

## Support Group Dates for 2018

### Heritage Valley Sewickley 6:00 pm

4<sup>th</sup> floor Conference  
room, Heritage Valley  
Sewickley Hospital  
Nov 12

\*\*\***Dec 10-** bring a  
small covered dish to  
share and come enjoy  
our Bariatric  
Advantage Rep, Steve  
Blatstein, the guest  
speaker with lots of  
info, updates and  
samples(weather  
permitting)

### Washington 6:00 pm

Wilfred R. Cameron  
Wellness Center

Nov 19

**Check on our Hope  
Bariatrics Website for  
details on 2019  
meetings**

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



**Find recipes and  
more on Facebook**

## Get Ready for the Holidays!

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 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. Always remember that YOUR choices make you, who you are!

## Planning Ahead

Planning and prepping meals ahead is one of the best tools for improving health and making good choices. Planning your breakfasts and lunches throughout the week can keep you on track when life gets hectic or unplanned eating causes you to make impulse-eating decisions. Try planning out the next week's breakfast and lunch on a magnetic, erasable calendar that you can stick on your refrigerator. It is a great reminder to stick to your plan of homemade meals.

Prepare your breakfast a head and pack your lunch the night before so you do not have to worry about those details as you hustle your family off to school or work in the mornings. A great breakfast idea is bake ahead a dozen Egg Muffin Quiches: recipe on our Facebook page and just reheat one or two each morning in micro for 30 seconds. Or choose Quick cook (3 min) Steel Cut Oats with washed fruit waiting in frig. Add low fat milk and it's a go! Lunch can be as simple as left over previously grilled chicken on a tossed salad loaded with fresh pre- cut veggies. Keep homemade dressing at work: recipe on Facebook page. Fruits, a few unsalted nuts or cut up veggies in the bag are great backup for an afternoon snack. Also keep a few Triple Zero Greek Yogurts in your work refrigerator.

**Sweet Potatoes** aren't just for Thanksgiving anymore... Research indicates they have many health benefits ranging from all the nutrients, vitamins C and A, to being high in antioxidants and anti-inflammatory properties. They also may help regulate blood pressure and do not cause sugar spikes and may help in weight loss. Great with spray butter or just plain, they are delicious and nutritious! Half is plenty, share with someone or save half for the next day.

## 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** 4500-5000 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

## ***Being an Inspiration to Those Around You***

By Ronda L. Hart, MSN APRN-BC CBN

A person who has triumphed over adversity can inspire everyone around them. It doesn't matter who you are, what you do for a living, or where you are in the course of your day – someone is watching you and judging your behavior. In this regard, like it or not, you are a role model, a term that generally means a person who is an example to others, and whose behavior is copied by others. We all need role models because they guide us in our decision making and paths throughout our lives.

For good or for bad, the lifestyle choices that we make do influence those around us, particularly our family and children. You are on center stage every day with family and children. Instead of pressuring yourself to be that perfect "role model" for all those around you, give yourself credit for instead being an inspiration to those nearest you. Instead of allowing yourself to feel failure when you don't have the best of days, know that you can and do inspire others with how you respond to adversity. Success is in starting anew and doing it better the next time around. Those around you not only learn by watching your actions, but also learn by watching your attitude to both success and failures.

I believe that the first step in becoming an "inspiration" is to become comfortable with who you are, and where you are in the process of self-change after surgery. Know your strengths, and know your weaknesses. Work to improve your weaknesses by making better choices. Admit your mistakes and simply work on trying not to repeat them. The first step to becoming an inspiration is to simply set a positive example. Surround yourself with people who support you on both your good and bad days. Chances are these are the friends, family and children who will be inspired by you.

True inspiration comes from those who possess the qualities that we would like to have and those who have affected us in a way that makes us want to be better people. This does not mean being perfect.

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### ***Patient testimonial***

"March 6, 2018 marked 12 years since my Bariatric Surgery. I am very proud to say the as of today, I have lost and kept off 115#! It has been the proudest accomplishment of my life. Dr. Felix told us that the surgery is only a tool and how each individual chooses to use the tool will determine our success. I have chosen to use that tool to discipline myself to make wise food and to control my portions Do I still enjoy a Mocha Frappuccino or French Fries occasionally? Of course but I ask for small sized frap make with skim milk and only half the fries. I also remember the dietitian stressing the importance of paying attention to what your body is telling you. When your body says Stop, you Stop or suffer the consequences. I have since learned to control the temptation to overeat and that I like skirts better than Pizza! In the past 2 years, I started a new exercise routine and was surprised how much I enjoy it. Every morning before I go to work, I walk on the treadmill for 60 minutes. Early last year I set a personal goal to participate in a total of five 5 K races and I actually completed ^ and brought home a trophy from one of them. I dare say that I am a success story. I truly feel that I get better, healthier and happier every year. At 54 I feel amazing. I have developed a whole new self-confidence and I know it's a bit obnoxious, but I am just going to wear it like a pair of earrings! Thank you for this amazing tool you have given me, which in turn, has allowed the person I always knew was inside of me to come out!"  
D.P.

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### ***Out from Surgery 6 months or greater?***

Now available in our office or order for only \$20.00 / month, best bargain out there, from Bariatric Advantage offers a product equivalent of their Advanced EA chewable Multi-vitamin in a large capsule form. It is "The Ultra Multi-vitamin with Iron" and needs to be taken 3 times/day. Just like the Advance EA MVI chewable, it delivers at least 200% DV of easy to absorb forms of 13 nutrients plus extra 3000 IU vitamin D3, 45 mg elemental iron and Mega dose of crystalline B-12. It is the same as taking 2 of their Advanced EA chewable Multi- vitamins but at a much lower cost. However it is large so we suggest waiting at least 6 months after surgery to try this product. (About the size of a good n plenty candy). Hope Bariatrics price is \$20.00 for a month supply with free shipping. You must use our code to get this pricing. Contact JC, our representative at Bariatric Advantage at: 949-226-5889 Monday –Friday 9:30-6 EST and use the code BA 71346 to get all the details **OR** remember we now carry them in the office!

Happy Healthy Holidays to all!