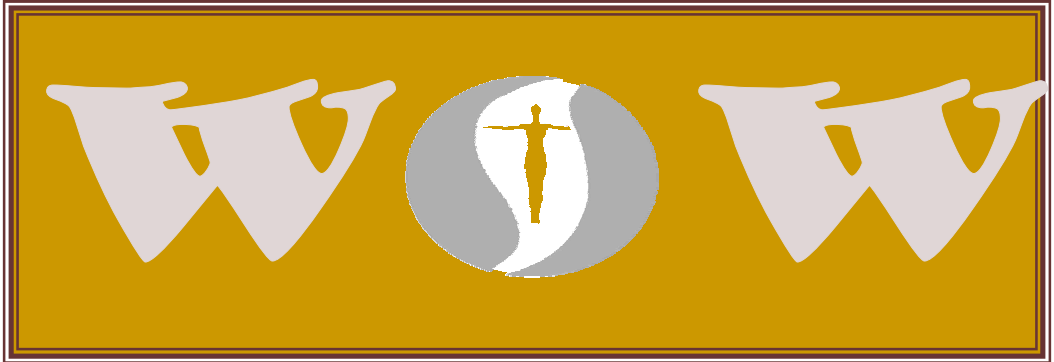


# September

## 2009

### SCALES



#### **KEYS TO LONG-TERM WEIGHT LOSS FOLLOWING WEIGHT LOSS SURGERY**

By: Anne Stone , MS,RD

If you're reading this newsletter, you're probably either considering having weight loss surgery, are the support person for someone having weight loss surgery, or you've already had weight loss surgery. You've heard it a thousand times; "weight loss surgery is only a tool to help you achieve your weight loss goals", and that a successful outcome is dependent on your commitment to changing the way you think about food, eat food, and live your life. Prior to surgery, that mantra seems easy and almost everyone I speak with tells me that this will be no problem, that the end will justify the means. However, this is not always the case. During one support group session, a very wise person spoke up and said that while she anticipated the anatomical change she would undergo in her stomach, it took her awhile to realize that nobody had performed surgery on her brain. She still thought about food a lot, even when she wasn't hungry.

For most people, there is a "honeymoon period", when things seem to be going smoothly, and weight loss is steady. But then life happens, catches you off-guard and the next thing you know, your weight loss has stalled. It's a difficult task to always be prepared; preplanning meals and snacks, making sure you eat adequate protein, staying properly hydrated and taking your vitamins. However, after weight loss surgery, these tasks are extremely critical, not only to your weight loss success, but to your overall health. Here are a few tips for staying on track:

Continued on page 2

#### **Inside This Issue**

Keys To Weight Loss	Front
Dreams Have Wings	3
Support Group	4
Recipes	5
Announcements	Back



## Continued .....

- 1) Follow your post-surgery diet plan to the letter. The guidelines that were provided to you by your Bariatric surgeon and staff have been proven to promote success and prevent complications. Progressing too quickly with your diet can lead to complications and slow weight loss.
- 2) Establish consistent meal and snack times. Protein shakes can always serve as a meal or snack. When time is limited and you have to eat on the run. Waiting too long to eat can lead to rushed eating, and overeating, both contributors to nausea and/or vomiting.
- 3) Do not graze throughout the day or drink calorie-containing beverages. This will lead to excess calories and stall weight loss. Also, pay attention to food labels, especially in regards to calories and portion sizes.
- 4) Make sure you take in adequate protein (60-70 grams of protein daily). In the beginning it's best to keep a food log of the amount of protein you are consuming to be sure that you are achieving your goal. Without adequate protein, you will be losing muscle, in addition to fat.
- 5) Make sure you drink 64 ounces of fluid daily. Fluid consists of anything in liquid form and includes your protein shakes, sugar-free Jell-O, broth, Propel, water, ice tea and Crystal Light. Sip on fluids throughout the day to stay properly hydrated. Do not wait until you are thirsty to drink. Monitor your urine, it should be mellow yellow, and not dark. Avoid drinking liquids with meals.
- 6) Anticipate stressful times and pre-plan strategies to combat them. For instance, if you know you will be working long hours, keep foods at work that you can eat to avoid the temptation to hit the vending machines or fast food. Single serve containers of soup, tuna, cottage cheese, yogurt, string cheese, salmon, and oatmeal are just a few examples.
- 7) Make sure you always eat the protein component of your meal first, followed by vegetables, fruit and then whole grains. Even though you are taking vitamins, you still need the fiber from fruits, vegetables and whole grains to maintain a healthy gastrointestinal tract. The amount you can eat will be very limited in the beginning to approximately 2 Tbsp. of protein (i.e. scrambled egg or cottage cheese), 2 Tbsp. of fruit (i.e. applesauce) and 1 Tbsp. of vegetables (i.e. peas). The amount you can eat will gradually increase with time, but make sure to chew each bite 25 times before swallowing. Go very slowly and try to take 30 minutes to eat your meals.
- 8) Just because you don't throw something up, doesn't mean you should eat it. For example, weight loss surgery patients can often tolerate most foods 4-6 months after weight loss surgery and temptation is there to start including them back into their diet. The foods that formerly contributed to their weight issues, can suddenly creep their way back in, so be on guard.
- 9) Attend support groups. Studies support the evidence that attending bariatric support groups leads to greater weight loss success and weight maintenance.
- 10) Establish a habit of weekly weight monitoring to keep you out of denial. It's easy to "not feel" 5-10 pounds.
- 11) Exercise on a regular basis. Do whatever feels natural to your body and fun. If it's too hard you won't stay with it. Consider activities such as yoga, water aerobics, walking, bicycling, playing tennis, croquet, using a pedometer or just being more active and less sedentary. Doing an activity with a friend is also a good idea since it gives you an opportunity to be social and fit in your exercise.
- 12) Last, but not least, don't forget to take your vitamins and have your vitamin levels checked periodically. You should be taking a multiple vitamin every day, Citracal + D every day (2 per day), and iron supplement (pre-menopausal women), and a B complex every other day. Stopping your vitamin regimen can lead to nutritional deficiencies and fatigue. Once you stop seeing your bariatric surgeon, continue to have your vitamin levels checked at your routine physical.

Best of luck to all of you and I look forward to seeing you at the support group meeting on September 19th, 2009

# **Dreams Have Wings**

By: Lisa Janks Waldrep, CPC, JD

*"There is more than a verbal tie between the words common, community, and communication... Try the experiment of communicating, with fullness and accuracy, some experience to another, especially if it be somewhat complicated, and you will find your own attitude toward your experience... changing."*

*-John Dewey*

What would life be like if humans existed on this planet with no way to communicate with one another? What if there were no languages, written text, or any other form of nonverbal communication; no way to express yourself in any situation except for an emotional tirade due to your frustration; miserable would be an understatement! Since the beginning of time man has pursued communication through cave drawings, chiseling stories into stone, and coming up with strange icons that had meaning to only a select few. In 1799 one of the greatest finds in deciphering ancient hieroglyphics was found. It was the key to unlock the legacy, life stories and events of the Ancient Egyptians. This great find was called the Rosetta Stone. The Rosetta Stone was written in three scripts. The first hieroglyphic was used to document religious documents; the second was the common script of Egypt and the third was Greek. It was written in this fashion so the priests, government officials and rulers of Egypt could read what it said. Without the stone, languages, stories, memories, carvings and drawings would be without meaning and ultimately undecipherable. Now these stories can be passed on to us, helping us to re-member our ancestors, reunite and learn from their stories, and re-create a better life for future generations.

Is that not what we are all trying to do today as well? As parents, friends, family and co-workers, we communicate with each other, working together to make the footprint that others will want to follow. Too often we are caught up in our fast paced lives trying to get ahead, only to realize that what we really value is left behind. At some point we must realize the impact that we can have on others by slowing down a little, and being a support system for them through communication. Tell your story, listen to theirs, talk about life, and what you have done to make yours better. Use our ancestors as an example and start writing in a diary or journal... send a letter, write an email, make a phone call, our options for communication are now endless. Aspire to be the person that makes someone else's day better by telling your story. Leave behind your legacy. And as you do so, remember that like your successors you will be the ones that impact future generations, because memories are what we live for.

In Love We Trust,

Lisa



# **SAVE THE DATE!**

**September 19th, 2009**

**SCALES SUPPORT GROUP MEETING**

**Guest Speaker:**



**~Anne Stone, MS, RD~**

**Topic:**

**“Keys To Long-Term Weight Loss”**



## ~Recipes~



### Chicken and Zucchini Lasagna

2 tsp olive oil  
1 cup finely chopped onion  
1 med stalk celery, finely chopped  
2 cloves garlic, finely chopped  
3/4 lb extra-lean ground chicken  
1 1/2 cups sliced zucchini  
8 ounces mushrooms, sliced  
1 tsp dried basil  
1 tsp dried oregano  
1 14.5 ounce diced tomatoes  
1 8 ounce can no-salt added tomato sauce  
12 no-boil lasagna noodles  
1 15 ounce tub fat free ricotta cheese  
2/3 cup reduced fat shredded cheddar and mozzarella cheese.  
Preheat Oven: 375 degrees

Heat oil in large skillet and sauté onions, celery and garlic for 5 mins. Crumble ground chicken and cook until no longer pink. Add zucchini and mushrooms, and herbs and cook for 4 mins. Add canned tomatoes and tomato sauce. Simmer 5 mins. Spoon 1/3 of sauce in bottom of pan, lay 4 lasagna noodles on top. Add 1/3 of ricotta cheese, spread evenly and add another 4 noodles. Repeat until sauce ricotta and noodles are used. Sprinkle reduced-fat cheese on top. Bake 20 mins then broil 2 mins until top is golden.

Calories: 481      Total Fat: 7.9g



### Sautéed Green Beans and Leeks

2 tsp olive oil  
2 garlic cloves, finely chopped  
3/4 pound leeks, cleaned, white parts only, sliced  
3/4 pound fresh green beans, trimmed and halved  
1 14.5 ounce petite diced tomatoes  
1/4 cup fresh chopped parsley

Heat oil on medium in a large skillet. Add garlic, leeks and green beans. Sauté for 5 mins, until leeks have softened. Stir in tomatoes, and cook for 2-3 minutes. Sprinkle parsley.

Calories: 80      Total Fat: 1.9g



### Apple Crisp

3 large Granny Smith apples, peeled, cored and very thinly sliced  
2 tbsp lemon juice  
1/2 cup unsweetened apple juice  
1/2 cup rolled oats  
1/2 cup firmly packed brown sugar  
1/4 cup whole-wheat flour  
2 tbsp butter, cut into tiny pieces

Preheat oven to 400 degrees. Place apples in baking dish drizzle with lemon juice. Pour all but 2 tbsp apple juice over apples. Whisk oats, brown sugar and flour together. Rub butter pieces in oat mixture. Sprinkle on top of apples. Drizzle remaining apple juice. Bake 35 mins.

Calories: 245      Total Fat: 3.2g



# Announcements



## WOW Support is now Online....

If you are interested in talking with other patients like yourself who have had bariatric surgery or if you are in the process of having bariatric surgery please join us at WOW Support located at:

<http://groups.yahoo.com/group/WOWsupport>

We need YOUR STORY for the Newsletter!  
If you are interested in sharing your journey in the  
**SCALES/SALSA** newsletter  
please contact Janet at [Janet@scales.md](mailto:Janet@scales.md)

**OPEN HOUSE  
&  
INFORMATIONAL SEMINARS**  
Please call our office at  
**805-230-0030**  
to receive more information on  
future dates, times  
and locations.

As a reminder, the **SCALES** support group takes place the third Saturday of each month beginning at 12:00 p.m. in Conference on the 2nd Floor of Thousand Oaks Surgical Hospital. Our support group is open to all pre and post-op patients, friends and family members. The support group is a great place to get information, reconnect with old friends, and make new ones. Plus, you could win a prize by entering the monthly raffle! If you've got ideas, or are interested in volunteering with the support group or clothes closet, please contact Janet in the **SCALES** office at [janet@scales.md](mailto:janet@scales.md) or by calling 877-303-5264

## OTC | MEDICAL GROUP

Comprehensive Post Surgical Program and products that addresses nutritional care as well as behavioral



Easy nutrition in 2,3,4 ounce portions

Chocolate, Custard, Vanilla

140 Calories, 20g protein per serving

**BariCare™**,

**OTC in Roseville**  
1650 Lead Hill Blvd,  
Roseville, CA  
(916) 978-0300

**Contact us: (805) 230-0030**

**Address: 415 E. Rolling Oaks Dr  
Suite 240  
Thousand Oaks, CA**

**Website: [www.scales.md](http://www.scales.md)**