

Support Group Minutes 1/9/20 - Roundtable

- Discussion surrounding holidays and how things went
 - Hard time of the year, people trying, lessons learned
- Cheaper to eat out after surgery due to smaller portion sizes
- Price of healthier options and workout clothes (much more expensive)
- Balance disorders (Physical Therapy available)
- Curiosity from family and friends, trying to explain everything to people who did not know they had the surgery
- Constipation issues after surgery
 - This issue is common
 - Can take stool softeners or Miralax