

## Support Group Dates for 2014

### Heritage Valley Sewickley 6:00 pm

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

Oct 13, Nov 10 and Dec  
8\*

We are excited to  
announce several  
upcoming guest  
speakers:

**Oct 13<sup>th</sup>:** Dr. Jeffrey  
Antimarino, MD,  
Board Certified  
Plastic Surgeon

**November 10<sup>th</sup>:**  
Sandy Kolonik, RN,  
Osteoporosis Nurse  
Educator from  
Women's Health  
Center

**January 12<sup>th</sup> :**  
Leslie Nappe,  
Psychotherapist  
speaking on Intimacy  
after Weight Loss  
Surgery

### Washington Hospital 6:00 pm

located at: The Wilfred  
R. Cameron Wellness  
Center

Sept 15, Oct 20, Nov  
17, Dec 15\*

**\*Indicates holiday  
party- call for  
details.**

*Check website for  
upcoming 2015 dates*

## Strengthen Your Immune System

Increase defenses with foods like Elderberry, button mushrooms, acai berries, oysters (they contain zinc- antiviral effect, watermelon – glutathione that stimulate the immune system to fight off infection. Found in the red pulpy flesh near the rind. Cabbage – another great source of glutamine. Sneak it into soups or stews to boost your meals nutritional value. Almonds-a handful shores up your immune system from effects of stress. Grapefruit is packed with flavonoids- this is a natural chemical compound that increases immunity. Packed with vitamin C as well, oranges and tangerines are good sources as well. Wheat germ is the part of a wheat seed that feeds a baby wheat plant, so it is full of nutrients such as zinc, antioxidants, B vitamin plus a mix of fiber and protein. Substitute wheat germ for part of the regular flour called in recipes. Including 1 cup of low fat, low sugar yogurt can reduce chances of getting a cold. Look for labels listing “live and active cultures” Some researchers believe they may stimulate your immune system to fight disease. Also look for vitamin D, which has a link between low vitamin D levels, increasing your risk of cold and flu. Garlic offers several antioxidants that battle immune system invaders. Among garlic targets are H. Pylori, which is associated with some ulcers and stomach cancer. Spinach, known as the “super food” lives up to its reputation being nutrient rich. It has folate which helps your body produce new cells and repair DNA. It also has fiber, antioxidants, vitamin C and more. Eat raw or lightly cooked to get the most benefit. Tea- black or green, caffeinated or non-caffeinated are loaded with polyphenols and flavonoids. They seek out cell damaging free radicals and destroy them. Sweet potatoes, like carrots contain the antioxidant beta-carotene, which mops up damaging free radicals and vitamin A, which is linked to slowing the aging process and lowers risk of some cancers. Broccoli is a basic immune booster as it contains chemical that stimulates the immune system. It is full of nutrients that protect your body from damage; full of vitamin A, C and glutathione. Choose wisely to maintain good health!

Source: Web MD

## Aging and Weight Gain

Aging does change your body's make up as your metabolism begins to slow down in your twenties due to your body's composition changing to having more fat and less muscle mass and water. Muscle burns more calories than fat so if you let muscles go, you won't burn as many calories. So even if you are eating the same way as you are when you were younger, age related changes stack the deck in favor of gaining weight. Food does matter, but it does not shift the numbers on your scale by itself. You can keep your weight steady as you age but it does get harder. After age 45, you lose 10% of your muscle mass each decade. Many woman blame menopause for weight gain in their 50's but the biggest reasons for the extra pounds is not menopause but a slower metabolism and less muscle mass. You must continually watch quality and quantity of food, maintain adequate protein intake and participate in strength training to maintain muscle mass. Exercise does help. Use weight machines at a gym or strength train at home with hand held weights, resistance bands or your own body weight (as with exercises such as pushups, squats and yoga poses). Consider a certified trainer to show you how to exercise safely and work into it gradually. Become more active, such as moving every hour, pace when you are on the phone or talking, park further in a parking lot, take stairs instead of elevators. Get up and move! Sitting is considered the new “smoking” as far as health hazards go. A moderately active person is equal to walking 1.5 to 3 miles at a pace of 3-4 miles /hr. Very active would be more than 3 miles per day at that same pace. Use an activity tracker such as a Fit Bit or pedometer to determine your activity level and increase gradually as you are physically able. Little changes make a big difference in the struggle against weight gain. Anything you can add into your daily routine will benefit you immensely over time and remember that consistency is imperative to permanent lifestyle changes.

Sources: Wed MD

## 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

## Tips for the Upcoming Holidays

The Holidays are just around the corner, along with them comes the temptation of food being everywhere. Add in the emotions of the season and it becomes a double whammy. Stress, lack of sleep and bubbling emotions come to the surface and there is all that food beckoning you at every turn. It can be a dangerous combination for those who have problems controlling what they eat. We tend to eat in response to feelings, both good and bad. Research demonstrates that the emotional role plays a bigger part than environmental cues. Smells, sounds and being around certain family/friends can evoke an emotional response that ultimately send you to the food table many times without you not even knowing why. Thinking about what role holiday foods play in your memory bank might help you overcome the temptation to over eat. It's ok to have the emotion, but don't try to bring back the memories with the foods you associate with those feelings. Although understanding why you eat can offer some measure of control, experts suggest it's important to head into the Holidays with a plan of how you're going to handle the temptations. Have a coping plan that includes tested strategies such as positive self – talk or making a list of every good reason why you want to maintain or lose weight and read it to yourself every morning and when you are tempted to eat something you hadn't planned, just read again so you're constantly reminding/ reinforcing yourself why it's worth it to turn down food. You have to condition yourself and change your mind set about what food means to you. This works well for thinkers but for those who are more of spur of the moment see it and eat it types, mindful eating technique may work better. So often, overeating is connected to a primitive, emotional place deep inside us and we just mindlessly start eating. The strategy of bringing yourself back to the here and now, notice what's in your hand, what you are doing in the moment, what's on your plate and what exactly you are eating. You can also go party- by -party, with a plan for each event, limiting the number of dishes you eat, eat only the things you absolutely love the most. The key is to put parameters around how much you will consume and stick to your plan. Watch out for the food pushes. Just learn to say no, over and over and over – it is a technique that works as long as you are firm. You are entitled to say “no” to something because you are protecting your good health. It's appropriate to just say “NO- thank you, its smells divine but really I am full “ – don't feel that you need to offer more of an explanation than simply just that. If the person insists, another option is to just simply accept the food item, and walk into another room and dispose of it. Just because it's on your plate or in your hand, doesn't mean you have to eat it. Ultimately, you are the only person in control of your own actions, mind, body and health. Be prepared and mindful of all your choices and decisions so you can keep away from all the Holiday food temptations that will surely come your way in the months to come.

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"Life presents many choices, the choices we make determine our future." -C. Pulsifer

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**Misc. Info:** As some of you may know, Hope Bariatrics is no longer affiliated with Jefferson Hospital. Dr. Wilcox and Dr. Felix, Hope Bariatrics, will continue to provide quality care at our Sewickley, Washington, and St. Clair locations. Dr. Aksehirli will be part of the bariatric program at Jefferson in conjunction with the Allegheny Health Network. Dr. Aksehirli's patients are asked to call his office at 412-469-7110 with any questions or to schedule an appointment. Patients of Dr. Wilcox and Dr. Felix please call our Sewickley office at 412-741-8862 to schedule your appointments.

Hope Bariatrics is proud to have been part of helping the patients of the Jefferson community succeed in their weight loss goals and achieve better health. We wish you all the best!!

- Informational Seminars and the Pre-surgery classes times and some locations are changing, so please check out the website for details.

- Bariatric Advantage has come out with a great tasting **new Multi- Vitamin called Advanced Multi EA**. It is chewable, mild fruity flavor and can be used as you begin taking supplements after surgery. 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 your 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 less products! Also the new delicious orange flavor 500 mg calcium chews are due in mid to late October.