

SIOS Team Members

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ASK DR PHIL?

Q:What is the “20-20” rule about? Sharon



The idea of the band is to eat less, probably about one quarter of your previous intake. Eating like a toddler in terms of amount and attitude is ideal. The 20-20 rule relates to twenty teaspoons of food in twenty minutes or more. Twenty teaspoons is a finite amount of food and much more precise than saying a small plate. In the past we have advocated eating only for twenty minutes but some patients have taken this to mean “eat as much as you can in twenty minutes”. Satisfaction may be better if more than twenty minutes elapse during the meal. Taking more than a minute between teaspoons is fine. It is especially helpful at the start of a meal.

A small amount of protein based food eaten with a teaspoon or epicure fork, **chewed adequately and swallowed each minute or more over twenty minutes** is the ideal way to use the tool. Choose quality food that you enjoy. Adjustments of the band will be made if the satisfaction time between meals is not adequate. If you are truly hungry within several hours of eating, then the band may need tightening.

Two to three solid meals is the regime to follow (solid means not sloppy or liquid but based around hard food). This may be two solid and one mushy meal or it may be two or three solid meals per day. Anything else is outside the formula for weight loss. A mushy meal may be necessary in the morning if the band is tight. This is a good opportunity to load up on fibre. There is also the opportunity for a snack between meals if hungry such as a piece of fruit or yoghurt as examples.

Ask the expert!

For the next newsletter, please direct your questions for publishing to Dr Phil at info@sios.com.au



Support Groups are held on the first WEDNESDAY of every month at 6.30pm @ SIOS. Suggestions and topics for discussion can be emailed to info@sios.com.au

LapBand Adjustment

When your LapBand is adjusted, fluid is added to the band via the port under your skin.

More fluid in the band tightens the band. Initially this can cause a little swelling. To avoid discomfort we recommend that you:

- Return to *fluids only* for 24-48 hours
- Slowly increase to *purees* as tolerated
- You can usually return to solids in 3-4 days.

If you do not tolerate fluids and purees, the band may be too tight. Please call SIOS for an

appointment to take a small amount of fluid out of the band.

If your band has been quite loose, you may have been able to eat easier without needing to chew as much. Don't forget that after your band is tightened you will need to chew more thoroughly once again!

Use this transition time to remind you of the basic steps:

- Take your time over your meal
- Take small mouthfuls
- Chew thoroughly

Medications and the gastric band

With cold and flu season upon us, it's easy to reach for some medication to get us through the day but it's important to remember the following rules with regard to medication when you have a gastric band:

- Use PARACETAMOL if you have a cold or flu.
- NSAIDS (Non steroidal anti-inflammatory drugs) such as Naprosyn, Nurofen, Advil, Voltaren, Indocid, Sudafed or cold and flu prepara-

tions containing this substance, or slow release medications such as iron tablets or Metformin XR will cause the stomach tissue to swell, which results in a tighter band.

If they must be taken, it is recommended that a stomach protecting agent such as Somac, Pariet or Nexium be taken.

Housekeeping

Changed address, phone number or GP? Help us keep in touch with you and your GP. Please remember to update your details with the receptionist when you arrive.

Got an email address? Email us at info@sios.com.au so that we can register your email address to receive important notices and improve communication with you.



Resistance exercises you can try at home

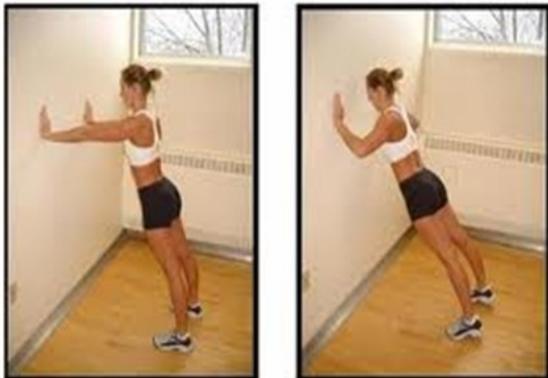
We realize you may not always have time to go to the gym but have you ever thought of exercising at home? Here are a few things you could try.



Chair/bench dips



Knee lifts



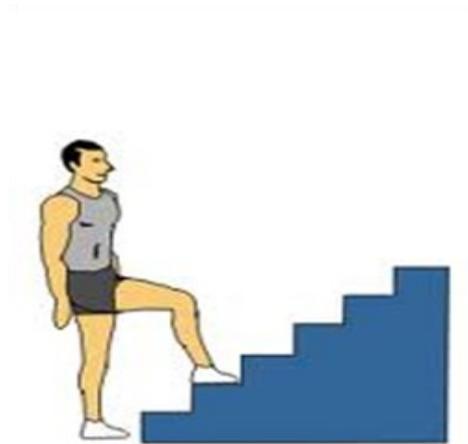
Wall push ups



Squats



Shoulder press



Stair climbs



Salmon

Loaded with omega-3 fats for heart health, blood pressure, vision and brain health



Blueberries

Great for skin and an excellent source of antioxidants to help fight free radical damage.



Walnuts

These are one of the best snack food choices, Great for your heart if you eat them in moderation.



Avocado

A great "good" fat for heart health. Swap butter for great tasting avocado.



Oats

Oats are warming, healthy, they keep you full and can keep cholesterol levels lower due to the soluble fibre they contain.



Sweet Potato

Lower GI than regular potatoes. Bake them as wedges or fries, roast, or mash.



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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 are committed to providing the best possible Medical Care at SIOS. At times we are obliged to spend more time than scheduled with some patients. This inevitably puts us behind in our efforts to deliver appropriate medical care to everyone on time. Please be patient with us and be assured that your health is of the greatest concern to us and that we will attend to you as soon as we possibly can.

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

info@sios.com.au

