



Hope Bariatrics

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412-741-8862

Winter 2012

Support Group Dates

Heritage Valley Sewickley 2011

6:00 pm

4th floor Conference room

2012

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

St. Clair Hospital 2011

6:30 pm

Patient Directed

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

2012

Jan 16	Feb 20
Mar 19	Apr 16
May 21	June 18
July 16	Aug 20
Sept 17	Oct 15
Nov 19	Dec 17 *

* denotes holiday party-call for info

Support group guest speakers will be posted on the websites.

Newsletters will always be available on our websites.

In case of inclement weather, check out KDKA Storm Center or call office 412-741-8862 for cancellations

HAPPY NEW YEAR 2012

Easy Steps to Reach Your 2012 Diet Goals

by Rebecca Attanasio, CPT

A New Year! What a great opportunity to wipe the slate clean. Whether it's a resolution you set for January 1st, or a goal you start mid-year to reach, you can make the next year of your life a healthier one. If losing weight and achieving optimum fitness soars at the top of your "New Year's Resolution List," then read on:

Most of us resolve to lose weight, exercise more, and eat healthier. We all know what we need to do to achieve these goals and yet year after year we often look back on the past and have to resolve again to meet these goals. Why is it that we constantly have to make the same resolutions year after year?

It is easy to read books, get great healthy recipes, even get a health club membership. But what will make you want to follow the advice, cook the meals, and actually go to the gym? It is easy to sit down at the New Year and write a list of goals and even follow through for a few weeks. Why is it we lose the momentum and quickly go back to making excuses and justifying our bad habits? The key is finding our true motivation and having accountability.

There is usually a lack of motivation after a few weeks or the stresses of everyday life throw us right back into our old ways. If you don't have anyone to keep you accountable to your goals, it is easy to start justifying and making excuses.

If you want to get on track with your health, wellness, and diet goals this year, then try these easy steps: Sit down with your whole family to write out your wellness goals. It is hard to stick to goals if nobody in your family is also willing to shift. Make contracts to keep each other accountable. This would be a great lesson in success for your children. Write SMART goals:

S-Specific M-Measurable A-Attainable R-Relevant T-Timetable

When you have your list of goals, write down how your life will look once you have reached each goal. Be very specific on how you will look, feel, activities you will participate in, etc. Example: Once I lose 20 lbs. I'll be able to fit in my old jeans, I'll have more self-esteem, and I'll have more energy to play with my kids.

Now write down 1 or 2 small action steps for each goal. Start small! Make it very easy and something you can start immediately. If you make it too big or give too much time there is always something that will get you off track.

Exercise More

Try buying yourself a pedometer and contract with yourself and your family to do a certain number of steps per day. You might find yourself parking at the far end of the parking lot, walking your child to school instead of driving, or just taking short walks around the block to make your daily quota.

Remember, every step counts! You don't have to go out and walk 5 miles in one shot to make a difference. Every step you do adds up at the end of the day. Get your children a pedometer and see how they step up to the challenge! They are great motivators! It is a great way to get the family together.

Eat Healthier

Start by cutting out fast food and restaurants slowly. Keep a food diary for a week and highlight all the foods that fit into this category. Then decide what you want to start eliminating, one at a time. You don't want to put you or your family into shock by changing everything at once. Here are a few ideas to save time:

Look online or in cookbooks for easy recipes if you don't have a lot of time to cook. Steam vegetables instead of eating canned, buy cut up vegetables to save time, cook extra so you can freeze leftovers for those nights you don't have time to cook, cut up extra lettuce to store for a fast and easy fresh salad, and pack a lunch instead of buying.

These easy steps will make your ultimate goals to lose/ control your weight, exercise more and to be healthier this year an achievable reality. Happy 2012!

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

Taking Time to Think

We need to take the time to stop in the moment, this very moment and think about what we are doing or about to do. Everything we do is a choice in a moment of time in a day of our lives. Become aware of what you are choosing. Is it the best decision or choice to take you to a healthier place. It can make a huge difference. Little things (choices) make a big difference. Get in the habit of keeping a journal, planning meals ahead, exercising daily, surround yourself with positive thoughts, people and support. Use the surgical tool that you have been given correctly. Life is just a series of little choices. We all hold the power to choose what we do. Embrace the healthy choices and win a lifetime of a better quality life.

Improving One's Health Through Adequate Sleep

Sleep deprivation is one of the top causes to why you can't lose weight. Almost 70 million Americans suffer from chronic sleep loss, which means less than 7 hours of sleep a night, which can cause weight gain. Not sleeping adequately, causes changes in appetite control hormones. Specifically, an increase in the hormone ghrelin that triggers hunger and decrease in another hormone leptin, which provides a fullness signal. Sleep deprivation appears to increase the desire for high carbohydrate, calorie dense foods. These imbalances can cause you to over eat up to 300 more calories a day which could lead to up to 30 extra pounds a year.

Dr. Michael Breus, author of [The Sleep Doctor's Diet Plan: Lose Weight through Better Sleep](#) has three steps to help you increase one hour of sleep to lose 14 pounds a year, just through sleep.

Step 1: Calculating your body's best bedtime. Everyone has a self-determined wake time. Count back 7.5 hours and set your alarm clock to go to bed.

Step 2: Supplements of calcium and magnesium. These are natural sleep aids because they calm your nervous system. Take 600 mg of both a day.

Step 3: Tame your tummy with antacids. When you lie down, the stomach acid can rise, and while many don't think they have acid reflux, it's silent reflux. Take it 30 minutes before bed for seven days, and it'll fix you.

Step 4: Sip a combo tea Valerian Root and Passion Flower together will help you sleep.

Make Over your Bedroom, make sure it is conducive for good sleep

Step 1: Try a foam core pillow, because it helps curve to your body for better sleep.

Step 2: Keep your room dark and quiet. If necessary use an eye mask and ear plugs or use a sound machine to drown out noise.

Step 3: Keep bedroom and your body cool. If necessary use a temperature cooling mattress pad.

Melatonin is another option but the verdict is still out on whether or not it helps. Recent research shows although it is safe for short-term use, it may not be particularly effective. They found no evidence that melatonin supplements help insomnia due to stress, caffeine or due to other health conditions such as depression. One exception may be people that have a hard time falling asleep before the wee hours of the night and have trouble waking in the morning. It can react differently with each individual and it is advised to start with the lowest dose available to determine the effect.

Sources: Dr Mehmet Oz and WebMD

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 information for healthier living.

Need some additional support after surgery? It is there for the taking from our office staff or from one of our experienced patients. Feel free to contact Patricia at pdplpn@yahoo.com or 724-880-8050 for the inside patient support you may desire.

New products available at the office include, High Protein MR Orange Cream flavor (mix with water) and delicious lemon drop jellies of 10,000 IU Vitamin D for patients needing extra- once or twice weekly. They are the best! Multi- vitamin capsules, those patients able to tolerate larger capsules- 6 per day = two chewables.

There is a new website for patients to share their experiences about their doctor and office staff. We know that our doctors are "5" star quality; here is an opportunity for you to let others know too! Just go to the website www.healthgrades.com, go to find your doctor now, enter name, specialty, location and click on find doctors, complete the survey. You will have to enter an e-mail address for validity. Thanks so much for getting the "good" word out there for all to benefit.

PLEASE take care of yourself and take your nutritional supplements as recommended for life!