



# Hope Bariatrics Newsletter

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## Support Group Dates for 2015

### Heritage Valley Sewickley 6:00 pm

4<sup>th</sup> floor Conference room, Sewickley Hosp:

### January 12<sup>th</sup> :

Leslie Nappe, Psychotherapist speaking on Intimacy after Weight Loss Surgery

Feb. 9    March 9  
April 13    May 11  
June 8    July 13  
Aug 10    Sept 14  
Oct 12    Nov 9

### Washington Hospital 6:00 pm

located at: The Wilfred R. Cameron Wellness Center

Jan 19    Feb 16  
March 16    April 20  
May 18    June 15  
July 20    Aug 17  
Sept 21    Oct 19  
Nov 16

### St Clair Hospital Check at 4<sup>th</sup> floor info desk 6:30 pm

Jan 26    Feb 23  
March 23    April 27  
June 22    July 27  
Aug 24    Sept 28  
Oct 26    Nov 23

*For inclement weather, please check KDKA storm center for cancellations or call the Sewickley office*

## Happy New Year!

It happens fast but here we are into the new year of 2015. We all use the phrase loosely but what is the true meaning of a Happy New Year. It's the time of the year that we take to reflect on what makes us happy and what we want to take charge of in the coming year. Time for reflection over the past year and goals for the new one. Our choices make us what we are and therefore we have got to take the time to think about changes we need to make in our habits that make us unhealthy and what we can do for ourselves to improve our health. It's often difficult for us to give time and energy to ourselves, but it is vital for positive results. You are the only one that can determine your goals and choices, so ultimately it is only you that can do the best thing for yourself. There is no other time like the present to spend time with yourself and list what you need to do for you! Make the goals simple and attainable so it's positive reinforcement. Choose wisely to focus on those that are most relevant. After all the thought, keep a journal and log your progress. It's a long journey, make it rewarding along the way. Little things can motivate you to keep moving in the right direction. Find a good support system; surround yourself by positive influences and people. Keep track of the good things you do and consider a "buddy" to help you stay focused and on track. Don't be your worst enemy, by having negative thoughts after a minor setback. Recognize that's only human to hiccup along the path. Keep plowing forward for yourself! Have an alternative to emotional eating habits- know what triggers them and be armed to avoid the temptations and good choices available. Use language that aids in your realization of goals, such as "I choose to do this in place of that". You have been given the gift of bariatric surgery by our surgeons, now it's up to you to be responsible to do and follow the ASMBS guidelines for life. Re-examine the guidelines, take a really close look at them and compare it to your habits- where do you need to improve. These recommendations come from many decades of research and have definite purpose and proven results behind them, neglect can result in serious consequences. Now is the time to examine you habits. Review your specifics for protein intake, vitamin, minerals and fluid intake. Eat 3-4 smaller meals per day to keep your body working efficiently. Plan ahead to have the rights foods in your environment, avoid empty calorie foods and beverages such as sweet tea, do NOT eat and drink together, wait one hour after a meal to resume liquids, take your time at the grocery store, read labels carefully, watch out for tricky marketing. Eat protein first at every meal, chew well and eat slowly and mindfully (see article below). Avoid protein bars on a consistent basis, save those for true emergencies. Read page 2 margins to make sure you are taking vitamins and minerals correctly. Make time for exercising in some way, every day. Plan to attend support group meetings for information and support. Keep focused, stay positive and get help if you need it! We are here for you! Contact us for any guidance or support.

## Holiday Party

Our first annual reveal holiday party was a huge success ...Monday, December 15th was a magical night for our patients and our staff. Our "Reveal Party" was nothing short of spectacular. We want to thank ALL our patients who came. We thank those who chose to be "revealed" and to those who came to support them. We are getting together the pics to post from that evening and they are beautiful!!!! We hope you had a great evening because I know we all did from HOPE! We thank everyone for making our 1st Annual Reveal Party a huge success!!!! We will begin planning our next "reveal" event, so consider joining us in celebrating your steps to a healthier better you! Watch the website and Facebook for details.

## Meditation and Mindfulness

The #1 Health Booster in 2015 is meditation. It is the new buzz word out there. It is a gentle ancient practice that will reduce stress, affecting everything from job performance and sleep to your weight. Practice of mediation creates mindfulness – to make you more focused and aware, so your mind and body can be in the same place at the same time. It's based on self –care and increasing overall well being and promotes individual responsibility. It's really very simple and is considered body building for the brain. You can literally change your brain through this practice. Food is one of the most popular applications for mindfulness. For most of us, eating has become a mindless activity and barely even taste what's on our plates- piling on calories. Eating in front of a television or computer causes us to mindlessly eat twice as much. Mindfulness can help you reconnect with your body's cues for hunger and satisfaction. A recent study found that learning mindfulness strategies helped participants eat more slowly and consume less calories. So the basics of mindfulness are easy, sit in silence, breathing deeply, if your mind wanders, bring your attention back to your breath. Eat mindfully so that you are more aware of what you are eating; enjoy the food while eating less. Consciously slow down, look at your food, smell it Eat and taste it slowly and taste it on all parts of your tongue and notice how your respond. Chew slowly, feel the food beneath your teeth, then swallow and notice how you feel. Start slow and see the many rewards of mindfulness.

## Vitamins

### Gastric Bypass

#### /Sleeve 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 or 1000 mcg crystalline B-12 /day

**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** 3000 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

## Cream of the Crop- don't forget your vegetables!

If you regularly load up your grocery cart with a variety of veggies, you could be well on your way to a healthier and longer life. But which ones should you reach for? Recent research has shown that dozens of vegetables pack a particularly big nutritional punch. Sneaking them into your daily diet couldn't be simpler.

**Beet roots'** edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup provides nearly twice your daily requirement. **Cooking tip:** Sauté a bunch of tender beet greens with some olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, soups, or pasta dishes.

**Beets-** Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender. Or skip the oven. Grate raw beets and add to slaws or as a topping in sandwiches.

**Microgreens-**Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy. **Cooking tip:** Try adding a handful of microgreens to sandwiches and salads, or use as a garnish for soups.

**Watercress-**Often overshadowed by arugula, this peppery green can knock any dish into nutritional shape. It's particularly rich in vitamins A, C, and K, and other antioxidants that are good for you. **Cooking tip:** Watercress can instantly make sandwiches and salads more lively and fresh-tasting. Or blend the greens into pureed soups.

**Swiss Chard-**Two main varieties of Swiss chard are found on store shelves: one with multicolored stems and veins, often called rainbow chard, and another with white stems and veins. Both are great sources of lutein and zeaxanthin, an antioxidant duo that's good for your eyes. At only 7 calories a cup, the green giant is waistline-friendly, too. **Cooking tip:** To preserve its nutritional might, lightly steam chard and toss with vinaigrette. You can also use the leaves instead of tortillas when making soft tacos.

**Asparagus-**With an earthy-sweet flavor, asparagus is a good way to load up on folate. Research suggests that this B vitamin is an ally in the battle against high blood pressure. **Cooking tip:** Shave raw asparagus with a vegetable peeler. You'll get ribbons that are wonderful in salads.

**Spinach-**This green has healthy amounts of vitamins C, A, and K as well as manganese. Working 1.5 cups of green, leafy vegetables into your day may lower your odds of getting type 2 diabetes. **Cooking tip:** Sneak spinach into your daily routine by adding it to scrambled eggs and casseroles or blending it into smoothies.

**Baby kale-** Packed with nutrients like beta-carotene, vitamin C, and bone-building vitamin K, kale has been billed as an ultimate super food. Not everyone likes its strong flavor. Enter up-and-coming baby kale. The immature kale leaves are deliciously tender and don't require any chopping. **Cooking tip:** Look for baby kale packed in plastic containers alongside baby spinach in supermarkets. Use in wraps, salads, and pasta dishes.

**Peas-** It's always a good idea to stash a bag of green peas in your freezer. Each cup of peas delivers an impressive 6 grams of fiber. Fiber helps you feel full, so you eat less later. It's also good for your digestion and helps lower cholesterol levels. **Cooking tip:** Use frozen peas in soups, dips, potato salads, and pasta dishes.

**Red Bell pepper-** You think of it as a veggie, but it's actually a fruit. One medium pepper delivers B vitamins, beta carotene, and more than twice your daily need for vitamin C. **Cooking tip:** For a fanciful main dish, cut the tops off peppers, remove the inner white membranes and seeds, and then roast until tender. Finish by filling with your favorite whole-grain salad.

**Broccoli-** Broccoli is one of nature's rock stars. It's a top source of natural plant chemicals shown to help lower the risk of some cancers (though many other things also affect your cancer risk). Each cup of the florets also gives you plenty of vitamins C and K. **Cooking tip:** Steam the florets for a simple side dish. Or add them into stir-fries, frittatas, and even smoothies that also have naturally sweet things, like fruit, to mask the broccoli taste. Source: WebMD

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“The Greatest Wealth is Health”- Virgil

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**Misc. Info:** Hope Bariatrics continues to grow in our Washington location. We have office hours weekly, support group meetings at the Cameron Wellness center in Washington and at St Clair hospital for our patients in the south hills areas. Join us and spread the word.

The new Bariatric Advantage **Multi- Vitamin Advanced Multi EA** has been a huge hit amongst our patients. Its mild flavor and ease of reducing daily products make it very popular. In most patients, it reduces the number of products necessary daily for the Gastric Bypass and Sleeve patient. Two of these specially formulated vitamins taken daily, should eliminate the need for the average patient taking separate iron, B-12, vitamin D, resulting in taking just two of the Multi vitamins per day plus the recommended 1500 mg calcium daily. We carry them in the Sewickley office and will be glad to bring orders to Washington office. We have a printed schedule with details at the office. Patients are loving the convenience of taking fewer products! And don't forget the all important calcium, now available in the new delicious orange flavor 500 mg calcium chews. The orange is my personal favorite but keep an eye out for the New plain chocolate flavor coming out in the near future.

For patients further out and able to swallow larger pills, the FloraVantage Probiotic once daily product is getting rave reviews for reducing digestive issues such as gas, reflux and assists in improving your overall immune system. Call for details!