



Hope Bariatrics

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Spring 2013

Support Group Dates for 2013

Heritage Valley Sewickley 6:00 pm

4th floor Conference room

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

St. Clair Hospital 6:00 pm

Dunlap conference room (Check information desk)

May 20 June 17
July 15 Aug 19
Sept 16 Oct 21
Nov 18 Dec 16 *
* denotes holiday party- call for info

Jefferson Regional Medical Center 6:00 pm

Bibro building
Baldwin/Homestead Rm

April 22
May 28* June 24
July 22 Aug 26
Sept 23 Oct 28
Nov 25

***Change in day due to Memorial Day Holiday**

Newsletters will always be available on our websites.

Spring- A time for New Beginnings

Recent research indicates a strong correlation between support post- surgery and weight loss. Studies show that patients who attended more follow-up visits, appointments or support group meetings lost more weight than patients who attended fewer or none. Below are the words of one of our patients on this very topic. Try to make the time to stop in from time to time and see what you have been missing. Thank you Dave for taking the time to share your thoughts:

Heritage Valley Bariatric Surgery Support Group Statement

Better health, self- confidence, more energy, and a new lease on life are all the most obvious benefits of bariatric surgery. However, like anything else in life, there is no magic bullet, and this type of solution comes with a few challenges. How we meet those challenges determines whether or not we are successful in any sort of endeavor. For those of us who have undergone the surgery or those that are considering it, an important consideration is joining a support group.

I had the surgery, and was incredibly happy with the results, but one thing I didn't expect was how important it is to talk to others who have been through the same procedure and understand its implications. I must admit that joining a support group of any kind was never high on my list of priorities. Getting the surgery done seemed like an extremely private thing and I wasn't sure I wanted to share that with anyone. I couldn't have been more wrong. The support group at Heritage Valley Sewickley is a wonderfully motivating and comfortable way to share success, information, or fears with people who understand my situation.

For the most part, these meetings are highly informative. Since I have been attending, we have shared tips on diet, stress relief, health guidelines and a fascinating speaker on plastic surgery to deal with excess skin. Probably the biggest benefit to the meetings, however, is the jolt of motivation I get from each one. We all tend to fall into a routine over time when not reminded of certain things. These meetings remind me that I am not alone in this journey and that I have made a great decision to make my life healthier and happier. Walking away from each support group meeting with an extra spring in my step and a newfound energy to stick with my program has made all the difference in the world.

So in conclusion, I recommend that anyone who has had the surgery (or is considering) attend a support group meeting at least monthly. There is nothing to fear as these types of groups are extremely welcoming. Participate as little or as much as you like. The benefits are enormous.
- Dave, 2/2012 -Hope Bariatrics

Become More Observant

Spring is here and along with it 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 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. Consider increasing your activity level one step at a time. Use a pedometer to measure your steps and set up goals and challenges daily according to your capabilities. So step up to the re-birth and many challenges of Spring time! It's all there for the taking.

VITAMIN SCHEDULES:

Gastric Bypass / Sleeve Gastrectomy 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

Always call with any questions or for recommendations!

How to choose the best vegetables for the spring season

Spring-fresh and nutrient-packed artichokes, asparagus, peas and salad greens are in season now. This handy guide offers information on picking the best spring vegetables and the health benefits of each.

Asparagus: King Louis XIV of France was so fond of asparagus he ordered greenhouses to grow the delicacy year-round. Today, you don't need to be royalty to enjoy it anytime, but it is the freshest and tastiest in spring. One stalk of asparagus contains just 4 calories and delivers healthy doses of folate, potassium and fiber. Consumers who choose spindly asparagus are actually missing the juicy tenderness of fatter, more robust spears but the thin can be easier to digest. "Elegantly thin" asparagus is less sweet, more grassy and herbaceous. Shun any spear that appears shriveled or whose bud is spreading open. If you're not going to eat your asparagus within a day or two, stand it upright in a glass of water to keep it hydrated.

Peas: Only about 5 percent of the peas grown in the world are actually eaten fresh—most are frozen or canned. Do your part to boost the statistics by indulging in fresh spring peas—snap, snow or English shelling. Choose snow peas or snap peas if you're looking for the tasty edible pods to throw in a salad or to simply sauté and choose shelling varieties for the fun-to-open pods full of little green gems. Bursting with nutrients, peas are a very good source of vitamin K, manganese, vitamin C, iron, fiber, vitamin B1 and folate, as well as a good source of a host of other vitamins and minerals. Look for peas with light, bright coloring without any brown, bruised, withering ends. Refrigerate peas for 2 to 4 days.

Salad Greens: Salads using fresh, seasonal greens are an ideal way to get dinner on the table fast without spending much time in front of the stove. Use as a Lettuce Wrap or toss onto sandwiches are good places for greens too: try watercress on a tuna salad sandwich or arugula on a grilled vegetable sandwich. Salad greens are a virtually calorie-free food. A 1-cup bowlful has less than 10 calories yet is packed with nutrients, such as folate, vitamin C, fiber, potassium and the vitamin A precursor beta carotene, which in itself is a powerful antioxidant that helps neutralize free radicals that damage cells. Prewashed greens are available in most produce sections. Find them in bags, plastic tubs or bulk bins. Greens come in single-item bags, such as spinach or romaine, or blends, such as baby lettuces. Lettuces like Bibb, Boston, iceberg and romaine are often sold as heads. Greens like watercress, arugula and spinach are often sold by the bunch. Whether purchased by the bag, head or bunch, salad greens should look fresh, crisp and green. Avoid greens that are brown, yellow, wilted, blemished, bruised or slimy. If stems are still attached they should be undamaged. It is best not to wash leaves before storing because the moisture encourages decay. If greens are sprayed in the market, dry on kitchen towels before wrapping in dry towels and placing in plastic storage bags. Most greens keep in the refrigerator crisper for 3 to 5 days.

Artichokes: Italians have a deep attachment to the artichoke, which is native to the Mediterranean and first appeared in modern records in Naples around 1400. When spring rolls around in Rome, artichokes are served every way possible, from whole steamed to thinly sliced raw and topped with shaved pecorino and a touch of olive oil. Then when the season is over, frozen artichokes are definitely convenient, making artichokes a great addition to weeknight meals. Artichokes contain plenty of fiber and a good amount of vitamin C, potassium and folate which makes artichokes an obvious healthy choice. Look for green, plump, compact heads. Brown spots on the scales may be unattractive but indicate that the artichokes have been frost-kissed and have improved flavor. Refrigerate in a plastic bag for up to 1 week.

(Excerpts from: Web MD Spring 2013)

Hope Bariatrics News

We are pleased to announce the addition of the **Washington Health System**, Washington Hospital to HOPE bariatrics. Serving patients in southwestern Pennsylvania, throughout Washington and Greene counties, Washington Health System is dedicated to providing the highest quality care to their patients. We welcome the Washington Health System to our Hope family and share their mission: "to provide great patient care". Call for information.

Keep in mind: No matter when you had your surgery, never hesitate to get advice from our office staff. We are here to support you throughout your life.