

Support Group Dates for 2017

Heritage Valley Sewickley 6:00 pm

4th floor Conference
room, Heritage Valley
Sewickley Hospital

Nov 13

Washington 6:00 pm

Wilfred R. Cameron
Wellness Center

Nov 20

Please call the
Sewickley office 412-
741-8862 for any
questions

2018 Support Group
Meetings for Heritage
Valley Sewickley and
Washington will be
posted on our website
and our Facebook
page.

For upcoming
Inclement weather,
please check KDKA
storm center for
cancellations or call
Sewickley office at
412-741-8862.



Fall Back in Order

Fall is coming and along with the leaves changing and cooler evening, emerges structure and schedules to follow with school and activities. We leave behind the carefree life of summer to make more order in our daily activities. It is time to make time to reflect on the habits we have relaxed and get priorities in place. List things you can improve or want to change. Review and renew earlier goals and become enthusiastic about being in the driver's seat again. Take charge by starting each day with the top priority for caring first for yourself in everything thing you do. Every moment is a choice and opportunity for you to do the best you can for you! Making this daily commitment will give you a positive direction and positive results. Practice self- talk and forgive yourself for careless choices. Move forward if you make a poor choice, do not wallow in guilt. 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".

Eating is nurturing our bodies and providing strength to engage in activities. To nurture our bodies we must provide food which means with every meal we have the opportunity to better our nutritional wellness. Fueling our body with the things it needs to give us strong bones, healthy bodies and sharp minds, It's quite remarkable that each day of our lives we have the opportunity to be good to ourselves. Take hold of that opportunity at each choice. Pause before your choices and think before you choose.

This Fall, make a pledge/plan to take better care of your body, being positive and caring for yourself. No one else can do that for you. 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 judgements we assign to 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 healthier 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, updated and on the right path towards healthy success. They also surround you with strength, support and renewal to move forward on your journey.

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

Holidays are just around the corner!

The holidays are just around the corner, along with them comes the parties and emotions of the season. Stress, lack of sleep and bubbling emotions come to the surface and tempting foods are beckoning you at every turn. It is 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, sound and being around family/ friends can evoke an emotional response that ultimately sends you to food without 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 emotions, but try not 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 in to the Holidays with a plan of how to handle temptations. Have a coping plan that includes tested strategies such as positive self- talk or have a list on your phone to keep with you, of every good reason why you want to stay on track and read it to yourself every morning. When you are tempted to eat something you hadn't planned, just read it again so you're constantly reminding/ reinforcing yourself of why it's worth it and to turn down those temptations as they arise. You have to condition yourself and change your mind set about what food means to you. This works well for controlled thinkers, but for those who are more of the spur of the moment see it and eat it, mindful eating techniques may work better. So often, mindless eating 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 you are doing in the moment, what you choose to put on your plate. Remember that every moment is your choice to do the best for yourself and only you have control of that. At parties, choose wisely and only the foods you truly love. Pick up vegetables to help fill you. The key is to put parameters around how much you will consume and stick to your plan. Avoid staying long in the food area. Watch out for the food pushers. Just learn to say no, over and over and

Vitamins for Gastric Bypass

/Sleeve patients:

2 -ADULT strength Multi-vitamins-chewable or liquid, (Bariatric Formulated preferred for better absorption) in divided doses daily with food. (Consider Combo MVI- BA-Adv EA product- **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**-45 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 5000 IU daily or the equivalent spread throughout the week.

Adjustable Band patients:

1-Adult strength-daily chewable Multi-vitamin with iron **1500 mg Calcium** daily split into 500 mg doses throughout the day- **READ DOSAGE carefully** **Vitamin D-3** 3000 IU daily

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, your food smells amazing but I am really quite full”-don’t feel 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 sure to think ahead and be prepped to handle the Holiday temptations and be ever so mindful of all your choices. Your choices make you, who you are!

TEN Great Fall Foods

Sweet Potatoes: rich in vitamin A- good for vision, healthy skin and strong immunity, fiber
Parsnips: lots of fiber- roast with sweet potatoes for a great flavor and help lowering cholesterol
Pears: rich in fiber, vitamin C and potassium – if it’s soft around the neck it’s ripe for eating
Winter squash: includes butternut, acorn, buttercup- all high in Vitamin A and fiber, B vitamins and minerals such as iron, zinc, calcium, potassium and phosphorus- Try spaghetti squash as a healthy alternative to pasta
Pumpkin: full of fiber, Vitamin A, B vitamins and calcium copper , phosphorus and potassium
Brussel Sprouts: vitamin K, Vitamin C, B vitamins, calcium, potassium , iron and manganese – great grilled
Pomegranates: high in antioxidants, to help keep cells healthy
Apples: vitamin C , antioxidants , fiber, Skin and layer beneath contain most of healthy fiber and nutrients- sliced very thin, can provide a nice crunchy snack.
Kale and cabbage family: full of vitamins A, C, K and B- loaded in beta carotene- which helps prevent cancer and heart disease, Also contains calcium , manganese and potassium- holds it’s texture in heat versus spinach.
Turnip Greens: high in vitamin A, K, C, folate - great source of fiber, iron and calcium too. Vegetables and fruits are so important to our bodies- if you haven’t tried these recently, do yourself a favor and give it a whirl!

“Always be aware that Weight Loss Surgery demands a life- long effort that you can never abandon. Remember that you have given a great gift through WLS, but that gift requires constant attention. You have not been magically “fixed”. The next time you start to entertain some of the old thinking patterns and habits, cling to the gift that you have been given.”

Hope

Bariatrics Updates: Washington Informational seminars are now being done on an as needed basis. Call the office to schedule a physical appointment if needed. Online Informational Seminars are always available on our website.

Bariatric Advantage products: Consider the convenience of the combination Multi-vitamin products: chewable- 2/day Advanced EA or 3/ day capsules (large) Ultra MVI with iron. Both products contain adequate amounts of recommended vitamin D, Elemental iron, crystalline B-12 and all the easier absorbed forms of the vitamins. The Ultra MVI with iron is a rather large capsule and appropriate after about 9-12 months from surgery. You cannot beat the cost of the Ultra MVI with iron – 30 day supply only \$20.00 for all of that! Remember though, 3 per day for the capsules! Only product you will need to take additionally is calcium 500 mg doses at a time for a total of 1500 mg per day. Call for specifics!
New available flavor of calcium chews in Raspberry are delicious. Try the chocolate High Protein Shake Mix protein- \$20/ 14servings.
Avoid the hassle of having to stop in the office for your Bariatric Advantage vitamins and supplements. Call Bariatric Advantage, Hope’s representative, JC at 949-226-5889 available from 9:30-6 EST. Bariatric Advantage offers free shipping right to your doorstep with their auto refill program. Please check out all the products on our E-store which is located on our website.

We all at Hope Bariatrics are here to support you through your weight loss journey to improve your quality of life. Please contact us for any of your questions or concerns. We wish all of you and your family, a season of Happy Holidays. Good Health and Peace to All!