

Welcome to issue 3

Welcome to issue 3! At the time of writing the UK is enjoying beautiful sunshine and we hope that this continues for the next few months and that we have a real summer!

It's been a very busy time for the Streamline Surgical team over the last few months. The list at St Richards has been re-opened and we will shortly be welcoming consultant bariatric surgeon Mr Chris Pring full time to St Richards, Chichester. We know some of you will have already met him and we are delighted that such a talented and caring surgeon is able to join us full time.

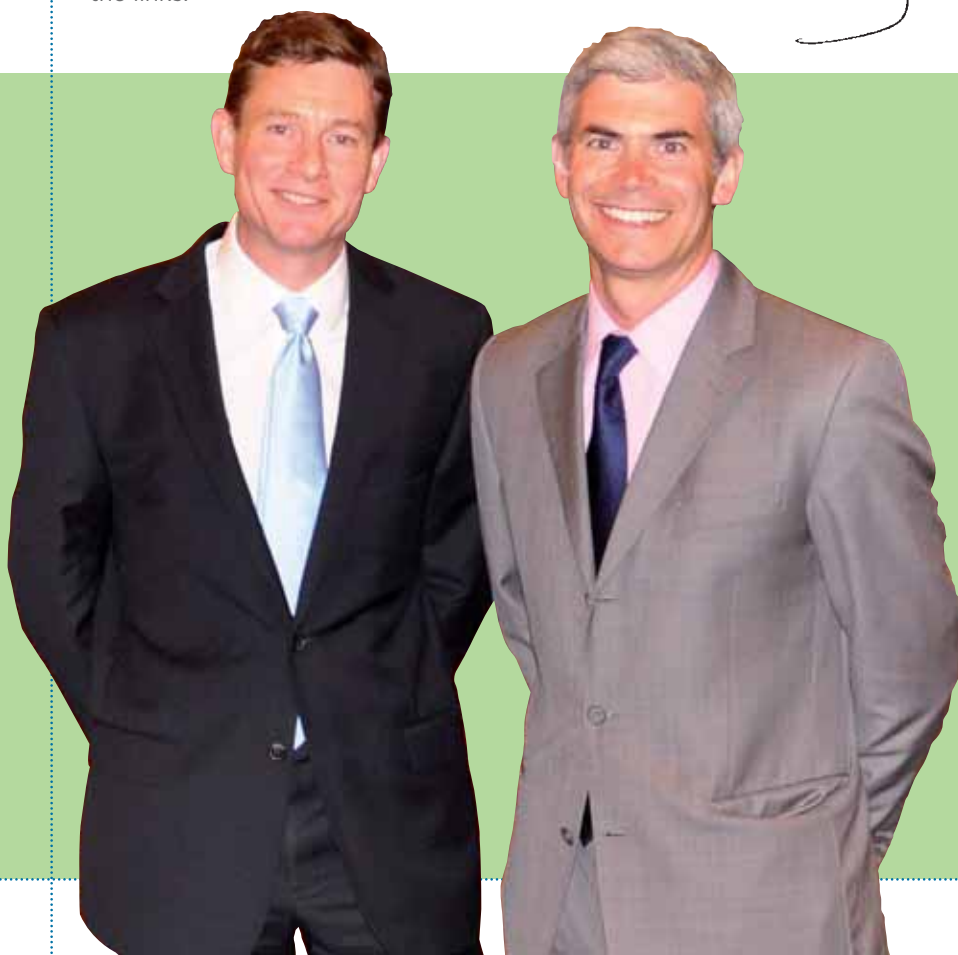
We will be holding our annual Tea Party on Saturday 14th August and we are looking forward to seeing as many of our past patients as possible. The whole team will be in attendance and we are keen to hear how well you have all been doing. The majority of the places for the tea party have been filled but if you would like to register for one of the remaining places please visit our website and follow the links.

Our forum continues to grow and develop and our IT team has recently improved the look and functionality of the forum. We have a strong group of forum members who have built a real community offering support to new and existing patients. We are very grateful to all involved with the forum and encourage you all to visit and read some of the posts, we are sure you will find them very interesting.

And finally we would like to say congratulations to Chris Pring who recently cycled from John O'Groats to Lands End (over 1000 miles) in 9 days! We can imagine he was fairly saddle sore for a few days after, however it was all in a good cause as he has raised nearly £5,000 for St Catherine's Hospice. Well done Chris

Wishing you all a wonderful summer and looking forward to seeing some of you at the tea party

Shaw and Guy



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“Wishing you all a wonderful summer and looking forward to seeing some of you at the tea party”

The Long Hot Summer

Toni Russo, Bariatric Nurse Consultant

Many overweight people dread the summer. They may worry about the heat, sore legs, tiredness, struggling to find nice clothes, fitting in the airline seat and eating.

But what of those who have undergone bariatric surgery? Ultimately, many of the above problems will have resolved but the first summer can bring new challenges. Here are our top tips for dealing with summer.

The holiday

The location, accommodation and flights are of course very important but what about making sure you are fully covered whilst away, one of the questions all travellers, and in particular bariatric patients should ask themselves is do I require travel insurance? In many cases, especially if travelling abroad it is vital to purchase travel insurance to ensure that you would be covered should anything untoward happen. Very few insurance companies will cover pre-existing conditions (including diabetes) or complications linked to surgery. In many cases the only way to ensure that you will be covered is to pay a higher premium which will need to be factored in to your overall holiday budget. If you specifically want your bariatric surgery covered, this could be at a cost of £150 to £200. It is very important to remember that you must inform your insurance company of your situation as withholding important information will make the whole policy void which would cause real problems should you need to make a claim.

Air travel

Many bariatric patients want to know whether their gastric bands / surgical staples will set off the alarms on security scanners. In short the answer is no – so don't worry! There are a new generation of X ray scanners being used in some airports and these may mean your band is visible, however these scanners are not used as standard.

Flights are very dehydrating whether they are long or short haul and it's very important to carry water with you to help you stay hydrated. Many gastric band patients find that their restriction increases during long haul travel and so savvy gastric band patients will consider having a small deflation prior to a holiday. Drinking plenty of water will make the restriction less as it will mean the gullet mucus isn't quite so sticky.

For all bariatric patients it's important that they take great care with the in-flight food. The food tends to be drier and sitting in a confined airline seat can lead to food getting stuck and causing discomfort.

Clothing

This is your first summer when you are feeling more confident about your body and don't have to worry about hiding under layers of large clothes, so enjoy the pre holiday shopping!

As we all know, flights can be uncomfortable (unless you are travelling first class!) and it's important to wear something comfortable and loose fitting, linen is ideal as it is a loose breathable fabric which will keep you cool throughout the flight and on arrival at your holiday destination.

Despite weight loss, many women wish to keep their upper arms covered. There are some lovely lightweight kaftans available which are ideal for wearing over strappy tops. This will allow you to feel cool and not too exposed.

As you lose the weight, your shape will change. Try not to cling to navy and black safe colours and don't assume that everything has to be baggy or long enough to cover your bottom. Simply nipping in the waist and wearing clothes that are the right size can make you look and feel much slimmer.

Eating out

With any holiday destination you will have to adapt to what is available and on offer. Arriving at a barbeque or an "all-inclusive" buffet may mean that you are faced with a variety of tricky and unfamiliar foods. Don't panic. Generally it is safest to choose crunchy salads, chicken and fish. Lamb may be easiest as long as it isn't overcooked. Take care when choosing rice, pasta salads and couscous as these may be loaded with oils. Sausages and burgers often get stuck and may be filled with fats, gristle and breadcrumbs so they are best avoided.

Don't be afraid to ask to have foods without dressing and check that sugar has not been added to savoury foods such as fish and meat balls. No one wants to get dumping syndrome when you are meant to be enjoying your holiday!

Prior to weddings or parties, try to eat a low GI carbohydrate like brown rice. This will make you feel fuller for longer and means that you are less likely to be tempted by the (generally) carbohydrate loaded foods on offer. Fortunately, weddings and parties often feature salmon and prawns. These can be great options as long as you don't drown them with Marie Rose sauce.

Parties and weddings are there to be enjoyed so don't be a martyr. Enjoy the food on offer but chose smartly. You don't have to deprive yourself but simply try to get good value for your calories. A single wedding won't cause much damage but a two-week "all inclusive" could see a nasty surprise when weighing yourself upon your return.

But most of all enjoy! For many of you this will be one of your first opportunities to enjoy your new shape and the benefits that this brings.

So happy holidays from the Streamline team!



Summer Recipes



This issue we wanted to bring you a set of recipes that would tickle your taste buds and get you in the summer spirit. Summer in the UK is synonymous with BBQ's and here at Thinner Times we want to share with you a selection of recipes that will offer so much more than the average burger in a bun and burnt sausage. The recipes in this issue for seabass, chicken, courgettes and strawberries all deliver on flavor.

Grilling is a healthy way to cook and if foods are prepared ahead with moisture-enhancing marinades or cooked in foil parcels they can stay moist and pouch friendly. Experiment with herbs, spices and citrus marinades to liven up your BBQ and serve meat, fish, poultry and vegetables with healthy salsas and sauces on the side, but as always remember to

chew, chew and then chew some more!

One of the best and easiest marinade recipes I know is so simple I hesitate and blush to call it a recipe. Simply mix 1 tbsp soy sauce with 1 tbsp of your favourite curry paste (I like tikka masala) and put in a bowl with 500 g prepared meat, fish, poultry or vegetable pieces. Toss well to coat, cover and refrigerate for at least 30 minutes before cooking. Delicious!

So now that the summer is finally here, dust off the barbecue, fire up the coals and get grilling!

SIZZLING SEABASS WITH FENNEL AND BASIL

SERVES 4
WLS 1/2-3/4
PORTION

Sea bass is a wonderfully tender and flavoursome fish and now readily available in supermarkets both fresh and frozen. Cooking the fillets in foil keeps the fish moist and in shape.

INGREDIENTS

- 4 un-skinned sea bass fillets
- 1 bulb fennel, grated
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh flat-leaf parsley
- 1 tsp fennel seeds
- salt and freshly ground black pepper
- 1 tbsp olive oil
- 1 lemon, thinly sliced

INSTRUCTIONS

- 1 Cut diagonal slashes across the skin of the sea bass.
- 2 Mix the fennel with the basil and parsley and place equal amounts on four pieces of foil big enough to enclose the fish fillets easily.

- 3 Place the sea bass, skin-side up, on top then sprinkle with the fennel seeds and salt and pepper to taste.
- 4 Drizzle each with an equal quantity of oil and top with the lemon slices. Fold over the foil to completely enclose and make a parcel.
- 5 Cook the parcels on a medium hot barbecue for 4-5 minutes each side or until the fish is cooked and opaque. Serve the fish in the foil.

PER PORTION

Calories:	183
Protein:	22.1 g
Carbohydrates:	2.5 g
Fat:	6.5g



National BBQ Association

BUTTERFLIED CHICKEN FILLETS WITH LIME AND PAPRIKA RUB

SERVES 4
WLS 1/2 PORTION

These thinly-cut spicy chicken breast fillets are full of flavour and brilliant for cooking quickly over the hottest part of the barbecue.

INGREDIENTS

- 4 chicken breast fillets, skinned
- 2 tsp coriander seeds
- 2 cloves garlic, peeled
- grated zest and juice of 2 limes
- 2 tsp smoked paprika
- salt and freshly ground black pepper

INSTRUCTIONS

- 1 Slice through the centre of each chicken breast horizontally but don't quite cut them in half. Open out the fillets so that they lay flat.
- 2 Crush the coriander seeds coarsely, add the garlic cloves and lime zest and pound to make a coarse paste. Add sufficient lime juice, paprika and salt and pepper to taste to mix again to a coating consistency.

- 3 Rub the paste into both sides of the chicken breasts and leave to marinate for 5 minutes.
- 4 Cook the butterflied chicken breasts on the barbecue for 5-6 minutes on each side or until cooked through and slightly charred. Serve with a fresh tomato salsa and green salad if liked.

PER PORTION

Calories:	137
Protein:	25.6 g
Carbohydrates:	3.0 g
Fat:	2.6 g
Fibre:	0.6 g



Waitrose

GRIDDLED COURGETTES WITH MINT AND LEMON

SERVES 4
WLS 1/3-1/2
PORTION

These griddled courgettes are bursting with summer flavours and taste fantastic whether served alone or with grilled meat or fish. This recipe also works well with thinly sliced fennel.

INGREDIENTS

- 500 g courgettes
- 1 small clove garlic, crushed
- 1 tbsp extra-virgin olive oil
- grated zest and juice of 1 lemon
- 1 mild green chilli, seeded and finely chopped
- 1 tbsp grated Parmesan cheese
- 3 tbsp chopped fresh mint
- salt and freshly ground black pepper

INSTRUCTIONS

- 1 Cut the courgettes into 5 mm slices lengthways and place in a large bowl with the garlic and oil. Toss gently to coat.
- 2 Cook the courgette slices on a hot barbecue for 5 minutes, turning frequently until tender and slightly charred.
- 3 Remove to a serving plate and scatter with the lemon zest, lemon juice and chillies. Cover and leave to cool and marinate until required (serve on day of making).
- 4 Just before serving, scatter with the Parmesan, mint and salt and pepper to taste. Toss gently to mix.

PER PORTION

Calories:	70
Protein:	3.4 g
Carbohydrate:	3.5 g
Fat:	4.8 g
Fibre:	1.7 g

Fresh
Vegetables



Waitrose

FOIL-BAKED STRAWBERRIES

SERVES 6
WLS 1/2 PORTION

This typically English dessert is ideal for cooking over the dying embers of the barbecue. If you don't want to use Pimms then simply replace with a double concentrated quantity of low sugar or no-added sugar summer fruit squash. This will reduce the calorie value by about 25 Calories per portion and the carbs by about 1 g.

INGREDIENTS

- 800g strawberries, hulled
- 2-4 tbsp granulated Splenda sweetener (please be aware Splenda may cause Dumping syndrome)
- 100 ml Pimms No 1 Cup (or squash as above)
- 6 tbsp fat-free Greek yogurt

INSTRUCTIONS

- 1 Cut 6 double-thickness foil squares, each about 25 x 25 cm.
- 2 Mix the strawberries with the sweetener (according to taste and ripeness of strawberries) and Pimms (or squash).
- 3 Divide the strawberries evenly between the foil squares. Begin to fold the edges up to make a parcel before spooning in the remaining juice. Close each parcel, sealing the edges tightly.
- 4 Barbecue over a low heat for about 15-20 minutes, or until the fruits are beginning to soften but are still holding their shape. Serve in a dish or in the foil topped with the yogurt.

PER PORTION

Calories:	75
Protein:	2.0 g
Carbohydrate:	10.5 g
Fat:	0.1 g
Fibre:	1.2 g

Lovely
Fresh
Fruit

Waitrose



Success Stories

Sue Smith - Gastric Bypass Patient 14 stone weight loss

Sue, 50 from Southampton was over 26 stone when she decided that gastric bypass surgery was an option for her. After years of struggling to live her life the way she wanted Sue was hopeful that a gastric bypass would change her life for the better.

"My weight problems really started when I had my two children. Both were premature which was particularly stressful and I turned to food as a comfort. I also had a really bad car accident in 1995 which left me with terrible back pain so exercising or even simply walking was a struggle. Food became my crutch as I also moved away from my hometown and found it very difficult with no friends to support me.

"My back problems became increasingly severe and I also started to experience acid reflux, high blood pressure and consequently became depressed. My weight escalated to almost 26 stone but no diet would work for me. My family was very supportive but my back problems meant I had to use walking sticks and couldn't do basic tasks like dressing myself. I wanted to train to be a teacher but I couldn't get onto the PGCE course as I failed the medical.

"The breaking point came when I was told I needed a hysterectomy. My surgeon wouldn't operate on me because of my weight and it dawned on me that I was risking my life being so overweight. I was told my size could kill me and was given only five years left to live if I didn't have the surgery.

"My GP saw my desperation and referred me to Streamline Surgical's Shaw Somers. I knew I needed to look at more permanent solutions to my weight otherwise there was a real danger I could die. As soon as I had my consultation with Mr. Somers I knew this was the answer.

"Since the surgery I have lost almost 14 stone which is over half my bodyweight! I finally feel normal and like I am on the same level as everyone else and have an equal chance of a decent life with my family. People don't understand how amazing it is to just feel like everyone else.

"I can now do those basic things like getting in and out of the shower, shopping, going swimming and being able to go on holiday without the embarrassment of asking for an extension belt on the plane. My acid reflux has now completely gone too!

Without this surgery I know that I would have died a slow and horrible death. Now I've been given a second chance to spend precious time with my friends and family and am so grateful. I'm so motivated now for my future and I'm going to train to work in adult education.

I can't stop smiling now and life is so much easier. To anyone else in a similar situation to myself I'd recommend bariatric surgery. After all the failed diets and feeling like a failure myself I now realise I didn't have to suffer for as long as I did and wish I'd sought help sooner. Now I can continue with a 'normal' life which is the most amazing thing in the world to me!"

**"I can't stop smiling now
and life is so much easier"**



Meet the Team – Chris Pring



Chris Pring, 41 is one of Streamline Surgical's Consultant Bariatric Surgeons. Below he answers our quick fire meet the team questions.



Q. How long have you worked for Streamline Surgical?

A. For over a year now. The whole team are fantastic and it's great to be part of something which is developing all the time.

Q. What is a typical day for you?

A. This depends on whether it's a day in theatre or a day in the clinic. Theatre days always start at about 8 o'clock and will start with me visiting patients on the wards, before heading off to theatre to start the days operating list. The whole theatre team are very efficient and I love the team atmosphere. A day in theatre will normally finish at around 6 o'clock and this is followed by a trip to the ward to check on my patients.

Days in clinic tend to be a little shorter but still very busy! The days will be split between seeing new patients as well as follow ups with post surgery patients.

Q. What advice would you give to anyone considering weight loss surgery?

A. When thinking about whether weight loss surgery is right for you, don't just focus on the procedure. You need to consider the whole journey that you will go through and whether the provider you choose will be able to offer you a multi-disciplinary team that specialise in bariatric surgery and offer a full package of care.

Q. What are your top tips for weight loss surgery patients?

A. To get the best from your operation you need to understand it and work with it. Don't be afraid to ask for help or advice at any time, we are all here for you and more than anything want you to be successful.

Q. What do you enjoy most about your job?

A. I love the patients and also the technical challenge of the surgery itself. Working with bariatric patients is so rewarding as what the Streamline team do genuinely makes a difference to patient's health and quality of life.

Q. What do you do outside of work? Do you have any interesting hobbies?

A. I love sport! I've spent most of my life playing some form of team sport; however team sports have gradually been replaced somewhat by sporting challenges! I recently cycled from John O'Groats to Lands End (1005 miles in 9 days!) and raised £4225 for St Catherine's Hospice in Crawley

Q. And finally, what are your plans for the summer?

A. My wife and I are expecting our first baby this summer, due date is 31st August! So we are going to be very busy nesting over the summer!

In the press

Thanks to all our patients who have recently agreed to be media case studies for us. Patients appearing in the media and sharing their stories allows readers to understand in more detail the journey that weight loss surgery patients go through. Here is a selection of press coverage from the last few months

