



# HOPE BARIATRICS

Fall 2010

Geoffrey H. Wilcox, MD, FACS

Michael D. Felix, MD, FACS

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

(412) 741-8862

## Support Group Dates

2010 /2011

Sewickley Valley  
Hospital

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

Conference room

### 2010

Sept 13      Oct 11

Nov 8        Dec 13\*\*\*

### 2011

Jan 10      Feb 14

### St. Clair Hospital –

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

2010 -time changed- check  
website or call office- 6:00  
pm & 6:30 for patient  
directed

Sept 20\*      Oct 18

Nov 15\*      Dec 6\*\*\*

### 2011- tentative dates

Jan 17 \*      Feb 21

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

\*\*\* denotes holiday party-  
call office for details

2011 schedule hopes to stay  
same – call office for dates  
and times

Make your annual  
appointments, get  
your blood work  
done 2 weeks prior  
to your

appointment in  
order to review it  
with the doctor.

## Fall Back into Order

Fall is right around the corner. The chill in the early morning and evening is evidence it is rapidly approaching. With fall comes school, schedules and routines. We leave behind the carefree life of summer and make more order in our daily activities. It is time to reflect on the habits we have let relax and pull in our reigns. Take time to make notes on what you can improve or change. Renew earlier goals and get enthusiastic about being back in the driver's seat again. Take charge by starting each day with caring for yourself in everything you do. Making this daily commitment will give you a positive direction and create good results. Practice self talk and forgive yourself for careless choices. Try to make your next choice a better one. Practice saying " I will do better next time as it will help to build self strength.

Remember that eating is nurturing our bodies and providing strength to engage in activities. To nurture our bodies we must provide food which means every new day we have the opportunity to make right our nutritional wellness. You have at least three chances daily to fuel your bodies with the things it needs to give us strong bones, healthy bodies and sharp minds. How exciting that every single day of our lives we have the opportunity to be good to ourselves.

Make a pledge to take care of your body, being positive and caring of your self. Focus on the things you can do. Set goals and schedules for yourself not just your family.

Remember to actively engage in positive self talk by releasing the moral judgments we assign food. Food is healthy or unhealthy. We are not bad because of the food we eat. That leads to self loathing and a downward spiral. We need to view the act of eating unhealthy food as an opportunity to improve and make a healthy selection for our next meal.

Surround yourself with positive influences and people. Remind yourself that support groups are there for a reason. They help to keep you educated and informed of how to focus in the healthy direction for better success. They also surround you with strength, support and renewal to move forward in your journey.

Use this time of the year to focus on improving structure and order in your life for improvement of your overall health.

## 212 ° Powerful Inspiration

At 211°, water is hot, at 212° it boils and with boiling water; comes steam. Steam can power a locomotive. Raising the temperature of water by one extra degree means the difference between something that is simply very hot and something that generates enough force to power a machine. This is a beautiful, uncomplicated metaphor that ideally should feed our every endeavor- consistently pushing us to make the extra effort in every task we undertake. 212° reminds us that seemingly small things can make tremendous differences. It's your life and you are responsible for your results. It is time to turn up the heat to get what you want. One degree makes all the difference in your life. Attempt to incorporate the following:

**Attitude: The only thing that stands between a person and what they want in life is the will to try it and the faith to believe it possible.**

**Kindness:** It the most beautiful compensation in life. We can never help another without helping ourselves. - Ralph Waldo Emerson

**Belief:** Belief fuels enthusiasm and that explodes into passion. It fires our souls and spirits.

**Focus:** Having a simple clearly defined goal can capture the imagination and inspire passion.

**Perseverance** is not a long race, rather short races one after another.

You are now aware and have a target for everything you do.

If you have access to the web, take time to check out this motivational site @ [www.212movie.com](http://www.212movie.com)

## Cindy's Corner

Hello Everyone. I hope this finds you all well, no matter where you are in your weight loss journey. It's been really great to see many pre-operative patients at support groups. The value of support is priceless and that can't start too soon. Please join us at our meetings held monthly at two locations. Continue to check the website for dates. And speaking of websites, we're happy to announce a new site: [www.pittsburghlapband.com](http://www.pittsburghlapband.com). This is our new site for patients interested in the laparoscopic adjustable gastric band.....check it out! There is an on-line seminar outlining the surgery and our program at Hope Bariatrics. The goal with this website is to have another resource where persons struggling with obesity can find their way to us to begin their life-changing journey. The link to [www.hopebariatrics.com](http://www.hopebariatrics.com) is on this new site for gastric bypass information as well. For those patients who have had lap band surgery, send me your pictures and testimonials at [cnolfi@hopebariatrics.com](mailto:cnolfi@hopebariatrics.com). I'd love to share your stories on this new website!

Also, you're all invited to our holiday parties held in December. The St. Clair party is Monday, December 6 at 6 p.m. and the Sewickley party is Monday, December 13 at 6 p.m. Everyone brings a healthy dish to share and a gift of \$20 to participate in our gift exchange. Come and share the holiday with us!

Cindy Nolfi, RN      Bariatric Coordinator      Hope Bariatrics

### Important Reminders: Keep Liquids Separate from Food

The guidelines for success of both bariatric surgeries- gastric bypass and Adjustable bands stress the importance of keeping liquids away from solid foods. It is one way that helps the surgeries work for you and it is also the number one reason that prevents success after bariatric surgery. The recommendations are to avoid liquids a ½ hr prior to eating, with a meal and an hour after completion of a meal. The reasoning is that stopping liquids prior provides time for any liquid that is in the stomach to empty and making available the most space possible for food (fuel). During eating, chew well and allow the solid food to go in to the stomach slowing and apply pressure to the band or stoma (connection between the stomach and small intestine). That gives you a full feeling that signals you to stop eating. The food will then slowly go through the openings, keeping you satisfied. Waiting to resume liquids for one hour after completing a meal will prevent flushing food through too quickly, resulting in hunger. Practicing these specific guidelines set by the experts will assist you with maintaining or obtaining weight loss.

**October is the beginning of the Holidays**, which are full of temptations especially lots of high calorie foods. Try to avoid these temptations by focusing on the many blessings of health, family and friendship in place of emphasizing food. Remind yourself of your priorities and the benefits of making good choices. Avoid going hungry to parties, plan in advance, do not over or under eat the day of the party. Try to socialize away from the food, be selective in what you eat, choosing only the foods that you love, small amounts at a time. Avoid high calorie liquids such as punch and alcohol. Increase your exercise or activity level and try to walk after dinner. By delighting all your senses and enjoying the company, the entertainment and traditions, the holidays can be HAPPY and HEALTHY.

**Adjustable Lap Band patients need** added calcium and vitamin D daily- 1500 mg calcium in divided doses of 600 mg and 1000 IU vitamin D-3 daily.

**Read labels and choose wisely**-good ingredients are important- select whey protein isolates when using protein supplements. It makes a huge difference.

**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 (Caltrate or Viactiv chews) as calcium supplements – latest research indicates a very high percentage of post op gastric bypass with high incidence of osteoporosis from using either the incorrect form of calcium or incorrect dosing- read the dosage info carefully on the labels to determine your needs.

**Keep in mind that men can become anemic and develop Osteoporosis** as well as woman. Contact office for proper types and use of supplements or email [dstuart@hopebariatrics.com](mailto:dstuart@hopebariatrics.com).

**Misc:** Signature rehab combined with Hope Bariatrics offer a great opportunity for a fitness evaluation for all Hope Bariatric patients, please contact Signature Rehab at one of their three locations for details. Sewickley 724-749-7178, Beaver 724-770-0172 or Hopewell 724-773-6412. Exercise is essential for your health and success after bariatric surgery.

### 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- **DO NOT** use these products!

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. Diabetes, hypertension etc.