



Hope Bariatrics

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SUMMER 2011

Support Group Dates

Heritage Valley Sewickley 2011

6:00 pm

4th floor Conference room

August 8 Sept 12

Oct 10 Nov 14

Dec 5 *

St. Clair Hospital 2011

6:30 pm

Dunlap conference room (location is tentative) Check at information desk

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 websites.

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.

SUMMER FUN

Summer time is the season to eat lighter and enjoy all the wonderful foods that do wonders for your health without feeling deprived. 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?

Tango with the mango, they have big advantages as they contain more fiber than most fruits, low in calories, fat and sodium, have more beta carotene than other fruits.

Tomatoes are powerhouses of nutrition. They deliver large amounts of vitamin A and C and are low in calories

Peppers have anti-oxidants as well, such as beta carotene, boosts the immune system and prevents the cell damage that comes from free radicals. Studies show that damaged cells can lead to heart disease and cancer. Peppers have more vitamin C than tomatoes and are very low calories.

Berries satisfy your sweet tooth and are rich in nutritional bonuses such as vitamin C. Blueberries are a super food with loads of benefits and strawberries have the most vitamin C of any berry. Easy to eat alone or mixed in yogurt or a protein drink and one serving is only about 45 calories. Freeze them and eat them frozen for a summer refreshing snack.

The benefits of beans or legumes are as wide as the varieties available. Peas, lentils, black beans, lima beans, garbanzo are all nutrient rich and great sources of fiber, iron and protein. They keep you feeling full longer and contain no fat and usually inexpensive as well. A 4- ounce serving of beans ranges from 65 to 115 calories.

Give your body the variety of great summer choices it deserves and enjoy the health benefits.

Importance of Hydration in the Summer Heat

With the increase in the thermometer outside, so increases our body's fluid needs. The human body works best when it is well hydrated. By the time we experience thirst, we are already on the road to dehydration. Keep water bottles in the freezer to grab and go so you are never without fluids. Remember to avoid caffeine as it is a diuretic and dehydrates you, making things worse on your body. Avoid carbonation after bariatric surgery to avoid extra gas and possible stretching and pain. Stay away from sugary and fatty beverages like lemonade or sweet tea, punch or cream. There is a plethora of artificially sweetened choices out there if plain water doesn't cut it for you. Avoid Vitamin Water as it contains sugar and only 10% of five vitamins, quite costly flavored water. Remember that fresh fruit such as lemons, oranges or limes make any cool glass of water super refreshing and adds that bit of extra vitamin C as well. Watch for signs of dehydration which can be dark colored urine, fatigue, dry mouth, lack of elasticity in your skin, headache, and constipation.

When you exercise, always keep extra fluids available- 64 ounces is a minimum recommendation. Increase accordingly.

JOURNALING

Whether it's changing the way you eat for optimal weight or adding in more exercise or giving up old habits of any nature, your odds of success increase four times if you'll commit your goals to writing and keep a careful record of your progress. Studies have shown that when you're trying to make a lifestyle change, journaling is recommended for that very specific reason- success!

Changing eating patterns is not easy. It's discipline that you have to stay with all day and every day. A food journal book will help you maintain that discipline and allow you to review and analyze your results as you proceed down your path to success.

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 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

BLOOD PRESSURE

High blood pressure puts you at risk for heart attack, stroke and other serious diseases. Know your numbers and incorporate the following advice to lower your blood pressure. Increase physical activity – aim for 30 minutes each day or brisk walking. Monitor or limit your sodium intake to less than 2000 mg or 1500 mg a day if you have hypertension or are over 50 yrs old. Beware of hidden sodium in processed foods, including canned vegetables and soups, frozen dinners, crackers etc. Read food labels carefully. Eat healthy including fresh or frozen vegetables and fresh fruits daily. Control your stress. Take 15 minutes each day to decompress and focus on yourself. Listen to music, read or meditate. Do not smoke, Nicotine has a direct effect on your blood vessels and causes your heart to beat faster and raises your blood pressure. Normal blood pressure is considered around 120/80. Talk to your doctor about your blood pressure number and take medicine as prescribed if needed to control your blood pressure.

More Recent Wonders of Vitamin D

Vitamin D Deficiency Linked to Pre-Diabetes

“Elena Barenholtz, an endocrinologist with the University of Illinois-Chicago published a meta-analysis of research in the journal "Endocrine Practice" linking vitamin D and pre-diabetes. She found that most pre-diabetics are vitamin D-insufficient. Too little circulating vitamin D is defined as a concentration of less than 30 ng/mL, and estimates are that 77 percent of the U.S. population falls below this level. People with low vitamin D status tend to have higher fasting blood sugar levels, impaired glucose tolerance, higher rates of metabolic syndrome and a higher incidence of pre-diabetes. Her findings suggest that supplementation with vitamin D among pre-diabetics improves insulin secretion, insulin sensitivity and insulin resistance.”

Another good reason to keep your levels within the normal range for vitamin D. Recommendations for the post op- bariatric patients as follows: 1000 IU Vitamin D for Adjustable Band patients and 2000 IU Vitamin D for gastric bypass patients.

Dining out

When eating out, we lose control of what we are putting in our bodies. Restaurant fare can pack more calories than claimed and frankly, can be very unhealthy. A new study showed that a so called healthy entrée may have 100- 1000 more calories than listed. In general people get about 35% of their daily calories from eating out. Fat and sodium are the common culprits. Topping the list for both are burgers, fries, cheese, bacon and rich sauces. Not to mention that of course restaurants add oil, butter and salt to enhance even the most seemingly healthy plain entrée to entice you back to spend more money. Minimize your meals out especially those quick fried meals. Planning a nice healthy meal at home and involving your family in the preparation lends to healthier choices and quality time, setting good examples and lessons for all.

Misc Info: We are beginning a **NEW** section of our websites, called **HEALTHY HABITS**. Included in this section will be new, healthy recipes and an array of tips and suggestions for healthier living.

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