

# CABPS MEDICAL NUTRITION THERAPY



## Post-Op Bariatric Patients Pursuing Exercise: Recommendations and Nutrition Advice

Monday, March 7, 2022 | 7:00 p.m. – 8:15 p.m. ET

### OBJECTIVES

- To review key considerations when supporting post op patient pursuing high level sports activities
- To compare and contrast the macronutrient and micronutrient needs for post op bariatric patients vs athletes
- To provide key recommendations for counseling patients re: what, how, and when to eat as a bariatric athlete
- Post-bariatric physical function
- Role of exercise, lean mass and physical function
- Clinical application for screening of functional deficits

### AGENDA

- 7:00 pm - 7:05 pm **Welcome and Opening Remarks**  
Speaker: Stephen Glazer, MD, FRCP(C), FCCP
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- 7:05 pm - 7:25 pm **Nutrition Advice for Post Op Bariatric Patients Pursuing Sports**  
Speaker: Angel Luk, BSc, RD, IOC Dip Sp Nut
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- 7:25 pm - 7:45 pm **Post-Bariatric Physical Function**  
Speaker: Sobhan Mardan, MSc.
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- 7:45 pm - 8:05 pm **Panel Discussion**  
Moderator: Stéphanie Michon, Dt.P., CBE
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- 8:05 pm - 8:15 pm **Closing Remarks**  
Speaker: Stephen Glazer, MD, FRCP(C), FCCP



### Continuing Medical Education

This event is an accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

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COMPLIMENTARY TO CABPS MEMBERS



L'ASSOCIATION CANADIENNE  
des MEDECINS et CHIRURGIENS BARIATRIQUES

The CANADIAN ASSOCIATION of  
BARIATRIC PHYSICIANS and SURGEONS

**Canadian Association of Bariatric Physicians and Surgeons**

2800 – 14th Avenue, Suite 210, Markham, Ontario L3R 0E4

Tel: (416) 491-2886 x 236 • Fax: (416) 491-1670 • Email: [info@cabps.ca](mailto:info@cabps.ca) • Website: [www.cabps.ca](http://www.cabps.ca)

### FACULTY



**MODERATOR:**  
**Stéphanie Michon, Dt.P., CBE**  
Nutritionniste, Programme de chirurgie bariatrique et générale  
Institut universitaire de cardiologie et de pneumologie de Québec - Université Laval



**SPEAKER:**  
**Angel Luk, BSc, RD, IOC Dip Sp Nut**  
Registered Dietitian – Vancouver Coastal Health  
Richmond Metabolic and Bariatric Surgery Clinic



**SPEAKER:**  
**Sobhan Mardan, msc.**  
Kinesiology  
School of Kinesiology University of British Columbia



**CABPS PRESIDENT:**  
**Stephen A. Glazer, MD, FRCP(C), FCCP**  
Diplomate of the American Board of Obesity Medicine  
President of the Canadian Association of Bariatric Physicians and Surgeons  
Medical Director Bariatric Surgical Program, Humber River Regional Hospital  
Assistant Professor-Department of Medicine, Queen's University