

Saints For Wellness Support Group Meeting

Attention Pre-Surgical Patients:

Your surgeon requires you to attend one support group meeting prior to surgery. No registration required. Please bring a support person with you if desired. At this meeting you will be able to sample protein, hear other patient testimonies and CONNECT with some post op patients! I would arrive at the hospital around 9:45 am to allow time for parking. You must enter through the Main hospital entrance first floor, Building 50. Your surgeon's office is closed on the weekends. You will go to the second floor and be directed to the meeting. Typically we sample protein till 10:15 am then present an educational lecture for 20 minutes, and then patients that have had surgery share their testimony. You should be done by 11:45 am at the latest. Your certificate of attendance will be on the window seal in the hallway at the end of the support group for you to turn in to your surgeon.

Prior to surgery you will need to be on a pre-surgery liquid diet 1-2 weeks depending on your surgeon's guidelines.

Pre-op operative weight loss is desirable to possibly decrease the risk of complications for our patients scheduled for weight loss surgery.

Pre-operative weight loss also:

- Reduces liver size and intra-abdominal fat
- Improves visual field
- Reduces co-morbidities
- Increases patient's understanding of post-op requirements
- Reduces operating time
- Reduces post-operative risks

During this time it is imperative to supplement the appropriate protein shakes to keep you healthy and make you feel better. At support group, you will have the opportunity to sample varieties of protein shakes. I have discovered that finding a protein supplement that works before surgery and after surgery is very difficult. Sometimes patients will find that their tastes may change after surgery which is why we don't encourage patients to purchase protein in bulk before they have surgery. Please make sure to sample protein at the meeting. If you find something that you like, I would encourage you to buy it and incorporate it into your current lifestyle. If you do not have a surgery date already, please write down the flavor that you like. If you don't find anything that you like, you can certainly go to other stores such as Wal-Mart, GNC, etc. as long as it meets the requirements from the pre-surgery liquid diet. I do not care where you purchase your protein, I only care that you stay HEALTHY! So sample, sample, sample! Also, keep in mind you can purchase protein, vitamins, and calcium at any support group meeting or at the pharmacy/ apothecary) Please do not purchase vitamins or calcium until you have sampled them at the nutrition prep class.

Thank you so very much!

Veronica Patterson, RN, CBN

Bariatric Program Coordinator

2017 Surgical Weight Loss Saints For Wellness Support Group Meeting Schedule



| | |
|----------------------------|---------|
| January 21 st | 10:00am |
| February 18 th | 10:00am |
| March 18 th | 10:00am |
| April 22 nd | 10:00am |
| May 20 th | 10:00am |
| June 24 th | 10:00am |
| July 15 th | 10:00am |
| August 19 th | 10:00am |
| September 16 th | 10:00am |
| October 21 st | 10:00am |
| November 11 th | 10:00am |
| December 9 th | 10:00am |

Nutritional Assistance
Dietitian 205-838-3545

St. Vincent's East
50 Medical Park East Drive
Birmingham, Alabama 35235
Location:
Classrooms 1-3 Second Floor
Main Hospital
**You must enter through main
hospital entrance**

Guest speakers at meetings.
Learn more about weight loss surgery at:
<http://www.stvhs.com/bariatrics/>

Veronica Patterson RN, CBN - Host
Bariatric Program Coordinator
Surgical Weight Loss Program
205-838-6299
veronica.patterson@stvhs.com

Saints For Wellness
"Weight A Second"
Connect 2017

Email
veronica.patterson@stvhs.com
to receive