



HOPE BARIATRICS

Winter 2010

Geoffrey H. Wilcox, MD, FACS

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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

March 8	April 12
May 10	June 14
July 12	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**

March 15*	April 19
May 17*	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

**Please contact office
to confirm meetings
during inclement
weather.**

HAPPY 2010

As we approach this New Year/Decade, we start to think about possible goals or resolutions, many which are health related. Things such as eating better, getting fit, reducing stress and managing our weight come to mind. Below include some tips on ways to better assist with reaching those goals and to get back on track to a healthier lifestyle.

1. Making your goals attainable by making small steps. Remember it takes about 21 days to make a habit. Once it's a habit, it will be easy to keep going.
2. Keep your goals realistic so that you can achieve and stay motivated. One small change a day or week and at year's end, you can realize how far you have come. Do not over load yourself. Wait until you are truly underway with one resolution before adding another to your list.
3. Don't beat yourself up or give up when you slip up. We all make mistakes, we are human, with a lot of convenient temptation out there. The trick is to get back on track at the very next choice.

Don't risk losing all the hard work you have done so far. Acknowledge that you slipped up and move forward fast before you can allow yourself to justify failing. It's life, move forward.

4. Keep a journal. Consider trying it this year as it truly is the best way to examine what you are doing and your habits. Write down what and why you are eating, drinking and why. How do you feel about yourself in that moment and afterwards. What are your activities for the day and how do you feel about those. How do they make you feel? A great way to stay committed is to note your progress for the day and what goals are for the next day. Planning and making a statement in your journal or even to yourself in the mirror morning and night gives you a clear guide to success. You must learn to accept and love yourself for who you are. Affirm your good actions. Positive thinking leads to great

success.

As far as eating habits are concerned, remember that you have special needs to keep up your good health. Review your protein, vitamin, minerals, fluid type and amount of intake. Don't skip meals- 3-4 per day keeps you body working well. Plan ahead to have the right foods in your environment, avoid empty calorie foods and beverages such as sweet tea, do not eat and drink together, wait an hour after a meal to resume liquids, take time at the grocery, take a list with you and read food labels to keep items low sugar, low fat and low sodium. Eat protein first at every meal chewing well and eating slowly and mindfully, limit protein bars. Make time for exercise in some way every day. Keep focused, stay positive and get help if you need it. HAPPY 2010!



Make Over Your Kitchen

It is a fact that eating healthy takes time and effort. Part of that is planning ahead to have a stocked and well organized kitchen. Start by going through the items in your cupboard or pantry. Look at expiration dates and don't forget that freezer too. Get in the habit of marking the wrappers on frozen food with the dates. Then look at the store ads and use them when planning your grocery list. Plan to buy the fruits and vegetables that are on sale. Plan your weekly meals before you leave the house. Do an inventory of freezer and pantry to use up what you might have for the week. Think variety- try a new fruit or vegetable. Consider what is in season to find the best prices and quality. Consider frozen if fresh are too expensive. Limit canned as they are often high in sodium. READ labels and compare sugars fats etc, make the best choices. Remember fat free usually means higher sugar and vice-versa. Purchase generic brands instead of name brands that tend to cost less. Stock up on chicken, fish, frozen shrimp, lean beef when on sale. Freeze them individually for ease of use later on. Plan to marinate and cook ahead boneless chicken in bulk but wrap them individually in the freezer for ease of use later. Buy dried beans and use them in recipes as they are good source of protein. When you get home, chop some fruits and vegetables in storage containers so they will be ready to grab in a hurry. You can always cook extra at one meal to use another day during the week. Consider alternating vegetables throughout the week that are all prepared on one day. Have your salad greens and vegetables washed and cut for the week. Always keep some hard boiled eggs in the refrigerator. Enjoy!

Cindy's Corner

Happy 2010 Everyone!

As I reflect on the New Year, take assessment of the previous year, and look ahead to goals for 2010, I was reminded of a song by Miley Cryus: The Climb. Have you heard it? It's a great song with an amazing message. Here are the lyrics:

<p><i>I can almost see it That dream I'm dreaming but There's a voice inside my head sayin, You'll never reach it, Every step I'm taking, Every move I make feels Lost with no direction My faith is shaking but I I gotta keep trying Gotta keep my head held high</i></p> <p><i>There's always gonna be another mountain I'm always gonna wanna make it move Always gonna be an up-hill battle Sometimes I'm gonna have to lose Ain't about how fast I get there Ain't about what's waiting on the other side It's the climb</i></p> <p><i>The struggles I'm facing The chances I'm taking Sometimes might knock me down but No I'm not breaking I may not know it But these are the moments that I'm gonna remember most yeah Just gotta keep going And I, I gotta be strong Just keep pushing on Cause...</i></p>	<p><i>There's always gonna be another mountain I'm always gonna wanna make it move Always gonna be an up-hill battle Sometimes I'm gonna have to lose Ain't about how fast I get there Ain't about what's waiting on the other side It's the climb</i></p> <p><i>There's always gonna be another mountain I'm always gonna wanna make it move Always gonna be an up-hill battle Sometimes I'm gonna have to lose Ain't about how fast I get there Ain't about what's waiting on the other side It's the climb</i></p> <p><i>Keep on moving Keep climbing Keep the faith baby It's all about It's all about The climb Keep the faith Keep your faith</i></p>
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We all can relate in so many ways to this song. Think of the struggles you faced prior to your weight loss surgery. You may have felt it was an uphill battle that you didn't think **you** could climb. But, you persevered and stayed strong through the challenges a major lifestyle change brings. You kept the faith that this was YOUR time, YOUR dream, and YOUR life! As we begin this new year, keep the faith, remember we're here for you and like the song says: it's not about how fast you get there, it's about what's waiting on the other side.....it's the CLIMB!!

Cindy Nolfi, RN Bariatric Coordinator

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. Exercise is so very important to your health and success after bariatric surgery.

Notes from the office:

Please remember to schedule and keep your follow up appointments. Keep up with lab work. 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. See page 3. Contact office for proper types and use of supplements or email dstuart@hopebariatrics.com

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.

Testimonial

Amy & Tracey, 29 years old

Gastric Bypass January 2010, Dr. Wilcox

Our names are Tracey and Amy. As of July 28th 2009, we have both lost over one hundred pounds (6 months after surgery)! Getting the Gastric Bypass Surgery was an enormous decision for both of us.

We have both battled with our weight our whole lives. We have tried every diet and workout program out there, with no continuous success. We were tired of our weight taking over our lives. It was time for a permanent change!

We both had the Gastric Bypass Surgery on January 14, 2009! Dr. Wilcox performed our surgery. The first month after surgery was very challenging. We both had each other and an amazing family to lend us help and support. After we worked through the ups and downs during the first month, it was uphill from there. We have never looked back!

We both went from a size 20/22 to a size 12/14! The surgery has changed our lives, both physically and emotionally! We have so much more energy now! We also have more self-confidence! We would love to thank everyone who has helped us overcome our battle with our weight. The staff members at Hope Bariatrics are amazing and have shown us endless support and patience! Thank you for everything!

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 Sprouts 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

3

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.

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!

Health Note:

The Risk of Osteoporosis in Men –

Osteoporosis, the thinning of the bones is associated with loss of calcium and bone minerals- overwhelmingly strikes woman. But the National Osteoporosis Foundation estimates that at least 2 million men currently have the disease and million more could be at risk. A 2008 article in The New England Journal of Medicine called osteoporosis in men under diagnosed and under-treated.

About 6% of all men over 50 will experience a hip fracture and about 5% will fracture a spinal bone as a result of osteoporosis, according to the National Institute of Arthritis and Musculoskeletal and Skin diseases. In fact, breaking a bone, a complication of osteoporosis, may be more serious for men than women. For example, men are more likely than women to die within a year of breaking a hip.

Maintaining strong bone health is especially challenging to the Bariatric patient, men included. Proper intake of Calcium and Vitamin D are essential to their health. Men are equally at risk for this devastating preventable disease. Keep this in mind and calculate your intake daily to ensure long term healthy bones.

Osteoporosis is usually a silent disease, so men should be aware of the dangers if they regularly take certain medications (such as steroids), have chronic disease for the kidneys, lungs or intestines, smoke, drink alcohol excessively or are sedentary. If you fall into even one of these categories, talk to your doctor about getting a bone –mineral density test. Bone density tests are suggested for bariatric patients after the age of 50 or earlier if advised by your doctor.

4 Testimonial

TYPE TITLE HERE

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Gastric Bypass January 2009, Dr. Wilcox

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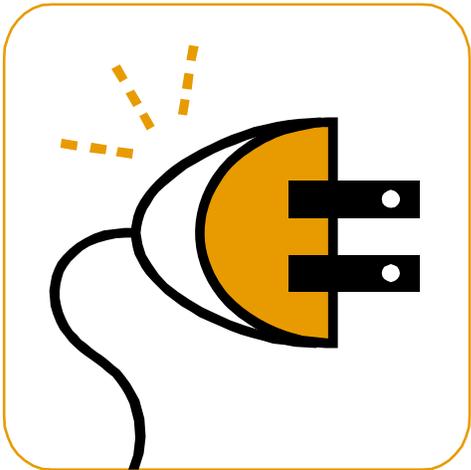
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carrots. Cut garlic lengthwise.
Put all into a medium bowl.
Sprinkle with olive oil and a
dash of pepper. Stir around.
Add the thyme and pour onto
a cookie sheet. Bake for 30
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ENJOY!



Inside Story Headline

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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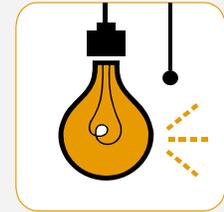
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Inside Story Headline

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

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Examples of possible headlines include Product

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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