

SMI NEWSLETTER

Supporting your health,
your sport, your life



- **Sport & Exercise Physicians**
- **Paediatric Rheumatology**
- **Upper GI, Bariatric & General Surgery**
- **Physiotherapy**
- **Exercise Physiology**
- **Podiatry**
- **Dietetics & Nutrition**
- **Occupational Therapy**
- **Remedial Massage**
- **Injury Clinic**

SMI Bariatrics Team

Headed by SMI's Upper GI, Bariatric and General Surgeon Dr Manjunath Siddaiah-Subramanya, the team consists of dietitian Annaliese Phipps and Exercise Physiologist Devlin Malone.

The team will guide you through the process to ensure the best possible outcome.

Dr Siddaiah-Subramanya is available in clinic on Thursdays and a referral is required.

To book an appointment with Dr Manjunath, CALL US on 9525 3444.

Dr Manjunath Siddaiah-Subramanya *FRACS, MMIS, MSurgEd*



Dr Manjunath Subramanya is a consultant Oesophago-Gastric, Bariatric and General surgeon. He undertook surgical training in UK and Australia. He a public appointment at Bankstown-Lidcombe Hospital and works at various private hospitals.

He trained as a specialist general surgeon in QLD, Australia after his move from UK. He then undertook further sub-speciality training in Upper GI surgery (through national board of upper GI training-AANZGOSA) at Perth and Austin, Melbourne (largest public bariatric unit in the country), including a senior fellowship in Upper GI cancer and Hiatal surgery (including revisional surgery) at Queen Elizabeth University Hospital, Birmingham, UK.

FREE BARIATRIC WEBINAR THIS JULY



FREE BARIATRIC WEBINAR

Bariatric surgery webinar by Dr Manju aims to provide you the starting point in your journey to gain healthy weight. This webinar is directed at the patients who could benefit the most from our Bariatric Surgery Program.

The webinar runs for 45–60 mins once a month and consists of 2 sections. The first section would be a presentation by Dr Manju (this could include a brief presentation by one of our allied health specialists) covering various topics related to bariatrics ranging from effects of obesity on general health to current guidelines that patients and GPs could take advantage of, to various surgical options available including a brief overview of their individual advantages and potential complications. The second section is where patients could take maximum advantage of by asking any questions that you may have related to either the presentation or weight related concerns or any elements of our Bariatric Surgery Program

These two sections would endeavour to cover these topics and more

- Obesity and its significance
- Health effects including cancer risk from obesity
- New international guidelines for obesity surgery
- Various surgical options, their mechanism and potential complications
- Our Bariatric Surgical Program
- Patient's journey from initial consultation to long term follow up
- Links to various commonly asked questions with answers (in video format) for your perusal at your leisure



Please register your interest using the link symbol at the bottom of the newsletter

WHAT DO YOU EAT WHEN HAVING BARIATRIC SURGERY AND WHAT HAPPENS TO YOUR BODY?



What can you expect before bariatric surgery?

Before a client has bariatric surgery a few things have to happen first. The first step, is a consult with an upper GI and bariatric surgeon, where they will decide together with you if bariatric surgery is right for you. If you decide to commence the bariatric surgery process you will be referred to a dietitian.

What happens at your first Dietitian appointment?

You will see a dietitian 2-6 weeks before your surgery, where they will conduct a full consultation with you to understand your goals, current lifestyle and review any blood tests that you completed prior to the consult. They will advise you to start a very low calorie diet prior to surgery for a specific length of time. This normally looks like three protein shakes per day, or low calorie soups or bars. Your dietitian will recommend some brands of these low calories products that contain all the micronutrients you will need during this process. You will also be asked to drink plenty of water, consume low-starch vegetables (such as spinach or broccoli), cook with olive oil and possibly to have one serve of lean protein per day. They may also recommend you take certain vitamins to correct any nutrition deficiencies that were shown on the blood tests.



ANNALIESE PHIPPS – DIETITIAN APD

Anna is an Accredited Dietitian (APD) who is part of our new upper GI and bariatric surgery team at Sports Medicine Institute. If you are having a bariatric surgery with our bariatric surgery team, she will be the dietitian guiding you through each step of the bariatric nutrition process. Anna also encourages people who have had bariatric surgery elsewhere in the past and would like to see a dietitian for ongoing support, to book in for a consult.

WHAT DO YOU EAT WHEN HAVING BARIATRIC SURGERY AND WHAT HAPPENS TO YOUR BODY?

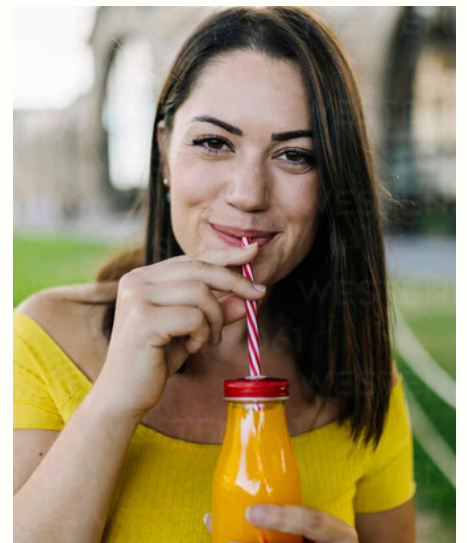


Why will I be told to follow a low calorie diet?

The very low calorie products that your dietitian will recommend you consume for 2-4 weeks are very low in carbohydrates. Eating only minimal carbohydrates each day will cause your body to go into mild ketosis. This means that the body will switch from using carbohydrates as the main source of energy, to using your body fat. The reason your bariatric care team want you to enter a state of mild ketosis for a small amount of time is to reduce the size of your liver. This will allow your surgeon to better access your stomach during the bariatric surgery and also help reduce your body weight before surgery.

What can you expect after bariatric surgery? What will I eat?

After your surgery you need to have a liquid only diet for at least two weeks, this means no solid foods at all. Right after bariatric surgery your new stomach can only tolerate liquids. As you recover, you will progress to eating puree foods for approximately two weeks, then soft foods for approximately two weeks then you will return to eating regular solid foods. However, the amount of food you will be able to eat will be a lot less because the capacity of your stomach will be a lot smaller. Hydration is particularly important during this recovery period and your dietitian will guide you through how to get enough water for your requirements and when the best time is to drink liquids during the day. Once you have returned to eating solid foods, approximately six weeks after surgery, your dietitian will focus on general healthy eating personalised to your lifestyle, medical history and food preferences.



WHAT DO YOU EAT WHEN HAVING BARIATRIC SURGERY AND WHAT HAPPENS TO YOUR BODY?



Will I get all my vitamins from food or will I need supplements?

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What changes to my body will I notice after bariatric surgery?

After bariatric surgery you will notice you get full very quickly and won't be able to eat as much food at each meal. Having less calories every day will result in weight loss over time. You will likely lose weight over 1-2 years following surgery. To maintain your weight loss, you will need to eat healthy foods, enjoy regular exercise and take the vitamins and medications prescribed to you. The bariatric team, such as our exercise physiologist, Devlin, will be there to support you in this along the way. Other changes to your body that you may experience include worsening or improving reflux, or a change to your bowel habits and consistency. Your doctor and dietitian will help you to manage any symptoms you may experience after surgery.

How often will I see my Dietitian?

The frequency of your dietitian appointments will depend on who your dietitian is. At Sports Medicine Institute, the dietitian part of our bariatric surgery team will see you at least six times in total, and more if you prefer extra support. As mentioned earlier, you will see your dietitian once before surgery. After surgery you will see your dietitian at least five times; every couple of weeks after surgery for each of the diet texture upgrades, and then at three, six, and twelve months. You are always welcome to book in for more frequent appointments if you would prefer extra support during this process.



EXERCISING AFTER BARIATRIC SURGERY



How can exercise help?

Exercise is such an integral part of any rehabilitation program, but even more so when it comes to bariatric surgery. It will facilitate a lifestyle change, which will become part of the long term solution for weight loss or maintenance of your weight.

The benefits of exercise include:

- Weight loss and ability to control your weight
- Prevents lean muscle loss
- Maintains and improves bone density
- Improves cardiovascular function and muscular strength
- Improves sleep quality
- Improves mood and decrease stress, anxiety and depression
- Improves energy levels
- Reduces risk of chronic diseases such as Type 2 Diabetes, heart disease, hypertension and high cholesterol.
- Boosts metabolism

DEVLIN MALONE - PHYSIOTHERAPIST/EXERCISE PHYSIOLOGIST

B Appli Sci (Ex Phys), M Phty

Devlin is an Accredited Exercise Physiologist and Physiotherapist who is part of our new upper GI and bariatric surgery team at Sports Medicine Institute. He will be the Exercise Physiologist guiding you through each step of the bariatric exercise rehabilitation process, tailoring exercise to your needs and goals to get you to where you want to be



EXERCISING AFTER BARIATRIC SURGERY



When should you start exercising?

The best time to start exercising is before you have your surgery as it can have a range of positive outcomes on your surgery as well as start the process of changing your lifestyle and habits, which often take the longest to change. Evidence has suggested that exercising pre surgery can reduce the risk of complications post surgery and can improve healing rates, therefore the earlier we start to exercise the better the reduction in complication risk.

How much exercise is needed for weight loss/maintaining ideal weight?

Currently the exercise guidelines state that you should be getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of both intensities. To provide even greater health benefits and to assist with weight loss or maintaining weight loss, at least 300 minutes of moderate aerobic activity a week is recommended. It is also recommended to get at least 2 days per week of strength/resistance training, targeting all major muscle groups in order to prevent lean muscle loss.

What to expect at your first Exercise Physiology session prior to surgery?

At the initial EP session prior to your surgery, you will receive a comprehensive and thorough clinical assessment of anthropometric measurements, strength/aerobic capacities along with your individual goals to help ensure the program is individualized and appropriate for you! This assessment will become the building blocks of the program and will be used as data for reassessment to track progress and make adjustments along the journey.



An initial exercise program will be provided to get you started and into the swing of things from an exercise perspective. The exercises chosen will be prescribed based on the areas that require attention, personal goals and also what you enjoy to make exercise as fun as possible! Education will also be provided on the key topics regarding exercise and weight loss, what to expect post surgery from an exercise perspective and handy tips for things such as compliance and ways to incorporate more exercise into your life without needing to find any extra time.

EXERCISING AFTER BARIATRIC SURGERY



What can you expect after your surgery?

After surgery, follow up sessions will be scheduled at specific timeframes, where reassessments will be completed at each session, allowing for updates and changes to the graded exercise program, ensuring it best fits your needs at that time. These progressions are key to continuing to hit your goals through exercise, with the focus being on a permanent lifestyle change, rather than a temporary fix. Education will continually be provided throughout the sessions to ensure you have the knowledge required for self management, giving you the power to improve your health. The exercise will start off light and be gradually increased based on your current symptoms and function.

How many appointments will I have with the EP?

There will be 4 appointments with the Exercise Physiologist in total, consisting of 1 initial appointment prior to surgery and 3 appointments post surgery with the option of having more if you require extra support and guidance. The sessions will be scheduled at 2-3 weeks pre op as well as 2 weeks, 6 weeks and 6 months.



FREE BARIATRIC WEBINAR - WEDNESDAY 5TH JULY, 2023 @ 6PM
Please register your interest using the link symbol at the bottom of the newsletter