



# WELCOME TO BLOOM

[www.obesitysurgerywa.com.au](http://www.obesitysurgerywa.com.au)

# HOUSEKEEPING

- Toilets
- Fire / Emergency
- Check Parking is legal
- This will go for 2 hours (ish)
- Water / Coffee



# A SAFE SPACE

- You don't have to do anything that feels uncomfortable
- Please don't gossip about what you see / hear ....
- Please be kind to those around you and yourself
- Please remember that everyone has a different journey



# WHAT IS BLOOM

- A chance to talk about important issues
- A chance to meet people
- A chance to ask questions
- A chance to get more out your surgery



# TONIGHT'S MEETING


- Resilience / Mental Health
- Taking care of yourself
- Looking at how you handle things
- What do psychologists actually do?
- Protein





# Charlotte Bowyer

Clinical Psychologist & Clinical Neuropsychologist



Specialist in psychological therapy and  
neuropsychological assessments, for individuals,  
couples and families.

# THE NEXT MEETING

- **Christmas**

- Handling the stress
- Handling family
- Handling food
- 29<sup>th</sup> November 2021



NEXT  
MEETING



# BLOOM NEEDS A HOME

- Does anyone have any alternative venue suggestions ?
- Maybe a move to Fremantle .....
- Watch this space



# REFRESHMENTS

- Coffee and Tea
- Water with Lemon
- Biscuits and Quiche
- Tissues



How Do  
Lobsters  
Grow ?



# INTRODUCTIONS

- The OSWA Team
- Meet the people on your table
  - Time of Stress – what helped / what didn't
  - Did you hide?
  - How did you grow ?

# GROUP ACTIVITY

## INTRODUCTIONS

### HOW HAVE YOU HAD TO GROW

10 Minutes



# LIFE TRAUMA

- Happens to everyone
- Different forms
- It's not a competition
- It's awful



# RESILIENCE

- Is how we handle it / manage it
- A personal experience
  - It's going to hurt
  - It's going to take time
  - It will leave a scar
  - Darkest before the dawn

# POP QUIZ

- Lost a loved one
- Heart broken / Divorce / Infidelity
- Natural disaster / bullied
- Lost a job
- Infertility / Abortion
- A sick friend / relative
- A physical / mental assault
- An accident
- A financial hardship



BUT

- There is more coming



RULES

# #1 SHIT HAPPENS

- It happens
- Its going to happen
- Its going to happen again

# SHIT HAPPENS



## #2 WHAT DO YOU FOCUS ON

- Things that you can change
- Not dwelling on what you can't



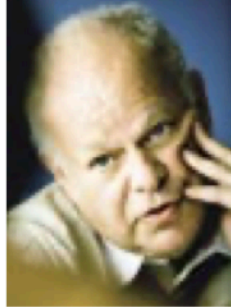
# NEGATIVE EMOTIONS

- Very important part of our defence mechanisms
- Negative experience sticks
- Fight or flight in response to a threat
- Our stress response is the same for a mugger or to a criticism at work



# FIND THE SILVER LINING

- Use the silver lining
- What are you grateful for
- Life must go on for you and those around you



**Martin E. P. Seligman and Tracy A. Steen**, University of Pennsylvania  
**Nansook Park**, University of Rhode Island  
**Christopher Peterson**, University of Michigan

# Positive Psychology Progress

## Empirical Validation of Interventions

The value of the overarching term *positive psychology* lies in its uniting of what had been scattered and disparate lines of theory and research about what makes life most worth living. Can psychologists create an evidence-based practice of positive psychology?

Five years have passed since the *American Psychologist* devoted its millennial issue to the emerging science of positive psychology: the study of positive emo-

how, why, and under what conditions positive emotions, positive character, and the institutions that enable them flourish (e.g., Cameron, Dutton, &

other lines of work are moving into the realm of application (Linley & Joseph, 2004). Can psychologists take what they have learned about the science and prac-

**ACCEPT  
THE GOOD**

# GROUP ACTIVITY

## 3 GOOD THINGS THAT HAPPENED TODAY

10 Minutes

# #3 IS WHAT I'M DOING HELPING ?

- What did I do wrong ?
- Bringing up past events
- Following someone on facebook
- Give it away



# CHARLOTTE BOWYER

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AMY


STARTING WEIGHT- 163KG



**CURRENT WEIGHT – 90KG**


**TOTAL WEIGHT LOSS –  
73KG**





CLAUDIA COOMBS

OSWA DIEITIAN

A close-up photograph of six brown eggs resting on a textured, light-brown burlap surface. The eggs are arranged in a cluster, with some in the foreground and others slightly behind. The lighting is soft and warm, highlighting the natural speckles and smooth curves of the eggshells. The background is a blurred, light-colored surface.

PROTEIN NEEDS  
AFTER WLS

# WHY DO WE NEED IT?

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Protein deficiency = the most severe nutrient complication with malabsorptive procedures.

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Aids healing after surgery

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Reduces muscle loss

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May reduce hair loss

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May prevent weight regain

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Can reach a loss of 25 percent of muscle mass by the end of the first year, mainly during the first trimester.

# TYPES OF PROTEIN COLLAGEN VS WHEY



## COLLAGEN PROTEIN

- Made from bones/cartilage of fish and animals
- May help improve skin elasticity, cartilage/tendon repair
- Mixes well



## WHEY PROTEIN ISOLATE

- Made from milk
- Contains leucine and helps with muscle building and wound healing
- Many whey proteins are more difficult to mix



# LEUCINE

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Protein is made up of amino acids (building blocks).

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Leucine is an amino acid that helps to maintain and grow muscle.

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Some foods are naturally high in leucine, including soy products, eggs, meat, lentils, and hard cheese.

# LEUCINE HITS EVERY 3-5 HOURS

FOOD	Quantity	Leucine (g)	Protein (g)
Low fat milk	600mL	2.2	22
Low fat cheddar cheese	100g	2.1	31
Cottage cheese	170g	2.0	20
Greek yoghurt (Chobani)	220g	2.1	21
Low fat fruit yoghurt	450g	2.0	22
Egg	3 large	2.0	20
Lean meat (raw weight)	120g	2.0	26
Tinned tuna	2x small tins (140g)	2.7	31
WPI	20g	2.3	18
Tofu	300g	2.1	42
Almonds	140g	2.1	29
Legumes/beans	350-400g	2.0	22
Quinoa (cooked)	4 cups	2.0	30

# HOW LONG DO I NEED TO TAKE PROTEIN SUPPLEMENTS FOR?

- To prevent sarcopenia, they should be taken until weight plateaus.
- OR
- Until you can meet your protein intake through food which will depend on
  - Weight
  - Exercise
  - Tolerance for meats
  - Eating habits
  - Level of restriction with eating



# WHAT ARE MY PERSONAL REQUIREMENTS?

## They change over time

- Protein intake of at least 60g/day or 1.1g/kg ideal body weight/day leads to decreased muscle loss.
- The protein intake requirement after surgery is 60–80 g/d or 1.1–1.5 g/kg of ideal body weight.



# IS THERE A DIFFERENCE BETWEEN SURGERY TYPES?

Increases to 90 –120 g/day after more maladaptive surgeries  
(MGB, SADI & RYGB)



**CALCULATE YOUR  
CURRENT REQUIREMENTS**

# HOW TO ACHIEVE THIS

- Three small well balanced meals is paramount!
- Ensure protein at every meal (dairy, meat, seafood or legumes).
- Snacks may be necessary if
  - Unable to meet protein through meals
  - Hungry - especially if next meal >4hrs away
  - Pregnant
  - Snacks can come in the form of protein shakes
- Three high protein meals + protein shake with milk = ~70g protein.

# A DAY ON A PLATE – 60G PROTEIN

Meal	Food	Protein (g)
<b>Breakfast</b>	Yo pro 170g tub	15
<b>Lunch</b>	Mexican bowl (¼ cup mince, ¼ cup mixed veg	12.5
<b>Dinner</b>	50g salmon and veg	12
<b>Snack</b>	WPI protein shake made with water	27
<b>Total</b>		<b>66.5 g</b>

# A DAY ON A PLATE – 80G PROTEIN


Meala	Food	Protein (g)
Breakfast	Yo pro 170g tub	15
Lunch	Mexican bowl (¼ cup mince, ¼ cup veg and 1 spoon Chobani plain yoghurt)	15
Dinner	50g salmon and veg	12
Snack	WPI protein shake made with 1 cup milk	35
Total		78 g

# A DAY ON A PLATE – 90G PROTEIN

Meal	Food	Protein (g)
Breakfast	1 scrambled egg with 10g cheese	9
Snack	1/2 tub Chobani yoghurt + 1 tablespoon WPI	16.5
Lunch	Tin of tuna mashed with avocado	15
Dinner	50g beef and veg	14.1
Snack	WPI protein shake made with 1 cup milk	35
Total		92.5 g

# SUMMARY

- Getting adequate high quality protein is essential in preventing muscle loss and achieving weight loss goals
- Whey protein > collagen protein for muscle
- Don't rely only on supplementation – need a variety of protein foods
- Protein Goal : >60g or 1.1g/kg AIBW
- AND don't forget your vitamins....
- If you need more help book in a session with our lovely reception staff ☺



THINGS TO CONSIDER



# NO ONE IS AN ISLAND

- Being human is interacting with other people
- Physically see the important positive people in your life
- Avoid toxic people
- It takes a village to raise a child



# MENTALIZING

- Thinking about thinking
- Process the emotion
- Acknowledge what you feel and talk about it



# ONE STEP AT A TIME

- The steps can we small
- What's missing and what could I do about it
- What's holding me back



# LIVE IN THE MOMENT

- Done be stressing about tomorrow /next week / next year
- What's done is done



# PRACTICE

- If you want to get strong
- Needs repetition and practice



# BAD THOUGHTS

- Getting annoyed when you see a similar car
- Getting angry at someone from the same race



# IT'S OK TO NOT BE SUPERMAN

- Be the lobster
- Hide for a while
- Take a hit and then crawl back up



# GOOD ENOUGH IS GOOD ENOUGH

- As a parent
- Husband / Wife
- Son / Daughter
- Friend



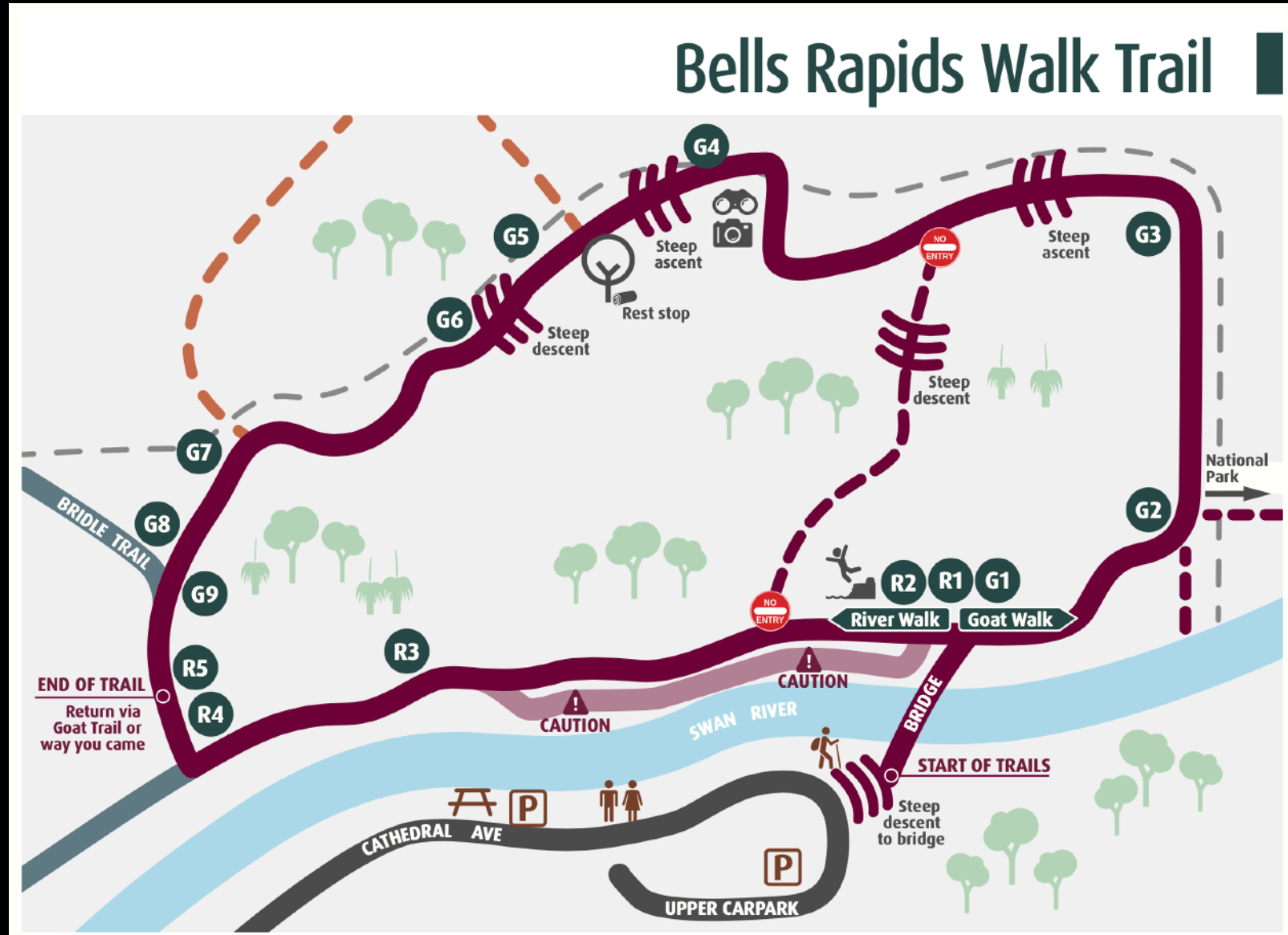
# CHALLENGE

- Hug someone / anyone every day
- Reflect on three positive experiences every day
- Forgive yourself and live that Good Enough is Good Enough
- Watch with someone else “About a Boy” – Hugh Grant

# AN INVITATION

Sunday 7<sup>th</sup> November  
10.30 am

And a picnic





# RESOURCES

- School of Life – Allain de Botton
- TED – Lucy Hone
- Positive Psychology Martin Seligman

QUESTIONS ?

