

## Bariatric Surgery Nutrition Guidelines

(Surgical Weight Loss Centre)

<http://www.obesitysurgery.ca>

You need to register to access  
Patient Resources

## Weight Loss Surgery (McGill University)

<http://www.weightlossurgery.ca>

## American Society for Metabolic & Bariatric Surgery

<http://www.asbs.org>

## Daily Strength: Gastric Bypass Surgery Support Group

<http://www.dailystrength.org/c/Gastric-Bypass-Surgery/support-group>

If you or your loved one have questions,  
please contact the Bariatric Clinic at  
Humber River Health:

Tel: (416) 242-1000 ext. 23300

## For more information, contact:

### Bariatric Clinic Humber River Health

1st Floor, 1235 Wilson Ave.,  
Toronto, Ont. M3M 0B2

**Tel: (416) 242-1000 ext. 23300**

The closest hospital entrance is Portal of Care C, on the south side of the building.

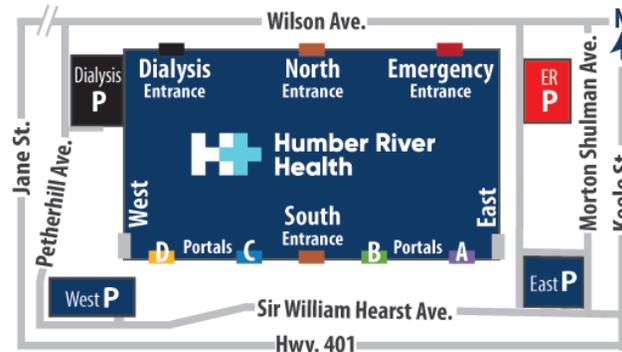
**Parking:** The West Parkade is the closest visitor parking lot. Take a ticket as you enter the lot. At the end of your visit, pay using any of the pay stations. There are special rates for weekly or monthly passes for your convenience.



Surgical Program

# When Your Loved One is Considering Bariatric Surgery

## What You Can Do to Help



HUMBER RIVER HEALTH  
1235 Wilson Ave., Toronto, Ont., M3M 0B2

### English

This information is important! If you have trouble reading this, ask someone to help you.

### Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

### Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

[www.hrh.ca](http://www.hrh.ca)

## What challenges is my loved one facing?

Your loved one may be facing many different challenges with their weight, both before and after surgery. Weight issues can affect anyone and happen for several reasons.

Your loved one may be using food to cope with underlying problems. While they may be using their eating habits or weight as a way to cope with life, you may think they are unhealthy. As a result, they may fear that you are going to take away their only means of coping. They may get upset if you try to help.

Your loved one may feel as if others judge them only by the way they look. This is a daily struggle most face when battling weight issues.

Before surgery, your loved one will need to deal with emotional eating. After the surgery, they also have to adjust to different ways of eating at holidays and celebrations.

Finally, bariatric surgery is not a “quick fix” solution. It is a tool that helps people make changes in their daily living. Surgery may be the last resort to help your loved one reach a healthy weight.

## What can I do to support my loved one?

It is natural to be concerned about how your loved one is doing during this process. Here are some ideas to best support them:

- Keep communication lines open; come with them to clinic appointments if they ask you to.
- Ask them how you can help.
- Give them patience, understanding and support.
- Focus on good daily life events; try not to talk about food, weight, looks, shape, diets, clothing sizes and exercise.
- Try not to make comments or offer advice about their eating or weight (especially at meal times).

You may get frustrated and feel helpless to do anything. However, this is your loved one’s journey and your understanding helps them.

Let your loved one tell you their feelings while making the journey at their own pace. Professional support from a counsellor or psychiatrist can help with the challenges. You can help by listening, and offering a hand when they ask.



## Where can I learn more?

Learning about obesity and bariatric surgery can help you support your loved one before and after their surgery. The following web sites have good information for both you and your loved one:

### **Ontario Bariatric Network**

<http://www.ontariobariatricnetwork.ca>

### **Toronto MIS (Minimally Invasive Surgery) Group** (Humber River Health)

<http://www.misgroup.ca>

### **OSSG-Toronto** (GTA support group)

<https://groups.yahoo.com/neo/groups/ossg-Torontoarea/info>

### **Obesity Help** (Ontario Forum for Support)

<http://www.obesityhelp.com>