



Hope Bariatrics

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Fall 2011

Support Group Dates

**Heritage Valley
Sewickley
2011**

6:00 pm

4th floor Conference room

Oct 10 Nov 14

Dec 5 *

2012

Jan 9 Feb 13

Mar 12 Apr 9

May 14 June 11

**St. Clair Hospital
2011**

6:30 pm

Dunlap conference room

(location is tentative)

Check at information desk

Oct 17 Nov 21

Dec 12*

2012 (time to

BE DETERMINED)

Jan 16 Feb 20

Mar 19 Apr 16

May 21 June 18

* denotes holiday party-call for info

Support group guest speakers will be posted on the websites.

Newsletters will always be available on our websites.

In case of inclement weather, check out KDKA Storm Center or call office for cancellations

Fall Challenges

Summer is just about over and everyone is getting back to their busy routines. Before we know it, the holiday season will be here! As busy as we may be, it is still important to incorporate healthy choices and exercise to maintain a healthy lifestyle. One of the most common issues is thinking that you just don't have time to exercise regularly. During this fall season, exercising is a critical part of combating all those holiday temptations. Taking the advice of the author below may help to find the time to fit it all in this holiday season.

"Finding the Time to Exercise"

by Rebecca Attanasio, CPT

Be honest ... on your list of priorities, where does exercise fall? Is it even on your list? Some of you don't exercise because you think you don't have time. You're waiting for your schedules to ease up, for the weather to cool off or heat up, for school to end or start, or some other future event.

The truth is, there's never a right time to get moving. If you can find a mere 15 to 20 minutes a day, however, you can give yourself substantial gains in your fitness goals -- you do not have to spend hours sweating for great results. It's now or never, so read on to find out how to make exercise a reality.

Tips to Maximize your Exercise Time:

Do exercises that use multiple muscles, called multitasking.

For example, a squat uses the front and back of your legs as well as your butt. After each squat, add an overhead shoulder press using a light dumbbell and you will hit even more muscles.

Focus on your big muscles.

Working your biggest muscles burns tons of calories and will give your metabolism a good boost. These muscles are your butt, thighs, back and core i.e., lower back, abdominal and oblique muscles.

Intensify your aerobic workout.

By doing so, you can get results in half the time. For example, instead of doing forty minutes of walking, jogging or low impact aerobics, go on a bike or treadmill at a high intensity for twenty minutes. If you have been working out regularly for at least a month, you could try doing intervals.

Exercise at a level that to you is hard, or very hard for two minutes.

Then, lower your effort -- but keep moving! -- for one minute. Repeat this cycle for twenty minutes.

Double up your exercises.

Rather than resting between sets, use that time to work a different muscle group, preferably a complementary muscle. For example, alternate one set of biceps curls with one set of triceps dips. Alternatively, do a set of seated leg extensions with a set of leg curls. These are super-sets and they nearly double the number of exercises you can do in a short time.

Incorporate circuit training.

Circuit training combines aerobics and strength training in the same workout. Doing this type of work out gives you calorie-burning benefits along with strength gains. For example, do a strength exercise for one minute. Without taking any rest, move on to another. Every two or three exercises add one minute of jump roping or your aerobic activity of choice for one or two minutes.

Short bursts of exercise add up.

Before your morning shower and breakfast, or during your lunch hour, squeeze in two sets of ten of the following bare-essential moves: crunches, push-ups, pull-ups, squats and lunges.

These calisthenics target and tone most areas of the body but do not take more than a few minutes to do. Short bursts of exercise add up. If you can accumulate 30 minutes of physical activity in a day in short bursts, you will get the same benefits you would if you did it all in one session.

Try something different every so often.

Monotony in an exercise routine leads to boredom, which will ultimately lead to no exercise. A change in the type of aerobics, or your specific weight training routine will avoid this problem and will give you greater fitness benefits. You will burn more calories and stimulate muscles in a new way, accomplishing more in a shorter period. Try activities you truly think you will enjoy or you will defeat the purpose and get more frustrated and bored.

Exercise purposefully and mindfully.

You'll get the most from your workouts by treating exercise purposefully and mindfully. Plan a time, make an appointment with yourself and then stick to it. Choose to exercise at the time you plan for and stop thinking about what phone calls you'll make next or what you just read on the Internet. Stay focused! Your body, mind and spirit will benefit.

About the Author

Rebecca Attanasio, CPT is a Certified Personal Trainer, member of the DineWise Advisory Board, and frequent contributor to our weekly.

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 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

Holiday Plans

How to deal with the holidays is always an issue when trying to make healthy choices. Enjoy it in good health by maintaining balance and planning ahead. Appreciate the joy of the season by remembering that the “people” come first. It’s all about reuniting with others sharing laughter and friendship. Upon arriving at a party, wait 30 minutes at least before eating. Socialize away from the food. Keep your appetite and food in check. Do not starve yourself, or go hungry. Stick with your light scheduled meals. Drink plenty of good fluids; avoid high calorie and alcoholic beverages.

At parties, look twice, eat once. Survey all the food available and decide which dishes you desire the most. Choose your indulgences wisely and savor them. There are too many opportunities to eat great food during the holidays to settle for food that is just okay. If something doesn’t taste as good as expected, stop eating it. Be picky, try only the fabulous items. Balance your indulgences with fruits and vegetables. Use small plates and small bites of foods. Offer to bring a “healthy “ item to the party such as a fruit or veggies platter, shrimp cocktail or fresh salsa with whole wheat pita wedges. Put your plate down and cover it with a napkin at the first sign of fullness. Watch out for grazing habits.

Prepare for the “food pushers”, with a firm “no thank you” or direct the focus on how good everything is and ask for the recipes, avoiding over indulging.

Think before you choose. Take time to evaluate your goals and achievements. Stay on track with them as often as you can. Don’t beat yourself up for making poor choices; just get right back on track with the next choice.

Stay active. Exercising daily will help to maintain your weight and assist in minimizing those extra holiday calories.

Take time to breathe in the true meaning of the holiday seasons and enjoy the many blessings.

Stocking your Pantry

Planning ahead again is a vital part of eating healthy. Having your kitchen properly stocked and organized is a must. Some of these items below are good suggestions to include in your pantry.

Water Packed tuna is healthy with omega 3 fats and protein and can be included in a variety of dishes. Eat no more than 12 oz per week or 6 oz. if pregnant due to the mercury content. Remember Albacore contains more mercury. Tomato products such as sauces or crushed tomatoes (watch out for the sodium in canned) - select the low sodium variety. They add some great vitamins like A and C along with moisture to any meat or vegetable. Don’t be afraid to add extra herbs to jazz it up.

Sweet potatoes – unlike the white version are an excellent source of fiber, vitamin and minerals. Bake them with cinnamon or slice them and bake them on bottom rack until crunchy.

Make sure your pantry is stocked with a variety of beans. Dried or canned are an inexpensive alternative to animal protein. They are also an excellent source of fiber. Served as a side or add them to meat or casseroles or salads.

Thoroughly rinsing canned beans can reduce sodium by 40%.

Whole grains are full of fiber, antioxidants, B vitamins such as brown rice, quinoa, pasta, bulgur, couscous are all available in whole grains as well. Always look for “whole grain” as first ingredient and 100% whole wheat flour products.

Homemade or low sodium stock adds moisture and richer taste in place of water in recipes.

Herbs and Spices without added sodium are a great way to put pizzazz into your meals. Don’t be afraid to experiment with new flavors.

By having a well stock pantry, cooking becomes healthier, easier and much more fun! Let me hear from you with your ideas.

Misc. Info: We are beginning a **NEW** section of our websites, called **HEALTHY HABITS**. Included in this section will be new, healthy recipes and an array of tips and information for healthier living.

Need some additional support after surgery? It is there for the taking 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 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 your nutritional supplements as recommended for life!