



Hope Bariatrics

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Spring 2011

Support Group Dates
**Heritage Valley
Sewickley**

2011
6:00 pm
4th floor Conference
room

April 11 May 9
June 13 July 11
August 8 Sept 12
Oct 10 Nov 14
Dec 5 *

St. Clair Hospital
6:00 pm
Dunlap conference room
(location is tentative)
Check at information
desk

2011
April 18 May 16
June 20 July 18
Aug 15 Sept 19
Oct 17 Nov 21
Dec 12
* denotes holiday
party- call office for
details

**Support group guest
speakers will be posted
on the website.**

**Newsletters will always
be available on our
websites.**

**Make goals to get back
on track and call the
office for support or
come and check out
the support group
meeting of the month.**

SPRING HAS ARRIVED

Spring is here and along with that comes the rebirth of mother nature in all sorts of forms from buds, blossoms, birds and hope of a fresh start for all much like the **opportunity** found with bariatric surgery. It is a chance to take hold and run with your new tool to improve your health. Grasp the moment to moment choices and appreciate all is that is yours for the taking. Exercise your right to make better choices and flourish in the rebirth. Increase your awareness and notice all that is around you, people, places and nature. Purposefully interact and surround yourself with all the possibilities and positives of this Spring. It's all there for the taking. Step up to the re-birth challenge of Spring time!

2010 Dietary Guidelines for the General Public

The updated dietary guidelines were released in late January 2011 from the USDA. The last update was done in 2005. These were released at a time of rising concern about the health of the American population. Poor diet and physical inactivity are the most important factors contributing to an epidemic of excess weight and obesity affecting our society. The key recommendations were:

- Prevent and reduce obesity through improved eating and physical activity,
- Control total calorie intake to manage body weight.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life by:
 - Eating more vegetables and fruits
 - Consume at least half of all grains as whole grains, consume low fat dairy products, variety of lean protein, beans and unsalted nuts and seeds
 - Increase amount and variety of seafood in place of some meat and poultry.
 - Use oils to replace solid fats where possible such as Olive, Canola and Vegetable
 - Choose foods that provide more potassium, dietary fiber, calcium and vitamin D, which are all concern in American Diets which would include vegetables, fruits, whole grain sand milk and milk products

The major daily limits or targets were:
Sodium intake should be less than **1500 mg** for all African Americans and those with hypertension, diabetes and chronic kidney disease, **as well any person older than 51**: everyone else is advised to consume under 2300 mg of sodium a day.
Consume less than 10 percent of calories from saturated fats by replacing them with monounsaturated and polyunsaturated fats.
Consume less than 300 mg per day of dietary cholesterol.
Keep trans fat consumption as low as possible.
Reduce the intake of calories from solid fats and added sugars.
Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars and sodium. Increase intake of fiber to 14 grams for 1000 calories consumed.

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 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 or Viactiv chews- **DO NOT** use these products!
Vitamin D-3 2000 IU daily or the equivalent spread throughout the week.

Lap 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

Reading Labels is Key to Healthy Choices

None of us like taking the time to read food labels however it is essential to choosing the best foods at the grocery store. We cannot rely on the front of the food item to tell the whole story and often it is blatantly false advertising. So train yourself to check the back label for all the details. Choose low sugar (6 grams or less per meal) and sugar alcohol, low fat and good sources of fiber (3 grams or more per serving) and of course choose lower SODIUM foods. (1500mg per day for hypertension or anyone older than 51)
Emphasize good protein sources.

The FDA is looking into what the impact would be of a front of pack labeling for food and beverage containers. Some companies already feature such labels, although the information on them varies from product to product, causing some confusion for shoppers. Eventually, this will probably be standardized. The Institute of Medicine examined the various types of information now shown on front of pack and made recommendations to the FDA that calories, saturated fat, trans fat and sodium should be clearly display of the front of food packages.

A recent study revealed that obese shoppers were found not to have a greater interest in FOP labeling than other shoppers although sixty percent of all shoppers say that they believe the labeling will help them to eat more healthfully. Further, obese shoppers actually read labels less often than average weight shoppers and they say they're less likely to pay attention to their diets, so unfortunately the impact of FOP labeling may be smaller on this group.

The Wonder Vitamin: Vitamin D

Most of us know we need vitamin D for strong bones. The basic role of vitamin D is to act like a magnet for calcium to be absorbed into your bones. Without it, bones can become brittle and weak, resulting in osteoporosis. It also appears that it plays a role in other things such as preventing asthma, cancer, depression, heart disease, diabetes and even weight gain.

In a perfect world, you'd never have to worry about getting enough D. Your body produces it on its own. The trick is exposing some portion of your skin to direct sunlight for 15-30 minutes a few days a week. But the UV rays that stimulate production of vitamin D can also cause skin cancer. So most experts don't recommend getting your vitamin D from sun exposure.

The darker a person's skin, the more difficult it is to get vitamin D from sunlight. Fair-skinned people might be willing to risk the 10 to 15 minutes they need to get enough. But there's still a problem. Unless you live south of a line from Los Angeles to Columbia, S.C., there may not be enough sunlight year round to produce all the vitamin D you need. Some people may need other sources. Your diet may increase your risk if it's low in milk or the foods that naturally contain vitamin D such as salmon and eggs. Most people with low levels of D don't notice any symptoms. Risk factors include obesity, digestive disorders like celiac diseases and older age (50+). Varies studies have discovered many connections between low levels and health risk. One is that there is a greater risk of heart disease and depression with low levels. As for the reason being related to depression, the theory is that the lack of vitamin D causes the parathyroid gland to produce more hormone and higher parathyroid hormone have been linked to depression severity.

The combination of high blood pressure and vitamin D deficiency can be deadly. In one study people with hypertension and low D were twice as likely to have cardiac events than others. The lack of vitamin D was not linked to cardiovascular problems in those without hypertension.

Low vitamin D also worsens the prognosis for women with breast cancer and may offer protection against developing the cancer. It may offer protection against colon and prostate cancer as well.

Weight gain for women after menopause is typical but evidence shows that taking D and calcium supplements may slow that weight gain.

As you can see the evidence is piling up just how important this super vitamin is to maintaining good health. Start your day with vitamin D fortified low fat milk and many ready to eat cereals contain a healthy dose so it's another important reason to include breakfast daily. Fish such as tuna, salmon, mackerel and sardines a great source of vitamin D. Other food sources include eggs, cod liver oil, margarine, yogurt and some cheeses are fortified with D. Remember to check out the labels to be sure. D-3 is the best type of vitamin D to supplement. Again reading your labels will ensure the proper amounts. General population is recommended to take 600-1000 IU day. D is a fat soluble vitamin and therefore store in the body and can be taken weekly instead of daily. Gastric Bypass patients need 2000 IU daily or the equivalent weekly and adjustable bands need 1000 IU D-3 daily or weekly equivalent. There is an upper limit to how much D you can take safely, IOM (Institute of Medicine) recommendation for adults say that a daily intake of up to 4000 IU of D is safe however taking more than 10,000 IU day can cause kidney and tissue damage. Call the office if you have any questions.

Misc:

Keep up to date with your appointments and blood work. We want you to be healthy inside and out!