



# SIOS Newsletter

VOLUME 1, ISSUE 1

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## SIOS Team Members

### SURGEONS

Dr Michael Talbot

Dr Alex Matthews

Dr Vytauras Kuzinkovas

Dr Oliver Florica

Dr Fadil Khaleal

### WEIGHT LOSS GPs

Dr Phillip Seeley

Dr Georgia Rigas

### PSYCHOLOGISTS

Dr Bernadette Bywater

Ms Marie-Lisa Boukarim

### DIETITIANS

Ms Tania Chaanine

Ms Leanne Waldron

### PRACTICE NURSE

Ms Susan Castagna

### FITNESS & LIFESTYLE CONSULTANT

Mr Adrian Cuda

### ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

## ASK DR PHIL?

### Why do I always regurgitate saliva after the first few bites of my dinner? Greg

Firstly the function of mucous in the body is as a barrier to infection and a clearing mechanism for foreign particles and food. It is also a lubricant and it aids in the transit of all substances through the body. It also carries immunoglobulins to fight infection and protects the surfaces of the gastrointestinal tract from the acid and alkali environment.

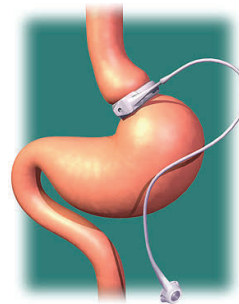
It is produced from the mouth to the anus. You probably didn't want to know that. When the flow of mucous is interrupted by weight loss surgery, the mucous tends to pool in the oesophagus, rather than passing seamlessly into the intestine where it is broken down and resorbed. Normally the presence of mucous is not appreciated. With weight loss surgery, it is, sometimes.

When mucous accumulates above the band, it may leave little space for food. Furthermore it is sticky and tends to make the oesophagus collapse preventing the passage of food. This also happens to people without weight loss surgery, but certainly not to the same degree.

Typically the patient experiencing mucous issues finds that pain or regurgitation is experienced after the second or third bite. Regurgitation

may dislodge and remove the mucous plug allowing normal eating. This could be referred to as "unplugged".

To overcome mucous issues



therefore, the four minute rule has been suggested. This involves taking the first mouthful and waiting a good four minutes before further mouthfuls. This may propel the mucous from the oesophagus into the stomach or clear a pathway through the mucous. If there is still a problem, and this typically occurs after the second or third mouthful, a hot drink is suggested prior to the meal. If there is still a problem tolerating solids, there is the possibility that the band is too tight.

The other major factor that may influence mucous is the number of meals a person has throughout the day. Experience has shown that if there is a long interval between meals, the mucous becomes

stickier and thicker becoming a barrier to the easy passage of food. It is therefore recommended to eat regularly and not skip meals. If a meal is missed, it should be anticipated that a longer time must be waited before the second mouthful. Certainly a hot drink may be necessary. If missing a meal is anticipated, having an apple or other piece of fruit may help clear the mucous.

Other factors that may affect mucous are respiratory tract infections, a woman's menstrual cycle, relative stress and medications. These are issues for review and investigation.

It is important to add that there is a little controversy about mucous. There is a school of thought that believes that mucous may be produced acutely when there is oesophageal obstruction. This theory does not change the management principles as outlined above and the authors feel that this is unlikely and does not support their observations.

### Ask the expert!

For the next newsletter, please direct your questions for publishing to Dr Phil at [info@sios.com.au](mailto:info@sios.com.au)

# Importance of Vitamin D



Vitamin D is important in many ways. Vitamin D helps maintain bone density, healthy bone growth and helps maintain the normal functioning of the nervous system. It is also crucially important in aiding the body's absorption of calcium from the diet.

Most of our vitamin D comes from direct sunlight on our skin. A very small amount comes from some foods such as fatty fish (salmon, herring and mackerel), liver, eggs and fortified foods such as margarine and low fat milks. However, dietary intake of these foods is

not sufficient to maintain adequate levels of vitamin D. In Australia, the main source of vitamin D is sunlight. To get enough sunlight for your body to make vitamin D, you need to expose at least your hands, face and arms to sunlight for about 5-15 minutes 4-6 times a week. Elderly people and people with darker skins need more sunlight exposure and that is about 15 minutes 5-6 times a week. We need at least 400 to 600 IUs (international units) of vitamin D daily. If you do not get enough exposure to sunlight, you need a vitamin D supplement of at

least 400 IUs daily. Obesity can also impair vitamin D utilisation in the body, meaning obese people even need twice as much vitamin D.

As a multivitamin is highly recommended after gastric banding, it is important to ensure that your multivitamin contains adequate vitamin D to avoid deficiencies. If however, you are deficient in vitamin D prior to having surgery, then a higher dosage of vitamin D is required. So to ensure good health, take your vitamin D supplementation as recommended by your Doctor or Dietitian.

# Fitness & Lifestyle

Exercise and being active is one of the best ways to get the most out of your band.

Exclusive to SIOS patients, group exercise classes are now available.

Group sessions provide a friendly environment where other members in the group are experiencing the same challenges.

Do you feel like your band is not working or that you have hit a wall and are not achieving what you want?

Be one of the first Three people to register on [www.thebandnu.com.au](http://www.thebandnu.com.au) and receive a six week one on one personal training valued at \$799 for free.

SIOS weekly training programs include 2 hours of fitness and fun accommodating all levels of fitness. Sessions are available on Wednesdays from 6-8 pm and Saturdays 8-10 am.

For further information call 1300 692211 or 0401 004646.

# Come to the Support Group

A support group is held 6.30-7.30pm, on the first Tuesday of the month here at SIOS. It is facilitated by a member of staff who presents a topic for discussion at each session.

The topics will be posted on the notice board in the waiting room, or you can telephone Anna or Maria to

find out what is coming up. Any requests for topics of interest are welcome. There is also an opportunity during the session to discuss particular difficulties that you might be having and to share good ideas for what works.



**Support Groups are held on the first Tuesday of every month at 6.30pm @ SIOS**

Be one of the first 3  
to register at  
[www.thebandnu.com.au](http://www.thebandnu.com.au)  
to WIN!!!

# Psychology Services at SIOS

## Meet the psychologists at SIOS

One of our key strengths at SIOS is the level of after-care support that we provide. Research has shown that ongoing support after lapband surgery is an important factor in achieving good results. If you are not achieving your goals, make an appointment to see one of our team of specialist weight-loss professionals. We are here to help!

Our psychologists Dr Bernadette Bywater and Marie-Lisa

Boukarim are available for post-operative support for all SIOS patients. We have psychologists as part of the team at SIOS because they are experts in behaviour change. They can help you to work on issues that are directly related to your weight-loss journey including body image, staying motivated, non-hungry eating, exercise habits and adapting to weight loss. They will provide an individualised treatment program for you based on up to date scientific research.

They also provide treatment for broader issues that are having

an effect on your weight. This could include difficulties such as stress-management or low mood, which are common triggers for overeating.

Psychological treatment may be subsidised by Medicare for some clients with chronic health conditions or mental health difficulties. You will need to be assessed by your GP for eligibility for psychological services under Medicare.



DR BERNADETTE BYWATER



MS MARIE-LISA BOUKARIM

## Recipe: Chilli Con Carne



Legumes are one of the best sources of soluble fibre. They are low in fat and high in good quality protein. The soluble fibre helps lower levels of damaging LDL cholesterol in the blood, thus lowering heart-disease risk. They are low GI meaning they slow down carbohydrate absorption especially valuable to people with diabetes and insulin resistance. Legumes also provide insoluble fibre, which can help

reduce constipation.

### Recipe

- 1 tsp oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 tsp cumin seeds
- 500g low fat minced beef
- 1 green capsicum, chopped
- 1 large carrot, chopped
- 120g tomato paste
- 1 tsp of chilli powder or crushed chilli

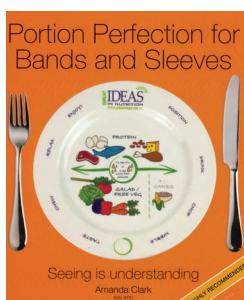
2 cups of home cooked or canned kidney beans

### Method:

Heat oil on high heat, then add onion, garlic, cumin seeds and meat. Brown stirring frequently. Add remaining ingredients except beans and cook on med heat for 30 minutes. Add beans and heat for another 10 minutes. Serve with a salad.



## Book Review: Portion Perfection for Bands and Sleeves



Available at SIOS- \$34.95

Portion Perfection for Bands and Sleeves book is low on words and high on pictures - it's easy with Portion Perfection for Bands and Sleeves - seeing is understanding. This book has been designed for Australians and New Zealanders having undergone gastric banding or sleeve gastrectomy surgery. Die-

titan and author Amanda Clark has determined our most commonly prepared and bought meals and foods, and through careful analysis, determined exactly how much to have. She has added tips regarding specific foods that can be a problem for gastric banding.

*" A great read, very educational and easy to comprehend. I am positive that lap-band patients will find this book invaluable"*

Tania Chaanine,  
Dietitian, SIOS

# Dr Drielsma— Body Contouring

Dr Drielsma is a fully qualified Plastic and Reconstructive Surgeon. He has pioneered the introduction of bodylifting to Sydney and offers a wide range of body contouring procedures following weight loss including Bodylift, inner thigh lift, arm lift and breast lift as well as face lifting.

If you have undergone massive weight loss you may have new concerns and problems related to skin laxity, excess and collapse. Most individuals having undergone massive weight loss complain of similar skin laxity issues. These include skin excess, sagging and collapse of the abdomen, lateral thigh and buttock, skin excess and droop of the inner thigh, arms and breasts and often neck and face. Often individuals who have under-

gone massive weight loss feel some disappointment and sometimes regret at their new appearance of skin laxity and drooping, feeling that their pre weight loss “filled out skin tight” appearance was preferable.



In the case of massive weight loss and often in the case of middle aged women, a more comprehensive skin tightening of the abdomen, lateral thigh and posterior buttock will give vastly superior body contouring improvement enabling such patients to “get their figures back”

Suitability will depend on formal consultation where it will be decided if liposuction alone, abdominoplasty with liposuction or body lift is more appropriate for the individual patient. A thorough consultation where examination, suitability for surgery, assessment and surgical planning will be discussed is the essential first step in embarking on the very effective road of body tightening and reshaping following massive weight loss.

Highly informative seminars are organised via The Sydney Institute of Obesity Surgery on body lifting and contouring. This will give you the opportunity to hear and meet the surgeons who are active in this important field of surgery.

For more information call Dr Drielsma on 1800 180 777, SIOS on 9716 3522



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For your follow-up appointments please call Maria or Anna on 97163522. If you are unable to keep an appointment or will be late for the appointment, please call us and we will be happy to re-schedule this for you. 24 hours notice is required for cancellation of appointments; otherwise a cancellation fee of \$50.00 may apply.

We ask that all our patients endeavour to arrive to their appointment on time, however we ask for your understanding if the Doctor is running late as we assess all our patients individually and on occasions this may take more time.

**For suggestions, stories or any other contribution  
to this newsletter please email us on:**

[info@sios.com.au](mailto:info@sios.com.au)

