is a bonus for burning excess energy and the whole family can have fun doing it.

You can easily download The Wiggles or any other albums off itunes and play the music through your computer, or even better transfer it to your phone, ipod or mp3 so you've got some quick, active, and fun entertainment everywhere you go. Get Wiggling! Thanks to one of our super mums for this idea.

Where Are We...

Feel free to visit or contact us any at time

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