



Hope Bariatrics

Geoffrey H. Wilcox, MD, FACS

Michael D. Felix, MD, FACS

www.hopebariatrics.com

www.pittsburghlapband.com

412-741-8862

Winter 2011

Support Group Dates

Heritage Valley

Sewickley

2011

6:00 pm

4th floor Conference room

Jan 10 Feb 14 March 14

April 11 May 9 June 13

July 11 August 8 Sept 12

Oct 10 Nov 14 Dec 5 *

St. Clair Hospital

6:00 pm

Dunlap conference room

(location is tentative)

Check at information desk

2011

Jan 17 Feb 21 March 21

April 18 May 16 June 20

July 18 Aug 15 Sept 19

Oct 17 Nov 21 Dec 12

* denotes holiday party-
call office for details

**Newsletters will
always be available
on our websites, in
the office or by
request.**

**Please contact office
to confirm support
group meetings
during inclement
weather.**

Healthy Resolutions for 2011

Happy New Year from all of us at Hope Bariatrics! A New year brings about time for making new resolutions. This year, think about making them realistic, achievable and of course health oriented. Below are suggestions that have a common theme of improving your overall health.

1. Choose foods wisely, fresh and lean – multiple colors to provide the important protein and nutrients your body needs to work well. Avoid processed and canned high calorie filler foods. Plan meals ahead!
2. Be aware of stress and how you respond to it. Comfort eating does not help, try things that actually decrease stress such talking with friends, meditation or exercising.
3. Pick a goal and get close to it. Consistency and moderation are the tickets to a healthy lifestyle, regarding nearly everything from portion size, label reading, slow eating etc.
4. Get moving with enthusiasm. Make the most of your exercise with a burst of intensity every so often or steadily increase your pace. Remember to stay active all day long, even at work if possible. Build muscle as part of your routine, it stimulates your metabolism all day long.
5. Get involved with your health care- continue to learn and ask about your health. Attend support group meetings.
6. Pick something small to adjust. Little changes make big differences. Evaluate your habits and adjust things appropriately. We naturally gain weight as we age, modify your habits accordingly.
7. Focus on family and focus on good qualities in yourself and others. Every day identify at least one strength in yourself and family members. Stop and listen, observe and if necessary, forgive. Maybe “focus acts of forgiveness” are the flip side of “random acts of kindness” towards you and your family.
7. Daydream. Taking time to allow mind wandering to be creative but also to develop our sense of self. The brain needs some down time as our bodies need sleep.
9. Eat one “family meal” together every day without TV along with serving a new food one day a week. You will eat better, pay attention to one another and research indicated family meals protect against obesity and whole host of risky behaviors. Trying a new food will add a little adventure and help picky eaters to expand their palettes.
8. Choose to be active. We get bogged down in routines such as watching TV. Be conscious of what we are doing and stop to savor the moment. Enjoy each moment and live it the fullest being active.

Boost your Immune System with these Foods

Try incorporating these foods into your diet to protect against illness during the winter months.

Elderberries- recover quickly from the flu, contain antioxidants and ability to fight inflammation.

Button Mushrooms- high in selenium and antioxidants. Contain B vitamins and shown to have antiviral /antibacterial effects. With low levels of selenium, increase your risk for more severe flu.

Acai Berries-beware- HIGH in sugar but have illness fighting properties and are high in antioxidants.

Oysters- contain zinc and have antiviral effect and assists with wound healing.

Cabbage- good source of glutathione (powerful antioxidant), high in fiber, add to stews

Almonds- handful (5-6) help with stress and contains vitamin E to boost immunity. Contains riboflavin, B- vitamins that help bounce back from stress.

Grapefruit, citrus fruits- contains vitamin C, helping to fight off cold and flu- packed with flavonoids- (natural chemical that increases the immune system).

Wheat Germ- full of zinc, B vitamin and a good mix of fiber, protein and some healthy fat – Try substituting for white flour.

Low sugar, low fat yogurt- especially Natural “Greek Yogurt”- 1 cup daily can reduce chances of cold, active cultures can stimulate your immune system . Choose one with vitamin D. Recent studies show link between low vitamin D levels and risk of cold and flu.

Garlic- offers several antioxidants that battle immune system invaders. Peel, chop and let set 15 min before cooking to activate the immune boosting enzymes.

Spinach- the “Super Food”, contains folic acid, helps produce new cells and repair DNA, boasts fiber, antioxidants such as vitamin C. Use it Raw or lightly cooked to get most benefit.

Broccoli- immune boosting basic- full of nutrients that protect body form damage, vitamin A, C and glutathione.

Sweet Potato- like carrots, they contains beta carotene, which mops up damaging free radicals, vitamin A, and slows the aging process.

Tea- decaf green or black- loaded with disease fighting antioxidants, destroys free radicals.

VITAMIN SCHEDULES:

Gastric Bypass 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 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 or Viactiv chews- **DO NOT** use these products!

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

Lap 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

Cindy's Corner

I hope this finds you all well and feeling ready for the new year. A new year is a great opportunity to start fresh; new ideas, resolutions, and commitments. 2011 is an exciting time for us at Hope as we add a new location to our program. We will begin performing bariatric surgery at Jefferson Regional Medical Center in the South Hills. We are in the infant stages in the process, but we look forward to serving the bariatric patient in the Jefferson and surrounding communities by mid year.

We will conduct our first informational seminar at Jefferson on February 7, 2011 at 6 p.m. Please share this information with anyone you know that might benefit with weight loss surgery and lives in that area. Jefferson has an outstanding reputation for their healthcare and their commitment to their patients. They have the same high standards of care that we have here at Hope Bariatrics. Check them out a www.jeffersonhospital.com. We will continue our program at Heritage Valley Sewickley and St. Clair locations as well. If you have any questions, please feel free to call me or e-mail me at cnolfi@hopebariatrics.com. Warm regards, Cindy Nolfi, RN, Bariatric Coordinator

The TRUTH About Whole Grain and Fiber

Fiber and whole grain products have gained popularity and are popping up on the grocery shelves in record numbers. It is important to understand the meaning of the labels such as "high fiber", made with "whole grain" and "whole wheat". Studies have found whole grains and high fiber diets help with weight management and reduce our risk of heart disease, diabetes and some cancers.

Even in spite of clever marketing, it is important to be able to decipher whole grains from refined grains. By definition, whole grains are made from the entire grain including the bran, germ and endosperm. Whole grain provides fiber, vitamins, minerals, antioxidants and Phytonutrients that refined grains lack. Whole grain does not necessarily mean high fiber and vice versa. Breads may have added processed fiber from peas or other foods which do not contain antioxidants and Phytonutrients found in whole grains. The fiber content of different grains varies based on the proportions of bran, germ and endosperm naturally occurring in the grain and also the amount of added sugar. For example, brown rice is 3.5% fiber while barley contains 15% fiber because it contains more of the bran portion. Grains such as crackers and cereals that contain added sugars will have to eliminate natural fiber to make room for the sugar content.

The best advice is to read labels carefully. Do not assume products that state "made with whole grain", "wheat" or "unbleached wheat flour" are whole grain. Look for 100% whole grain on the package or whole wheat flour listed as the first ingredient. If there are two grain ingredients and only the second ingredient listed is whole grain, the product can contain as little as 1% or as much as 49% whole grain. Many products have a mix of grains; however "multigrain" does not necessarily mean all the grains are whole grains. For example, "multigrain" bread could contain 70% refined flour and only 30% whole grains.

To make the identification of whole grains easier, the Whole Grain Council encourages consumers to look for the Whole Grain Stamp on packages. The stamp comes in two varieties; a "100% Whole Grain" stamp assures foods contain a full serving or more of whole grains and that all the grain is whole grain while the basic "Whole Grain" stamp can appear on products with at least half a serving of whole grains per serving. Choose foods with the 100% Whole Grain stamp if possible. Overall it is best to look for products are "whole grain" and "high fiber". Both fiber and whole grains have documented health benefits and should be included in a well-balanced diet. Aim for breads that contain 3 grams of fiber per slice and cereals that contain 5 grams or more per serving. Always choose grain products with minimal sugar and always look for the "Whole Grain" stamp.

Exercise is so important for many reasons. Try to think of it as doing something because you care about yourself! Care for yourself daily.

Keep in mind that Signature rehab combined with Hope Bariatrics offer a great opportunity for fitness for all Hope Bariatric patients and their families. Contact one of their three locations for details. Sewickley 724-749-7178, Beaver 724-770-0172 or Hopewell 724-773-6412.

Misc:

Keep up to date with your appointments and blood work. We want you to be healthy inside and out!

Gastric Bypass Patients please avoid any Non- Steroidal Anti- Inflammatory medications which may include the following: Ibuprofen, Naprosyn, Aspirin, Sallicylate, Celebrex products such as Advil, Excedrin, Ibuprofen, Motrin, Midol IB, Aleve, Bufferin, Ecotrin. These all increase the risk of gastric ulcers.