

Support

Northern Light Surgical Weight Loss (SWL) Support Group Information

Location	When	Time	Meeting Place	Led By	Other comments
Bangor, EMMC (Pre and Postop Group) 489 State Street	1 st Friday	4:30-6:30 PM	Mason Auditorium conference (October, November and December 2019): In 2020 moving to: Brandow Conference Room Both are located on the 2 nd floor, EMMC's State Street campus, Bangor	Surgical Weight Loss coordinator or dietitian	Free group No registration required
Waterville, Inland (Pre and Postop Group) 200 Kennedy Memorial Drive	1 st Wednesday* *no meeting in January or July 2020	5:00-6:30 PM	Medical Arts Conference Room, Medical Arts Building, Inland Hospital, Waterville	Surgical Weight Loss Staff	Free group No registration required
Presque Isle, AR Gould (Pre and Postop Group) 140 Academy Street	1 st Wednesday* *January will meet on 2 nd Wednesday 1-8-20	5-6 PM	McCain Conference Room, The Aroostook Medical Center, Presque Isle	Angel Hebert, RD Nicole Doughty, RD Benjamin Mayhew, RD Thomas Merrow, RD	Free group No registration required
Online (pre and postop group)	3 rd Tuesday	5-6 PM	Online—to be involved: Email Lynn or Tama at Lbolduc@northernlight.org tfitzpatrick@northernlight.org saying that you wish to be involved.	Surgical Weight Loss dietitians	Free- Must register at a link staff will provide you with

Updated: 9-23-19

Support groups offer an opportunity to listen what other patients have experienced in their journeys. You are not required to speak—only to listen.

They are offered at EMMC, Inland, TAMC and Online

Our bariatric surgeons frequently attend EMMC support groups, so it is a great chance to ask questions.

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
- ◆ Avoid side conversations
- ◆ 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.
- ❖ I have an attractive, healthy body.
- ❖ 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 hard 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: Run by Dr. Nina Boulard, Clinical Psychologist on the 2nd Wednesday of every month, 5-6PM at Northern Light Healthcare Mall, Suite 11. No registration needed. Just show up. This is a smaller group for postop patients only—usual attendance is 6-12 persons. We ask that you come alone without a support person to this group
- Our regular support groups meet in Bangor on the 1st Friday from 4:30-6:30P (EMMC, Mason Auditorium) and we now have satellite support groups at **TAMC** (1st Wed from 5-6P in McCain conference room), and **Inland Hospital** (1st Wed from 5:00-6:30P in the Medical Arts conference room). We also have an online support group that meets the third Tuesday from 5-6P. Contact Lynn Bolduc for information on how to participate (lbolduc@emhs.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 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 973-6383.
- Consider the Northern Light Non-Surgical Weight Loss program—weight loss without surgery-- using a physician supervised very low calorie diet. To request an informational packet please call Northern Light Surgery of EMMC at 275-4440.

The SWL program is your lifelong partner in weight management. Please consider these options



Staying on Track—a Support Group

For those who have had weight loss surgery

- 2nd Wednesday, 5-6P
- Facilitated by Dr. Nina Boulard
- EMMC Healthcare Mall, Suite 11, Classroom
- Free
- No registration required
- Only for patients (please leave your support person at home)

