



Hope Bariatrics

Geoffrey H. Wilcox, MD, FACS

Michael D. Felix, MD, FACS

www.hopebariatrics.com
www.pittsburghlapband.com

412-741-8862

Spring 2012

Support Group Dates

Heritage Valley Sewickley 2012

6:00 pm

4th floor Conference room

2012

May 14	June 11
July 9	August 13
Sept 10	Oct 8
Nov 12	Dec 10 *

St. Clair Hospital 2012

6:30 pm

Patient Directed

Dunlap conference room (location is tentative)
Check at information desk

2012

Apr 16

May 21	June 18
July 16	Aug 20
Sept 17	Oct 15
Nov 19	Dec 17 *

* denotes holiday party-call for info

Support group guest speakers will be posted on the websites.

Current and archived newsletters will always be available on our websites.

Check out the section of our websites, called **HEALTHY HABITS.**

Support Group Meetings

Attending support group meetings is a vital component to long term success after weight loss surgery. Below are the words of one of our patient's on this very topic. Try to make the time to stop in from time to time and see what you have been missing. Thank you Dave for taking the time to share your thoughts:

Heritage Valley Bariatric Surgery Support Group Statement

Better health, self confidence, more energy, and a new lease on life are all the most obvious benefits of bariatric surgery. However, like anything else in life, there is no magic bullet, and this type of solution comes with a few challenges. How we meet those challenges determines whether or not we are successful in any sort of endeavor. For those of us who have undergone the surgery or those that are considering it, an important consideration is joining a support group.

I had the surgery, and was incredibly happy with the results, but one thing I didn't expect was how important it is to talk to others who have been through the same procedure and understand its implications. I must admit that joining a support group of any kind was never high on my list of priorities. Getting the surgery done seemed like an extremely private thing and I wasn't sure I wanted to share that with anyone. I couldn't have been more wrong. The support group at Heritage Valley Sewickley is a wonderfully motivating and comfortable way to share success, information, or fears with people who understand my situation.

For the most part, these meetings are highly informative. Since I have been attending, we have shared tips on diet, stress relief, health guidelines and a fascinating speaker on plastic surgery to deal with excess skin. Probably the biggest benefit to the meetings, however, is the jolt of motivation I get from each one. We all tend to fall into a routine over time when not reminded of certain things. These meetings remind me that I am not alone in this journey and that I have made a great decision to make my life healthier and happier. Walking away from each support group meeting with an extra spring in my step and a newfound energy to stick with my program has made all the difference in the world.

So in conclusion, I recommend that anyone who has had the surgery (or is considering) attend a support group meeting at least monthly. There is nothing to fear as these types of groups are extremely welcoming. Participate as little or as much as you like. The benefits are enormous.
- Dave, 2/2012 -Hope Bariatrics

New to Hope Bariatrics

We are excited to welcome Dr. Tunc Aksehirli, MD, to Hope Bariatrics at the Jefferson location. He will bring his expertise of the Sleeve Gastrectomy to Hope Bariatrics for those appropriate for this surgical procedure. For more information please call our office at 412-741-8862.

VITAMIN SCHEDULES:

Gastric Bypass / Sleeve Gastrectomy patients:

2-ADULT strength Multi-
vitamins -chewable or liquid,
(Bariatric Formulated
preferred for better
absorption) in divided doses
daily with food.

B-12- sublingual daily 500
mcg or 1000 mcg three times
weekly or a monthly
intramuscular injection.

Iron-36 mg daily- everyone
needs iron after surgery,
even men. Do not use
ferrous sulfate or slow iron
as it does not absorb well
after surgery. Take iron **2
hrs** separate from calcium.

Calcium CITRATE- 1500
mg daily of calcium split
into 500-600 mg doses
throughout the day- **READ
DOSAGE carefully on
labels** to ensure proper
amount. Do NOT use
calcium carbonate
products such as Caltrate,
Tums or Viactiv chews- **DO
NOT** use these products!

Vitamin D-3 2000 IU daily
or the equivalent spread
throughout the week.

Adjustable Band patients:

1-Adult strength-daily
chewable or liquid Multi-
vitamin

1500 mg Calcium daily split
into 500-600 mg doses
throughout the day- **READ
DOSAGE carefully on
labels** to ensure proper
amounts.

Vitamin D-3 1000 IU or the
weekly equivalent

**Always call with any
questions or for
recommendations!**

Hold the Salt

Nine out of ten adult Americans eat too much salt each day, according to a report released Tuesday by the Centers for Disease Control and Prevention. And it's not what we add at the dinner table that's the problem.

People are consuming high amounts of salt in processed foods and at restaurants. High sodium levels increase blood pressure, putting people at higher risk for heart and disease.

"These diseases kill more than 800,000 Americans each year and contribute an estimated \$273 billion in health care costs," says CDC Director Dr. Thomas Frieden.

The CDC found that 10 types of foods accounted for more than 40% of the sodium people consumed. They are:

- 1) Breads and rolls
- 2) Deli lunch meats
- 3) Pizza
- 4) Poultry
- 5) Soups and canned vegetables
- 6) Cheeseburgers and other sandwiches
- 7) Cheese
- 8) Pasta and rice mixed dishes
- 9) Meat mixed dishes, frozen meals
- 10) Snack foods such as pretzels, potato chips and popcorn

Even though some of these foods are not high in sodium, eating multiple servings raises our salt levels.

On average, adults in the United States eat more than 3,300 milligrams of salt daily. And for many this is twice the amount experts suggest.

The U.S. Dietary Guidelines recommend that adults consume no more than 2,300 milligrams of salt a day. African Americans, people over 50 years of age, and those with health conditions such as high blood pressure, diabetes, and chronic kidney disease are encouraged to consume no more than 1,500 milligrams a day. The CDC says that both adults and children are overindulging.

The report finds that two-thirds of the sodium we eat or drink comes from what we purchase in stores, whether it's our groceries or what we pick up at a convenience store. We get about 25% of our salt from what we order in restaurants. What we add to the food we cook at home accounts for only about 5% of the salt we eat each day, according to the CDC.

Reducing sodium levels by 10% would help prevent an estimated 28,000 deaths each year, the CDC says. One way to curb salt intake is to eat more fresh or frozen fruits and vegetables. The next time you head to the store, look at the nutrition labels and choose items that are low in sodium. You can also schedule time with a registered dietitian to help identify foods that are high in salt and find alternatives. The heart healthy DASH eating plan is another good option.

"The key here is to find lower sodium options of the foods you love," says Frieden.

He says he is encouraged by the steps certain food manufacturers are taking to reduce salt levels in our foods.

"Kraft Foods has committed to an average 10% reduction of sodium in their products over a two year period, and dozens of companies have joined a national initiative to reduce sodium. The leading supplier of cheese for pizza, Leprino Foods, is actively working on providing customers and consumers with healthier options," says Frieden.

He stresses that by adjusting what we eat, choosing lower sodium items, eating more fruits and veggies, we can not only save money, but save lives. - Leslie Wade- CNN

Misc. Info:

No matter when you had your surgery, never hesitate to get advice from our office staff or from one of our experienced patients. Feel free to contact Patricia at pdplpn@yahoo.com or 724-880-8050 for the inside patient support you may desire.

New products available at the office include, High Protein MR Orange Cream flavor (mix with water) and delicious lemon drop jellies of 10,000 IU Vitamin D for patients needing extra- once or twice weekly. They are the best! Multi- vitamin capsules, those patients able to tolerate larger capsules- 6 per day = two of the chewables.

There is a new website for patients to share their experiences about their doctor and office staff. We know that our doctors are "5" star quality; here is an opportunity for you to let others know too! Just go to the website www.healthgrades.com, go to find your doctor now, enter name, specialty, location and click on find doctors, complete the survey. You will have to enter an e-mail address for validity. Thanks so much for getting the "good" word out there for all to benefit.

***** PLEASE take time to take care of yourself and take your nutritional supplements as recommended for life!**