

Sutter Lakeside hosts weight loss surgery information meetings

Contributed by Editor
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LAKEPORT ‐ Sutter Lakeside Hospital and Center for Health is sponsoring a monthly bariatric information meeting and support group for those who have had, or are considering weight loss (also known as bariatric) surgery.

The next meeting is scheduled for Wednesday, January 14.

The monthly information meetings provide a secure, warm setting for patients undergoing the process of lifetime diet and lifestyle changes that can improve surgery outcomes and are necessary to achieve enduring weight loss.

Group members, surrounded by people who understand and support their goals, will learn:

- What to expect as a result of surgery;
- Dietary restrictions after surgery;
- Straight talk about the risks of surgery;
- Up-to-date weight loss information;
- Reinforcement for nutrition, exercise, and behavior modification skills.

Attendees also will have the opportunity to discuss personal or professional issues that arise from losing weight.

The information meetings are hosted by Dr. James Pretorius, and includes Sutter Lakeside registered dietician Kathy Duchene. They are held on the second Wednesday of each month from 5 p.m. to 6 p.m. on the first floor of the Wellness Center/Administration Building in Administration Conference Room 1, located on the Sutter Lakeside Hospital & Center for Health campus in Lakeport.

Information and support sessions, such as these have been shown to directly increase the chances of short- and long-term patient success following bariatric surgery. Regardless of where a person is in relation to the bariatric surgery process ‐ just considering it or at any point prior to or after the weight loss procedure, he or she is welcome to attend the sessions.

For additional information about the bariatric information and support group, call 262-5104.

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