

Hope Bariatrics Newsletter

Geoffrey H. Wilcox, MD, FACS
www.hopebariatrics.com

Michael D. Felix, MD, FACS

Tunc Aksehirli, MD
www.pittsburghlapband.com

412-741-8862

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Support Group Dates for 2014

Heritage Valley Sewickley 6:00 pm

4th floor Conference
room, Sewickley Hosp

June 9, July 14, August
11, Sept 8, Oct 13, Nov
10 and Dec 8*

Washington Hospital 6:00 pm

located at: The Wilfred
R. Cameron Wellness
Center

June 16, July 21, Aug
18, Sept 15, Oct 20,
Nov 17, Dec 15*

Jefferson Hospital 6:00 pm

Bibro Building
Baldwin/Homestead
room

June 23, July 28, Aug
25, Sept 22, Oct 27,
Nov 24, Dec 22*

* denotes holiday
party- call for info

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

Staying Healthy When Traveling

Whether it's traveling for work or pleasure, it's always a challenge to keep on track and eat healthy. Being on the road for work has many emotional triggers such as loneliness and guilt from being away from family. Vacations take you away from structure and temptations abound. In either case, following some general guidelines may help. Plan ahead; be sure to include a back pack with your luggage to carry healthy snacks and water. Keep well hydrated (water holds off hunger), hotels often offer fresh fruit that you can carry with you and snack during the day. . Include exercise daily- when packing for a trip, always include gym clothes, and ask at the front desk about walking routes or facilities when you check-in. Take exercise bands, they are small and fit easily into a suitcase. If there is a mini fridge in your room, utilize it for healthy items. Order water with your meals as juices and sodas can add up to empty calories. Avoid fast foods as they are typically high in fat, salt and /or sugars. Most restaurants will provide nutritional content of their foods. Fill your plate in colors and prioritize starting with protein first and then vegetables. When dining in restaurants, consider splitting meals, ask for the leanest cut of meats and ask that all foods including vegetables to be cooked without butter, oils or salt. Always put sauces and dressings on the side, ask for vegetables to be steamed. If ordering carbohydrates, order dry sweet potato, plain baked potato or brown/whole grain rice. Top baked potatoes with salsa in place of butter or sour cream.

Remember, the most important part of staying healthy while traveling is sticking to your routine. Most hotels offer 24 hour fitness centers. Pack your walking/running shoes for a nice morning or evening stroll. Utilize a variety of apps to help make smart food choices such as myfitnesspal or Lose It! & Fooducate.

Source: Your Weight Matters Mag, Spring 2014

Enjoy Summer Outings and Picnics

While you're enjoying the many summer gatherings of family and friends, managing weight or diabetes can be "NO PICNIC", to put it mildly.

From high fat hors d'oeuvres to sugar-laden desserts... there are often tempting foods that are best avoided. Following a few steps can keep you in a party mood but also keep you healthy. Eat before you go. This will help fill you up and make it easier to skip those simple carbohydrates and fat-filled treats.

Be prepared for the food pushers and have a good response ready for them.

Exercise before hand and regularly. That's because a single moderate workout can increase the rate at which your muscles take up glucose by at least 40 percent. If the opportunities arises, participate in games or activities while socializing at picnic. Every little bit counts.

Bring your own healthy dish. If you make the food, you'll know what's in it and its likely effect on your body.

At a party, go straight for the vegetables. They have fiber that helps you feel full faster and reduces blood sugar spikes. Position yourself far away from the foods that you want to avoid. If you cannot reach them, you're less likely to mindlessly eat.

Also, skip the alcohol and carbonated beverages. Instead, have water with a wedge of fruits (see next article for ideas). Remember, to keep extra well hydrated in the warm weather especially when being active outdoors.

Finally, think of some good questions you can ask to start a conversation. The more you talk, the less you'll eat.

Most of all enjoy yourself on these beautiful summer days with good planning and in good health!

Vitamins

Gastric Bypass

/Sleeve 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 or 1000 mcg crystalline B-12 /day
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 3000 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

5 Simple Fat-Blasting Ingredients to Add to Your Water

by Lexi Petronis

Since we all need to drink plenty of water *anyway*--and even more so as the weather heats up--why not give your H2O a little extra nutrition (and flavor!) with these fat-blasting additions? According to Dr. Shilpi Agarwal, a family medicine and integrative medicine physician, adding these foods to your water can actually help boost your metabolism as you sip.

Citrus fruits: Dr. Agarwal--who suggests lemons or oranges--says that citrus fruits are fabulous sources of vitamin C. "On a cellular level, in order for the body to mobilize fat stores and use them as energy, vitamin C is required in this reaction as a cofactor," she says. "Adding vitamin C to your diet is a great way to boost energy and fat burning. The best way to add this is in slices to your water. This way, the fruit slowly flavors your water, and when you are done, consuming the fruit is a great source of fiber--another natural fat burner."

Cucumber: Fancy spas add cucumber slices to their water glasses for a reason! Dr. Agarwal says the veggie is actually helpful in fat burning and toxin elimination because of its natural diuretic properties. "It contains vitamins A and E, which are important antioxidants and help reduce feelings of bloating and water retention," she says. "You can even eat the slices after you drink the water, which adds fiber to your diet and counts as a healthy snack under 10 calories."

Raspberries: Dr. Agarwal says that raspberries are packed with antioxidants and contain magnesium and B vitamins--important nutrients for energy and kick-starting your metabolism. "My personal favorite water recipe is adding raspberries, lemon, cucumber, and 1/4 teaspoon cayenne pepper," she says.

Cayenne pepper: Speaking of cayenne pepper..."It's known to boost your metabolism by generating heat, and contains a compound called capsaicin that can help promote fat burning. If you don't love the taste, a small drop of stevia can help sweeten the cup," she says.

Blueberries: Attention, soda addicts: Adding these little berries to super-cold water (along with some lemon) can help you quit the cola. "The combination helps you get the same sensation after drinking a soda, without the extra artificial additives and sugar," she says. "Blueberries not only contain antioxidants but are rich in potassium, which helps you recuperate your muscles quickly after a workout, *and* they are naturally sweet."

Dr. Agarwal says that adding slices of fruit is usually the easiest and best ways to reap all the health benefits. "Adding juice of the fruit is OK, but this can sometimes require more of the fruit to get the flavor you are looking for," she says. "With sliced fruit, you can continue to add water and the flavor remains. Once you drink water that had added juice, it's hard to re-create it without squeezing more in each time."

"KNOWLEDGE IS POWER", come to support group meetings!

Misc. Info:

-We continue to be very busy at all three locations. Informational Seminars and the Pre-surgery classes times and some locations are changing, so please check out the website or call for details.

-Bariatric Advantage has come out with a great tasting **new Multi-Vitamin called Advanced Multi EA**. It is **SPECIALLY** Formulated, chewable and very mild fruity flavor. In most patients, it reduces the number of products necessary daily for the Gastric Bypass and Sleeve patient. Two of these specially formulated vitamins taken daily, should eliminate the need for the average patient taking separate iron, B-12, vitamin D, resulting in taking just two of the Multi vitamins per day **and** your recommended 1500 mg calcium daily. We carry them in the Sewickley, Jefferson office and they will soon be available on our e-store. We do have a printed schedule with details at the office. It is getting rave reviews from patients. Call for details.

-**Attention Jefferson patients:** Patricia Patton's office (professional building -room 207-1/2) has been temporarily moved to an office in the hospital. Please contact her for details at 412-267-6260. Keep in mind that our doctors are still seeing scheduled patient's on Tuesdays in the regular office located in the Professional Building, suite 209.

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