

Welcome.....

Welcome to the first edition of the Wellington Banding newsletter!

As many of you are already aware, our practice down here in Wellington is growing. Earlier this year we moved in to our new offices base on Thorndon Quay. Since then the team has undergone a number of transformations. Our services now include Janya our Nurse and Practice Manager, Aileen our Receptionist, Sue our Counsellor, Julie our Dietitian, Lucy our Physiotherapist and of course David, the driving force behind the operation.

Here at Surgical Obesity Services we aim to produce safe, long-term, effective weight loss by offering quality, on-going support. This newsletter is just one of our strategies in achieving this goal. Each edition will bring you up to date relevant research, useful tips to help you on your weight loss journey and details on up and coming events within the practice. There is also the opportunity to have your say through real life success stories and patient feedback columns.

We hope you enjoy this edition and look forward to making this a regular feature of our service.

Kind Regards
The Wellington Banding Team



Size Really DOES Matter

Over the past few weeks we have noticed a number of patients experiencing problems with regurgitation. On closer examination, the majority of these cases were caused by patients not chopping their food in to small enough portions. It is vital that all food is cut in to 2cm by 2cm size pieces before consumption. Small portions combined with thorough chewing will ensure food can safely pass through the band without getting stuck. Taking a few small sips of fluid before you begin your meal should further eliminate the likelihood of regurgitation as the mucus plug will be flushed though. A well-varied diet should be possible if you take the time to make these suggestions habit. If you do

not have the 'Great Ideas in Nutrition' plate model, please contact the offices and we will arrange one for you.



'Nothing Tastes As Sweet As Being Slim'

Mini Frittatas

It can often be difficult to find ideas for lunch meals. This Mini Frittata recipe can be made in advance and frozen ready for the busy week ahead. Add a side salad and you have a tasty lunch meal that is high in protein and low in fat.

Ingredients

Vegetable oil cooking spray
8 large eggs
½ cup of trim milk
½ teaspoon of ground pepper
½ teaspoon of salt
1 cup of thinly sliced ham, chopped
1/3 cup of grated Edam cheese
2 tablespoons of chopped fresh parsley

Method

Preheat oven to 180°C
Spray mini muffin tins with oil spray
Whisk the eggs, milk, pepper and salt in a large bowl to blend well.
Stir in the Ham, cheese and parsley.
Fill prepared muffin cups almost to the top with the egg mixture.
Bake until the egg mixture puffs and is just set in the centre (approx 8-10minutes)
Serve with garden salad.



Up and Coming Events

Our information evenings provide a great opportunity to gain an understanding of what drives us to eat and the reasoning behind why some of us find it difficult to control our intake. You will also gain an insight into how the band procedure can work as a treatment option for obesity. These evenings are held monthly and are free of charge. If you know of anyone who may be interested in attending or you would like to come along yourself, please give us a call at the office to make a booking. Up and coming dates are as follows;

17th December at 6.30pm

Where Are We...

We now have brand new offices on 242 Thorndon Quay, First Floor, above Living Edge Furniture Store, Wellington.

Please feel free to visit us at any time or contact us by phone 04 473 6887, Fax 04 473 6883, or email wellingtonbanding@xtra.co.nz

Aileens Story

Many of you may have already had the pleasure of meeting our newest addition to the team. However you may be unaware of the remarkable journey Aileen, our receptionist, has travelled to get to where she is today.....

I started as a patient at the Surgical Obesity Clinic on 21st March at the Southern Cross Hospital. My first appointment was with David and it was a very exciting appointment with lots of emotions all rolled into one. David was fantastic and covered so much information with me, by the time I left I was booked for surgery and had decided I was going to have the Gastric Lapband. My surgery was eight weeks away and he started me on the pre op diet that day. Wow eight weeks..... I wasn't expecting that but I was determined to make this work and meet all my goals.

Once I got going on the pre op diet it wasn't that bad. I just had the mind set that there was going to be no cheating, no diverting and the food that was on the list was all I was getting for dinner. I did feel hunger in between my meals but I found that a cup of coffee, heaps of water and the odd sugar free lollie helped me get by. I also decided very early on which type and flavour of meal replacements were my favourites and just stuck to those ones. The eight weeks went by really quickly. I think it does when there is a surgery date at the end of it.

My operation was in May and to date I have lost 44.9kg. It has been an amazing journey and one that I would repeat all over again if I had to. Since my operation the rooms in Thorndon have been opened and the additions to the team have all been absolutely amazing and supportive through these last few months.

In August I was having a follow up appointment with Janya and found out that Angela, the front line, was leaving the team. I was lucky enough to be asked by David and Andrea to join the team. I had always worked in Customer Care roles but not in the medical industry. I feel so privileged to be working here for something I strongly believe in. I am looking forward to meeting all the patients and being able to support and guide them on the same journey I am going through myself.

Everyone's stories for making the decision on surgery and going through this are so inspiring. I have a saying that works well for me:

'I'm not where I need to be, but thank God I'm not where I used to be. I 'm okay and I'm on my way'
-Joyce Meier

Aileen

Have Your Say

We would love to involve you in our up and coming newsletters. Please contact us if;

- You would like to share your success story
- You have any recipes
- You have any tips that have helped you on your journey so far