

Schedule:



9 - 9:50 a.m. Registration

10 - 10:05 a.m. Opening remarks

10:10 - 11 a.m.

Details of Metabolic Surgery - Dr. Brandon Varnell

Diet Medications: When Is This the Correct Treatment After Surgery? -

Dr. Catherine Gaffney

Healthy Relationships 101: How to Navigate Changes in Relationships With Food, Family and Friends After Bariatric Surgery - Dr. Jenny Wood

11:10 a.m. - 12 p.m.

Plastic Surgery for Loose Skin - Dr. Paul Callegari

Observations of a Successful Post-Op Patient - Tracy Foster

PCOS and Bariatric Surgery - Stephanie Atkinson

12 - 1 p.m.

Panel Lunch with Dr. Kirk

1:10 - 2 p.m.

Stages of Progression through Bariatric Surgery - Dr. JoeBob Kirk

Ages and Stages: Strategies to Maintain Your Weight Loss Or Manage

Weight Regain - Rene Norman

Mind Over Matter: Applying Mindfulness Strategies for Bariatric Success -

Dr. Brian Ess

2:10 - 3 p.m.

Strength Training with your Resistance Band - Emily Hunt

Cardio Kickboxing - Mo Smith



Making Sense of the Bariatric Journey

Guest Speakers:

Bariatric Surgeon

Plastic Surgeon

Registered Dietitians

Psychologists

Exercise Specialists

Physicians



Your Hospital, Right Here at Home.

Register at baileybariatrics.com/pcc.

The Patient Care Conference is designed to educate and motivate you on your bariatric journey to become healthy, strong and nutritionally correct. The Center for Bariatrics at Bailey Medical Center is offering you all of its resources to equip you with the knowledge and support you need. The conference is designed for pre-op patients and post-op patients. We have designed the conference to help all patients regardless of where they are in their journey. Attendees can select any class to address their pre-op or post-op concerns.

The Center for Bariatrics strongly encourages continuing education and engagement in all areas of the program. We help patients prepare for surgery, execute the nutrition plan, participate in exercise and consistently follow-up with our physicians. This multi-disciplinary approach towards educating the patient has proven to be the most successful approach to bariatric surgery.

Available classes for you to choose from:



Details of Metabolic Surgery **Dr. Brandon Varnell**

Have you wondered what happens during the surgery? The surgeon will discuss what takes place on the day of surgery and during your stay in the hospital. He will describe the surgical process for the various procedures available at Bailey Medical Center. Get answers about typical recovery time, the surgery itself and how you can prepare for surgery. Educating yourself will help your family be prepared for the hospital stay.



Diet Medications: When Is This the Correct Treatment After Surgery? **Dr. Catherine Gaffney**

Dr. Gaffney will discuss various diet medications and show examples of when this is the correct treatment after surgery to reduce weight regain. She will discuss why diet, exercise and the psychologist should be seen in combination with the various medications to create an optimal environment for success.



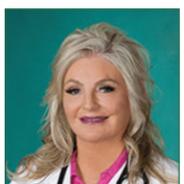
Healthy Relationships 101: How to Navigate Changes in Relationships With Food, Family and Friends After Bariatric Surgery **Dr. Jenny Wood, Psychologist**

Most patients experience changes in relationships after surgery including relationships with food, family, friends, and most importantly with yourself! For many bariatric patients, this is the first time you have ever made yourself a priority, and learning to put yourself first, or somewhere even close to that, is no easy task!! This workshop is designed to explore what healthy relationships look like, and how to begin on the path to enjoying healthier relationships with yourself, with food, and with the people in your life! Because after all, you are worth it!!



Plastic Surgery for Loose Skin **Dr. Paul Callegari**

Dr. Callegari, a plastic surgeon, will discuss the issue of excess skin and how this can be addressed through plastic surgery. Excess skin is a reality of weight loss and varies from person to person. He will address certain areas that typically accumulate loose skin and how to address those with skin removal surgery. Find out details about when and how to begin this process.



Observations of a Successful Post-Op Patient **Tracy Foster, APRN, FNP-BC**

Tracy has been involved in the bariatric program over the last 10 years. She has seen thousands of patients through the program and in the clinic. Tracy will share her observations and examples of successful bariatric patients and how you can duplicate those behaviors for long-term success.



PCOS and Bariatric Surgery **Stephanie Atkinson, RD/LD, CDE**

Join us to get a better understanding of Polycystic ovary syndrome (PCOS). We will explore dietary and lifestyle recommendations for management. Emerging data in the surgery population including outcomes in PCOS vs non-PCOS groups and improvements in conditions associated with PCOS will be presented.



Panel Lunch **Dr. JoeBob Kirk**

All patients participate in the lunch

A five patient panel will provide insight into the bariatric journey. We will have you submit questions and David Steward will facilitate the discussion during lunch. This will also be an opportunity to meet other patients going through this experience.

Stages of Progression Through Bariatric Surgery **Dr. JoeBob Kirk**

Dr. Kirk has been exclusively working with bariatric patients since 2002. He has seen thousands of bariatric patients through surgery, bariatric clinic and support groups. He will share his experience of the pre and post-op patient stages through the bariatric process and equip you with the knowledge and tools to guide you through these stages



Ages and Stages: Strategies to Maintain Your Weight Loss or Manage Weight Regain **Rene Norman RD/LD**

The metabolic power of bariatric surgery lasts for 12 to 18 months after surgery. Weight loss after that point is up to the patient. How will you maintain your weight loss or manage weight regain? This presentation will focus on strategies to consider as you move through different stages of life and the aging process.



Mind Over Matter: Applying Mindfulness Strategies for Bariatric Success **Dr. Brian Ess, Psychologist**

Does it sometimes feel difficult to start or maintain behaviors needed for bariatric success? Our mindset makes a difference. Come learn about how mindfulness strategies can help you make and maintain behavioral changes. You will also have the opportunity to practice mindful meditation and mindful self-compassion for yourself in a short experiential session.



Strength Training With Your Resistance Band **Emily Hunt, ACE-CPT**

Emily will go over the importance of strength training, having muscle strength, and muscle mass. She will show modifications and proper form when strength training. This class will also focus on sit and fit chair exercises and strengthening your core using a resistance band. We will provide a resistance band in class or bring your own.



Cardio Kickboxing **Mo Smith, ACE-CPT, Certified Kickboxing Instructor**

Get moving with Mo! Try something new and fun. Mo will conduct a cardio kickboxing class to get your heart rate up and moving. This class has been modified for all fitness levels!

Register at baileybariatrics.com/pcc.