



HOPE BARIATRICS

Summer 2010

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www.hopebariatrics.com

(412) 741-8862

Support Group Dates

2010

**Sewickley Valley
Hospital**

6:00* pm 4th floor

Conference room

2010 August 9

Sept 13 Oct 11

Nov 8 Dec 13***

St. Clair Hospital –

Dunlap conference room
(location is tentative)

2010 -time changed- check
website or call office- **6:00**

pm & 6:30 for patient

directed Feb 15

June 21

July 19* Aug 16

Sept 20* Oct 18

Nov 15* Dec 6***

*6:30 p.m. start and patient
directed meeting

*** denotes holiday party

Make your annual
appointments, get
your blood work
done 2 weeks prior
to your
appointment in
order to review it
with the doctor.

In the SUMMERTIME...

Summer time makes it so easy to want to be outside and increase our activity level. We all know how important exercise is for weight management, depression, bone health, hypertension and diabetes and now the latest research indicates that it increases your brain function and keeps our cells young. Wow! After weight loss surgery, exercising is imperative to assist and maintain your weight but with all these other benefits, making it a daily habit definitely improves your overall health. The care of your body involves many things, the two at the top of the list in taking responsibility for yourself and reaching your fullest potential are: Healthy eating and Exercise, both of which affect your metabolism. Metabolism is defined as the rate or amount of calories necessary to supply the body with the energy it needs to function. Exercising aerobically several times per week is recommended to boost your metabolism- start with walking for 10 minutes at a time, gradually

increasing the intensity and time as medically appropriate. Adding intensity is important for good results. By adding 30-60 second bursts or walking up a hill for every five minutes can make a big difference. Weight training is also an important aspect of exercising, it helps to build muscle as muscle mass is very important for strength, calorie burning and helps boosts that metabolism again. Begin with light weights or cans of soup, doing a few repetitions and increase accordingly. Don't forget to include stretching as part of your overall program as well. Never stretch cold, warm up for 5-10 minutes, stretch lightly prior to exercising and always follow your work out with plenty of stretching when your muscles are nice and warm. Incorporating cardio, weights and stretching are vital to your overall health. Setting a plan and then keep yourself

motivated to stick with it. Consistency is the key to success. Keep track of your progress and reward yourself for persistence. Healthy foods play an important role in giving you the energy to get through a workout. Food choices and timing influences your quality of exercising. You don't want to eat a meal right before a workout consisting of either high protein, fiber or fat as the body has a difficult time breaking down these foods and may lead to fatigue. The body however does need some fuel about a half an hour prior with some carbohydrates that are easily broken down and used for energy, such as a small piece of fruit or non-fat yogurt . After exercising eat something light within 15-20 minutes that includes both protein and carbohydrates, such as a protein supplement or low fat milk. The body is able to break down these foods to repair the muscle. After 30 minutes, the body breaks down food slower and muscle repair is less effective.

Hydration

Being well hydrated is an important component to your health and well being. The body works best when well hydrated. Often we sense hunger when actually our bodies are in need of fluids. Drinking slowly and constantly is necessary after weight loss surgery. Limit caffeine and keep it calorie free. With the temperatures rising in the summer heat, your fluid needs increase and dehydration is common. It is vital to keep a bottle of your favorite beverage by your side. It is also very important to drink water when you do any kind of exercise. Drink small amounts before and during your workout and be sure to continue to drink throughout the day. Even with moderate activity, dehydration from lack of fluid intake is a major cause of fatigue, poor performance, decreased coordination and muscle cramping. Proper hydration is extremely important and dehydration is also very dangerous, it can result in a stroke. The longer and more intensely you work out, the more you'll need to drink. Try to drink 2 glasses of fluid a few hours before exercise. Drink every 15 minutes during exercise, keep drinks cooler than air temperature and close at hand. Consider adding a few lemon slices or mint leaves to your water to make it taste fresh. Water is best in keeping your body hydrated but low sugar sport drinks should be considered if your exercise for more than 60 minutes.

When it comes to eating and exercise, everyone is different. Pay close attention to how you feel during your workout and overall performance. Remember choices in food and drink can make or break your outcome. Pay close attention to hydrating and proper food choices will make you have more energy and strength for a winning performance. Improve your health and enjoy that Summertime fun at the same time!

Vitamin Schedule

Roux-n-Y gastric bypass patients :

2 -ADULT strength Multi-vitamins -chewable or liquid, (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 with Vitamin D3- 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! Increase intake to 2000 IU **Vitamin D-3** daily or the equivalent spread throughout the week.

Lap Band patients:

Adult strength-daily chewable or liquid Multi- vitamin

1500 mg calcium daily in divided doses along with 1000 IU Vitamin D-3 daily or the equivalent.

Vitamin D deficiencies are very prevalent in the northeast & among the bariatric patient. Vitamin D is important for the proper absorption of calcium but also very important to prevent numerous co-morbidities. Diabetes, hypertension etc.

Summer Selections

The sun is shining, temperatures are rising. Summer is here and its time to simply enjoy the benefits including all the wonderful foods of summer.

Many of our summer foods have extra nutritional benefits you may not be aware of. Fruits and vegetables contain antioxidants and other phytonutrients that may slow aging, protect against cancer and stroke, improve blood pressure and keep your heart healthy.

*So what shall we eat? Variety is best- be sure to include all the colors of the rainbow. Let's tango with the **mango**, they have some big advantages over other fruits. They contain more fiber than most, which helps you curb your appetite. They are low in calories (about 95 for a medium fruit, fat and sodium, contain no cholesterol and have more beta carotene than any other fruits.*

Tomatoes are powerhouses of nutrition are members of the fruit family, though thought of mostly as vegetables. Tomatoes and bell peppers of all colors deliver large amounts of vitamins A and C. A medium tomato is low in carbohydrates and has only 35 calories but provides 40% of the vitamin C and 20% of the vitamin A you need for the day.

Peppers have antioxidants too, such as beta carotene, which helps boost the immune system and repair the cell damage that comes from free radicals, a natural byproduct of our bodies' normal functioning. Studies show damaged cells can lead to diseases such as cancer and heart disease. Peppers also have lots of vitamin C, ½ cup has more than 230% of your daily vitamin C requirement. Keep pepper strips on hand for a tasty snack- at only 20 calories- - smart choice.

Nothing says summer like the colorful array of **berries**. Strawberries, raspberries, blueberries and blackberries are naturally sweet without shooting up your blood sugar. Blueberries hold the "super food" designation and Strawberries have the most vitamin C of any of the berry family. Berries are generally 45 calories a serving and can be frozen for a refreshing snack.

The benefits of **beans or legumes** are as wide as the varieties available. Peas, lentils, black beans, butter beans, limas garbanzo beans are all nutrient rich and great sources of fiber, iron and protein. These tasty treasures can help you feel full longer, curb your appetite and are usually inexpensive as well.

Spinach is the "super food"- can't say enough- come to September's support group meeting- we will talk all about it. Full of antioxidants vitamin A, Lutein, Vitamin C, E, K, B's, iron, Potassium, zinc selenium, calcium and so much more.

Mushrooms contain essential nutrients like B vitamins, antioxidants selenium and ergothioneine that help fight cancer and heart disease. Mushrooms are the leading source of selenium of fruits and vegetables. Very low calorie and versatile in recipes. Go out and choose plenty of these wonderfully healthy varieties of fruits and vegetables and enjoy all the healthy benefits and flavors.

MISC

SIGNATURE REHAB combined with Hope Bariatrics offers a great opportunity for a fitness evaluation/ program for all Hope Bariatric patients, please contact Signature Rehab at 724-749-7178 (Sewickley), 724-770-0172 (Beaver) and 724-773-6412 (Hopewell) for details.

Notes from the office:

Read labels carefully and choose wisely for proper ingredients – such as a whey protein isolates when using protein supplements. It makes a huge difference.

Reminder for gastric bypass patients: If you are diagnosed with anemia or iron is low, do **not** use ferrous sulfate or slow iron and do **NOT** use calcium carbonate (Caltrate or Viactiv chews) as calcium supplements – latest research indicates a very high percentage of post op gastric bypass with high incidence of osteoporosis from using either the incorrect form of calcium or incorrect dosing- read the dosage info carefully on the labels to determine your needs. The study also included Lap Band patients needing to take in extra calcium daily to total 1500 mg as well to avoid risk of osteoporosis. Keep in mind that men can become anemic and develop Osteoporosis as well as woman. Contact office for proper types and use of supplements or email dstuart@hopebariatrics.com.

NEW Bariatric Advantage products tasting at August 9th Support group meeting at SVH- Powdered Multi- Vitamins and Chocolate Raspberry Truffle iron, Protein Gelatin and more....

Testimonial



Recipe Corner

Jeweled Roasted Vegetables

Carrots, cut into 2" pieces
Brussel sprouts cut in half
Asparagus tips broken
Olive oil
Chopped lemon thyme
6 cloves of garlic

Preheat oven to 375 degrees.
Wash and prepare
vegetables. Combine Brussel
Sprout and carrots. Cut
garlic lengthwise. Put all into
a medium bowl. Sprinkle with
olive oil and a dash of
pepper. Stir around. Add the
thyme and pour onto a
cookie sheet. Bake for 30
minutes, stirring occasionally.
Add asparagus and mix in.
Return to oven for another 30
minutes. Stir occasionally.
Remove from oven when
vegetables are nicely
roasted. Serve warm.

Healthy Home Fries

1 cup of Peeled and cubed butternut squash
¼ each red pepper and onion chopped
¼ cup Low sodium chicken broth
¼ tsp olive oil
Dash of pumpkin pie spice, cayenne pepper to taste.

Saute onion with olive oil for 2 minutes. Add bell pepper
Cook for 2 more minutes. Add squash and stir. Raise heat
To medium and add all spices. Mix well. Cook for 7
Minutes or until squash is softened.
Raise heat to high and add broth. Bring to a boil. After
30 seconds of boiling, reduce heat to low. Simmer until
Broth evaporates, stirring often.
Cover pan and continue to cook for 3 minutes or until
Squash is tender. Serve immediately.

Vegetables are important to our body's health. They
provide antioxidants, fiber, vitamins and minerals.
They help to create fullness. Choose a variety daily and
ENJOY!

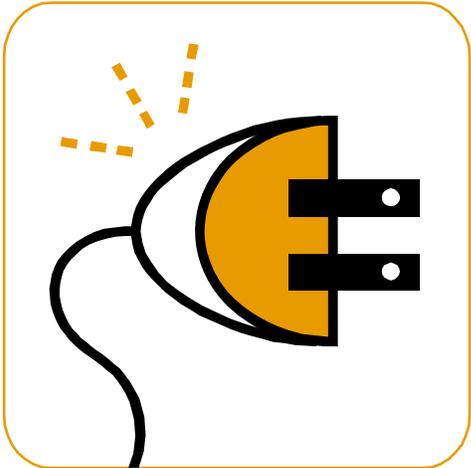


The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the

information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.



Inside Story Headline

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Your headlines are an important part of the

newsletter and should be considered carefully.

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

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"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated

every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.



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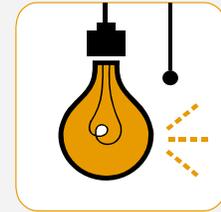
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In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible

headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other

marketing materials, such as press releases and market studies.

While your main goal of distributing a newsletter might be to sell your product or services, the key to a successful newsletter is making it useful to your reader.

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Company Name
Street Address
Address 2
City, ST ZIP Code

Phone
(503) 555-0125

Fax
(503) 555-0127

E-mail
someone@example.com

Your Tagline here.

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product

Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

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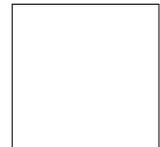
About Our Organization

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose, and you can import them into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption for the image near the image, too.

COMPANY NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



CUSTOMER NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



We're on the Web!
See us at:
www.contoso.com