

## Support Group Minutes – 1/12/21 (VIRTUAL)

### Q&A with Dr. Jassim

- What is a pouch reset?
  - There is not a lot of science behind this, but it basically re-promotes weight loss. Patients should make changes like increasing protein and working with a dietitian.
- Does a pouch reset really shrink the pouch?
  - The only ways to “shrink” the pouch are using one of two surgical options; revising the pouch or a stoma revision.
- Where can I get a belly band or abdominal binder?
  - Body wraps/belly bands is kind of like Spanx and hold the loose skin up.
  - Can be found on Amazon.com or other places online.
  - Binders can be ordered from HME or found online.
- When would I qualify for plastic surgery for loose skin?
  - Typically have to be at a weight plateau (no weight gain or weight loss) for about six months
  - For medical necessity, the loose skin sometimes has to cause issues like skin irritation, rashes or infections.
- Are we overeating? What should our capacity be at this point (for post-op patients)?
  - Stage 1: ¼ cup total for each meal
  - Stage 2: ¼ cup total for each meal
  - Stage 3: Six months out: ½ cup total for each meal  
Nine months out: ¾ cup total for each meal  
One year to lifelong: 1-1.5 cups total for each meal
  - Be mindful of:
    - Portion sizes
    - Grazing
    - Choices of foods
    - Liquid calories
  - Keep food diaries or use apps to hold yourself accountable
- What is our target calorie range?
  - We are not concerned so much with calories as we are with focusing on protein and water intake
  - Focus on:
    - Three meals per day
    - Portion sizes
    - Snack choices
    - Alcohol/liquid intake (empty calories and dangerous)
- What are some options for working out if we don't feel comfortable going to the gym?
  - Home workouts/virtual workouts (through certain gyms, YouTube, Beachbody)
  - Sitting pedal stations
  - Swimming
- Why shouldn't we take NSAID's?
  - Because there is an increased risk of ulcers.
  - If you absolutely need these, Dr. Jassim prefers Celebrex and he would want you to take a PPI with any NSAID.

- It's ok to take the occasional ibuprofen in the acute setting, but not around the clock
- Why can't we drink with a straw?
  - It will bring air in and we want you filling up your smaller stomach with protein and water instead
  - Causes bloating and makes you feel uncomfortable
  - Don't want to prematurely stretch the stomach
  - Focus on minimizing bad habits; you are able to drink more and quicker with a straw than if you are sipping from a cup. We don't want this.
- Reminders to get yearly labs and that behavioral care is always available for counseling or therapy if needed due to weight gain or COVID-19 stressors.