

## 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 <sup>st</sup>	10:00am
February 18 <sup>th</sup>	10:00am
March 18 <sup>th</sup>	10:00am
April 22 <sup>nd</sup>	10:00am
May 20 <sup>th</sup>	10:00am
June 24 <sup>th</sup>	10:00am
July 15 <sup>th</sup>	10:00am
August 19 <sup>th</sup>	10:00am
September 16 <sup>th</sup>	10:00am
October 21 <sup>st</sup>	10:00am
November 11 <sup>th</sup>	10:00am
December 9 <sup>th</sup>	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  
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Saints For Wellness  
"Weight A Second"  
Connect 2017

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*to receive*