

Northern Light Surgical Weight Loss Information and Support Group Sessions

Welcome to Northern Light Surgical Weight Loss. You can start by viewing our information session online.

Online Bariatric Information Session: To view please go to:

1. www.northernlighthealth.org/swlclass
 2. Click on **Free Information Session**
 3. Click on **Online information session** and view
*After viewing you will need to fill out the short questionnaire located at the end of the session.
This generates an email to us showing that you have completed all chapters*
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Online Bariatric Support Group:

Regular attendance at support group doubles the likelihood of successful weight loss after surgery. Those who regularly attend support group have a 3.7x greater success with weight loss surgery.

We recommend that you join our online support group via Zoom. This group is intended for those who are pursuing weight loss surgery and those who have already had weight loss surgery. The group will feature a Northern Light Bariatric Dietitian and a Northern Light Bariatric Surgeon to answer any questions you may have. **The group takes place the 3rd Tuesday of the month from 5-6 pm** and we encourage you to join as often as you like.

Email: vncurtis@northernlight.org or tfitzpatrick@northernlight.org to learn how to get registered

Support Group Guidelines

The weight loss surgery support group is designed for both before-surgery and after-surgery patients. The purpose of the support group is to provide information for the before-surgery patient by the sharing of experiences from people who have had weight loss surgery. The purpose is to also provide a safe, confidential environment to trouble shoot problems and to share questions and concerns for the after-surgery patients

- ◆ Maintain a confidential environment
- ◆ Type questions that you would like to have answered by the surgeon.
- ◆ Make sure you are muted during other's presentation.
- ◆ Focus on after-surgery experiences and before-surgery questions
- ◆ Before-surgery patients are encouraged to **listen** and **ask questions**
- ◆ After-surgery patients are **encouraged** to share "their story."
- ◆ The groups will start on time and end on time

Support for Your Loved One After Surgery

Weight loss is hard work!

Many changes come with surgery and your loved one needs your help. He/she needs to eat healthy food, so he must keep nutritious food on hand and plan ahead. She needs to eat slowly and chew thoroughly, so she needs to take 30 minutes to eat. He will have to become active as soon after surgery as possible. She will have to avoid eating for emotional reasons and be extra careful in social settings. And, he will still have to take care of all the other stresses in life! No wonder your loved one feels overwhelmed at times.

Good post-op care means finding ways to manage all those things and prevent “dumping”, overeating, and malnutrition. You want the best for your loved one – maybe she is a family member, or he is a friend. Maybe you would like to help reduce the stress or give a hand at preparing meals. You can make a big difference in your loved one’s success by learning how to support him or her.

TIPS FOR SUPPORT

1. Learn about the program. Attend classes and support groups. Go on-line.
2. Understand your loved one’s needs. What is hard for her? What could you do that would make things easier?
3. Talk about your own feelings. How are the changes affecting you? Tell your loved one what you need.
4. Offer help. Make dinner for her. Go grocery shopping together. Go for a walk with him.
5. Focus on the positive. Avoid nagging or criticizing. Notice the steps your loved one is making toward better health. Encourage and praise.
6. Try a new approach. If something isn’t going right, try a new way of looking at the problem.
7. Ask for help. Your loved one has a support network in the surgical weight loss program. Contact your medical provider if you suspect your loved one is depressed or in pain.
8. Reduce temptation. Keep inappropriate foods out of the house. Be a good role model for your loved one by serving and eating healthy meals.
9. Be active and invite your loved one to come along. Encourage but do not push. She needs to move at her own pace.
10. Say “I care about you, and I want to help.”

Daily Affirmations for Weight Loss & Weight Maintenance

Positive self-talk is an important component in your weight loss journey. Daily affirmations are one way we can achieve positive self-talk that helps us to feel good about ourselves and our progress in reaching our goals. If we are positive about our current state and our progress, we are more likely to be successful in reaching our goals. Take for instance a person who is always telling themselves they can't do something. Now compare that to someone who is always positive about their current circumstances and their future. Who do you think will be more successful in reaching their goals- the one who thinks they can or the one who thinks they can't? Positive input equals positive output. Daily affirmations can be powerful and effective in helping you reach your goals.

If you're ready to start feeling more positive about yourself and your weight loss journey, it's simple. Choose a handful of positive affirmations that have meaning to you, look in the mirror, and repeat them to yourself. You can do this in the morning before you leave the house, and again, before you end your day. Affirmations, like any personal growth exercise, take practice. In order to feel differently, you must think differently. Affirmations allow you to think about yourself in a new way. Positive daily affirmations act like a reset button, allowing you to dismiss the thoughts or beliefs that don't enhance your vision of who you are or who you want to be.

Choose from any of the following affirmations or make your own!

- ❖ I will eat healthy today.
- ❖ I am losing weight.
- ❖ My clothes fit better because I am losing pounds and inches.
- ❖ I feel stronger because I exercise.
- ❖ Exercise gives me the energy I need.
- ❖ My body is improving every day.
- ❖ My body is getting stronger, slimmer and healthier every day.
- ❖ I feel great and I look great in my skinny jeans.
- ❖ I love the foods that make me healthy.
- ❖ I am enjoying the process of being healthy and losing weight.
- ❖ I feel thin, alive and healthy.
- ❖ Every day I get closer to my goal weight.
- ❖ I enjoy living a healthy and active life.
- ❖ I am fit, healthy and attractive.
- ❖ I exercise with passion and purpose.
- ❖ I am the healthiest I have ever been.
- ❖ I am in control of my body.
- ❖ I am in control of what I eat.
- ❖ My activity level helps me to lose weight and keep the weight off.
- ❖ By eating lean proteins and fresh vegetables at every meal, I'm moving closer to my goal weight.
- ❖ I forgive myself and others, release the past, and move forward with love in my heart.
- ❖ My life improves each day and is filled with more energy, vitality, and passion.
- ❖ I release any fear and know I will succeed.
- ❖ I only eat foods that nourish my healthy body.
- ❖ I am strong, fit and healthy.

Weight Gain after Weight Loss Surgery

Weight maintenance is difficult, and weight regain can occur, even after weight loss surgery. We are committed to you for the long haul and below are some of the services we have available to help you after surgery should you experience any weight regain.

- Staying on Track Support Group: Free: Led by Dr. Nina Boulard, Clinical Psychologist on the second Wednesday of every month, 5-6 pm at Northern Light Health Center, Union Street, Suite 11. No registration needed. Just show up. This is a smaller group for postop patients only, usual attendance is 6-12 people. We ask that you come alone without a support person to this group. **This meeting will be held online only during the COVID pandemic.**
- Our online support groups, facilitated by our Bariatric Dietitians that take place the 3rd Tuesday of every month from 5-6 pm. Our Bariatric Surgeons will present at these support group sessions, so this is a great time to ask questions! Contact Sara Stanton for more information on how to participate (slstanton@northernlight.org).
- Have your metabolism tested—this test is called indirect calorimetry and it will allow us to figure out how many calories a day your body requires to assist with your weight control efforts. It is performed by the bariatric dietitian at the office on Union St. Call 207.973.6383 to register for this test which most insurance companies do cover though the code is 94690 if you wish to call and check. It is not billed as medical nutrition therapy—so even if your insurance does not cover dietitian visits, they may cover this.
- Meet with a bariatric dietitian either individually. You can schedule this by calling 207.973.6383.
- Consider the Northern Light Non-Surgical Weight Loss—medical weight management without surgery-- using a physician-supervised very low-calorie diet. To request an informational packet, please call 207.275.4440.



For those who have had weight loss surgery

- 2nd Wednesday, 5-6P
- Facilitated by Dr. Nina Boulard
- Online only*
- Free
- No registration required
- Only for patients (please leave your support person at home)



*During the COVID 19 pandemic these groups will be meeting online only.