



# HOPE BARIATRICS

Summer 2009

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[www.hopebariatrics.com](http://www.hopebariatrics.com)

(412) 741-8862

## Support Group Dates

2009

### Sewickley Valley Hospital

6:00\* pm 4<sup>th</sup> floor

Conference room

Aug 10      Sept 14

Oct 12      Nov 9

Dec 14\*\*\*

### St. Clair Hospital

**\* NOTE- some meetings are patient directed and start at 6:30\***

7:00 pm Main floor conference room –

Construction is finished!

Aug 17\*      Sept 2

Oct 19\*      Nov 16

Dec 7\*\*\*

\*6:30 p.m. start and patient directed meeting

\*\*\* denotes holiday party

Please contact office to confirm meetings during inclement weather.

SIGNATURE REHAB combined with Hope Bariatrics offers a great opportunity for a fitness evaluation/ program for all Hope Bariatric patients, please contact Signature Rehab at 724-749-7178 (Sewickley), 724-770-0172 (Beaver) and 724-773-6412

## Emotional Eating

Is it Physical or Emotional Hunger?

Before you eat that ... Physical Hunger : Builds gradually, strikes below the neck (such as growling stomach), isn't accompanied by a sense of compulsion, occurs several hours after a meal, goes away when full and leads to feelings of satisfaction after eating.

Emotional hunger develops suddenly, hits above the neck (such as "taste " or cravings for ice cream or chips), results in urgent need to eat, is unrelated to time since last meal, is specific often for a particular food or brand, persists despite fullness and leads to guilt or shame after eating.

Emotional eating is probably the biggest challenge we have in our American society. We develop reliance on foods for the wrong reasons such as comfort, love, socialization and are bad habits. So how do we deal with these habits. Journaling what we eat and why, is key in determining what triggers or causes us to go to emotional eating in the first place. Once we identify what triggers

the action, only then can we work on changing the behavior. Write a list and keep it handy of possible alternatives for those triggers. So if you turn to food for reasons of boredom or stress, will eating really help solve those issues. Of course they may give an instant gratification but afterwards result in guilt and frustration. We then have to look at the real issues and the real solutions for boredom or stress. Often times we watch TV and feel the need to do something with our hands such as pick at snacks. Therefore avoid having snacks in the home, get up during commercials and get a drink, have small weights available in the room to keep your hands busy, take up knitting etc. Dealing with stress is an everyday event. We must find outlets such as meditation, exercising, yoga, deep breathing etc. FOOD will NOT solve boredom, stress or anything else- it is only meant to be fuel to our

bodies. Think before you choose... Physical or emotional hunger, then respond and feel the control you have over your actions. Keep track of the right choices you make . If you slip and make a poor choice, so what, go on and make a better choice next time. Don't wait until tomorrow and use the excuse that you already blew it for the total day. We live and act upon one choice at a time. Think before you choose and make it a healthy wise one. It will give you positive feelings and results.

If you need further assistance with emotional eating consider the following information:

Carol Crawford, LPC, NCC, Psychotherapist/Counselor, recent guest speaker at our support group is offering sessions for **emotional eating**. There is a fee for this service and you can get details by calling 412-749-1747.

## Summertime

Get moving in this glorious weather. Walk or bicycle instead of driving for small errands or visits. Being outside benefits you physically, mentally and spiritually. If it is too hot, walk inside on a treadmill, march in place, use a walking DVD, pace around your house while talking on the phone. JUST MOVE! Exercise has many benefits such as increasing your energy, self esteem, mental focus, decreases risk of heart attack, osteoporosis, decreases your stress levels and it increases your strength and stamina.

Other advantages include improved digestion, enhances quality of sleep, improves body shape, improves circulation and helps reduce blood pressure, increases lean muscle mass in the body, increases metabolic rate, improves posture, enhances your immune system, strengthens your heart. So, even light weight lifting while watching TV will help to burn fat and build muscle mass. With all those things to profit from- do not delay, get up, get out, get moving and get HEALTHIER . Make it a daily habit.

Increase fluids accordingly in the summer heat- 64 ounces is the baseline. Limit caffeine and avoid carbonation. Develop a

habit of taking along a bottle of water when heading out.

When grilling or Barbequing this summer – keep an eye on the fat and sugar in all those recipes. Homemade sauces and marinate can keep things in check versus bottled items.

## Vacation Planning

Protein and vitamins needs do not stop on vacation. Enjoy your trip and have fun safely by planning ahead of time, check your supplies, stock up and pack in some extras just in case your trip is extended.

"The Greatest Wealth is Health"- Virgil

#### Vitamin Schedule

Roux-n-Y gastric bypass patients :

2 -ADULT strength Multi-vitamins -

chewable or liquid, (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 as it does not absorb well after surgery. Take iron 2 hrs separate from calcium

Calcium citrate with Vitamin D3- 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 or Viactiv chews. Increase intake to 2000 IU Vitamin D-3 daily or the equivalent spread throughout the week.

Lap Band patients: Adult strength-daily chewable or liquid Multi- vitamin

1500 mg calcium daily in divided doses along with 1000 IU Vitamin D-3 daily or the equivalent.

Vitamin D deficiencies are very prevalent in the northeast & among the bariatric patient. Vitamin D is important for the proper absorption of calcium but also very important to prevent numerous co-morbidities.

I recently received the most moving and revealing testimonial from a patient. I personally requested this as I am putting together a patient album for the staff at Sewickley Hospital. Read his story then send me yours. I started taking "before" pictures in January, 2008. If I didn't get yours, send it to me and then stop in the office for the "after" picture. Be ready to give me a picture with "ATTITUDE"!! My e-mail is [cnolfi@hopebariatrics.com](mailto:cnolfi@hopebariatrics.com) Let's share your success with everyone! And, maybe your story will touch someone to seek a healthy future, too!

**Numbers don't lie. Waist size 62 down to a 38 (and almost into a 36). Shirt size 5-6x down to a XXL. I've lost 208 pounds in less than a year. Had someone told me this last summer when I was 470 pounds and struggled to put shoes on, I would have laughed in your face.**

**I had tried every diet under the sun. Every one of them. Not a single one of them proved successful. I tried exercising. I tried everything. I was spiraling out of control. My portions were enormous. A Double-quarter pounder sandwich, TWO large fries, and TWO double cheeseburgers and a large Coke were the norm on a trip to McDonald's. A DiGiorno's pizza with a bag of shredded cheese on top was a meal, not to mention snacking while it was cooking.**

**To even think of those portions or that type of food today, however, makes me absolutely disgusted. Not only can I not eat that food, I won't.**

**In 2007, I had enough. As a truck driver, I was encountering trucks that I could not fit into. I was at the lowest point I had ever been. I kicked smoking in 2006, I quit dipping snuff in 2007, and quit sugar and carbonated drinks in 2008. In 2008, I was up to 12-24 cans of diet pop per day.**

**Something had to give. I made the decision that, after years of trying (and a lot of failing) I could not lose the weight on my own. I contacted Hope Bariatrics, desperate and scared. I figured if I could give up my addiction to caffeine, sugar, and fatty foods, I could do it for a lifetime. Enough was enough; there were people who weighed LESS than I did who died of a heart attack! The thought of my wife having to put me in a supersized coffin or being removed from my house by a crane was NOT what I wanted my final memory to be. What did I have to lose? Everything else failed, and I must admit I was a tad scared this may fail too. I had my share of advice from people and know-it-alls...Many people may say that surgery is the "easy" way out. Those are the same people who don't struggle with weight!**

**After the hoop jumping process my insurance company requires, I was scheduled for surgery. I was eating low fat foods, but still big portions. I was drinking 1-2 gallons of water a day. Every day. August 12, 2008 was the moment God and Dr. Felix and his staff gave me a new life. They enabled me to start over. Dr. Felix was my personal miracle worker. I literally owe my life to Dr. Felix and the Hope Bariatrics staff. EVERYONE at Hope Bariatrics treated me like gold from day one. I didn't get the "MY God he's huge" stares from anyone on the staff. No one talked down to me. No one made me feel bad about being 30 pounds shy of 500 pounds. Cindy is just as nice to me at 260 pounds as she was when I was 470. I love the staff!!! I can't say enough good things about them!!!**

**At almost one year post-op, I am often asked if I would do it again. Yes. Without hesitation I would. I went from 470 pounds to 260 pounds in less than a year. It is a lifelong commitment. Even at a year out, I am often asked if I miss junk food like pizza and McDonald's. Simply, no. I don't. The smell of McDonald's nauseates me now (seriously). Do I miss the all-you-can-eat buffet restaurants? No. Do I miss the pop? The tobacco? The caffeine? No. Not at all. I still am able to eat the good things, just in small quantities. There is a wonderful variety of no sugar added or sugar free "sweets" I had never noticed before while buying Oreos and sugared ice cream.....As for fast and processed foods? No way. I don't eat them. If I can succeed, anyone can!**

**Thank you to everyone at Hope Bariatrics for giving me my life back. With all of my heart, thank you all so much for everything**

#### MISC

Keep in mind, if you need help with motivation or getting back on track- do **contact us!**

#### Notes from the office:

Please remember to schedule and keep your follow up appointments. Keep up with lab work. Reminder for gastric bypass patients: If you are diagnosed with anemia or iron is low, do **not** use ferrous sulfate or slow iron and do **NOT** use calcium carbonate for calcium supplements for calcium. Contact office for proper types and use of supplements or email [dstuart@hopebariatrics.com](mailto:dstuart@hopebariatrics.com). Latest research shows that Osteoporosis is occurring at a much higher rate than originally anticipated for both bariatric type patients- Lap Band and Gastric Bypass.