

**Support Group
Dates for 2017**

**Heritage Valley
Sewickley
6:00 pm**

4th floor Conference
room, Heritage Valley
Sewickley Hospital
Apr 10

May 8 June 12
July 10 Aug 14
Sept 11 Oct 9
Nov 13

**Washington
6:00 pm**

Wilfred R. Cameron
Wellness Center

May 15 July 17
Sept 18 Nov 20

Please call the
Sewickley office 412-
741-8862 for any
questions



Spring has Arrived!

New Series: Little Things Make a Big Difference

#4-Get UP and MOVE!!!

Sitting is killing us! It is the new smoking... From the driver's seat to the office chair and then the couch at home, Americans are spending more time seated than ever, and researchers say its wreaking havoc on our bodies. Researchers have found and continue to find evidence that prolonged sitting increases the risk of developing several serious illnesses like various types of cancer, heart disease, obesity and type 2 diabetes. Sitting, like smoking, is clearly very bad for our health and the only way to minimize the risk, is to limit the time we spend on our butts each day. We know how important consistent exercise is and the dangers of a sedentary lifestyle, so we have to incorporate more movement into the day any way we can. Take advantage of any opportunity to stand and or pace. Stand up often at work and walk as much as you can to the other side of your office. Consider walking your dog multiple times during the day, both will reap the benefits. Get up for every commercial and get a fresh glass of water. Bottom line is move any way possible, consider parking farther away from work, set a timer during the day to get up and stretch or move, consider using a balance ball chair. Movement improves mental health and better productivity. Jitter your legs at your desk, sitting up tall with strong abdominal control and lifting one leg up and holding for a few seconds. Any movement helps! Spring is fast approaching, plan on walking with a spouse or friend during lunch or after work. Or do the stairs several times at break. **Start slowly, and build up the intensity and duration of your exercise gradually.** Trying to make up for lost time, or going from couch potato to overdoing it, is a prescription for disaster. Do what you enjoy, and it will become consistent. Research indicates a combination of weight resistance and cardio produces the best overall results. Always check with your doctor before starting any exercise program.

Springtime Opens Door to Better Produce

Research indicates that prepping foods ahead is a great tool for eating healthier. You go to the store and purchase salad makings with the best of intentions. Like the busy time-saver you are, you pre-chop your lettuce and your veggies so you can toss a healthy meal together on the go. Keep in mind however that a combination of natural gasses, moisture build up, and the act of chopping your veggies can speed up decomposition. But, with a few of the following handy tricks you can make them last long enough to get your money's worth and save you valuable time!

Cucumbers: Cucumbers are tasty when they're crispy. To keep cut cucumbers fresh longer, try this tip, cut your cucumbers into about 1/4-inch slices. Stack the slices in a sealable container on top of a folded paper towel and seal lid tightly. The towel will soak up extra moisture.

Peppers: Need to keep your chopped bell peppers fresh a few days more? Use a *sharp* knife to cut your peppers. A dull knife could damage the exterior of the veggie. Remove the stem and seeds. Then cut into slices or chunks. Lay your pepper slices on a paper towel and wrap the towel around the peppers. Place the paper towel-covered peppers into a bowl and add about 1/2 inch of cold water. This will keep your peppers fresh for about a week.

Carrots: Do you buy baby carrots just to avoid trying to slice, dice, and store full grown carrots? Try this hack from [The Kitchen](#) and save a little extra cash at the grocery store, trim off *all* of the green tops from the carrots. Store the tops in a separate container if you want to use them for soup later on. Store your newly trimmed carrots in a bowl of water for several weeks. Bonus points: this actually works for baby carrots too.

Lettuce: Pros at [The Kitchen](#) tried three different ways to keep lettuce greens fresh in the fridge. Method 1: Storing leaves in rolled in a paper towel then placed in a plastic bag. Method 2: Storing leaves in a hard, re-sealable, plastic container with a paper towel. Method 3: Storing the greens in a plastic produce bag with a puff of air and sealed.

Surprisingly, all three methods yielded still-fresh veggies after 7 days. At 10 days, the clear winner was method 2: Line a plastic storage container with paper towels and line the towel with greens. Don't pack them down. Seal with a lid and store. The hard container protects the leaves from getting bruised and extra space in the container provides enough air flow to keep the greens ... green!

Vitamins for Gastric Bypass

/Sleeve patients:

2 -ADULT strength Multi-vitamins -chewable or liquid, (Bariatric Formulated preferred for better absorption) in divided doses daily with food. (Consider Combo MVI- BA-Adv EA product- **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**-45 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 5000 IU daily or the equivalent spread throughout the week.

Adjustable Band patients:

1-Adult strength-daily chewable Multi-vitamin with iron **1500 mg Calcium** daily split into 500 mg doses throughout the day- **READ DOSAGE carefully** **Vitamin D-3** 3000 IU daily

Be adventuresome, try vegetables in season that you may have not tried for a couple of years, our tastes do change over time. Look up new recipes online to change flavor and don't hesitate substituting fresh herbs in place of salt and butter! Springtime is truly new beginnings in so many ways. Get out there, try a new vegetable and enjoy a healthy life! Consider this versatile recipe to use with any variety of vegetables such as Asparagus, Broccoli, Carrots, Cauliflower, Peppers etc.

Roasted Lemon Vegetables

Roast whole slices of lemon along with the vegetable of choice for a beautiful look and sparkling, bright taste. Great with seafood, especially salmon or scallops.

Bunch of asparagus, tough ends trimmed, head of broccoli chopped etc.

2 lemons, thinly sliced

1-2 tablespoons extra-virgin olive oil

4 teaspoons fresh oregano, chopped or 1 teaspoon dried variety of thyme (lemon thyme is great)

1/2 teaspoon freshly ground pepper

Preheat oven to 450°F. Toss vegetables, lemon slices, oil, oregano and pepper on a large rimmed baking sheet. Roast, shaking the pan occasionally to toss, until the vegetables are tender-crisp, 13 to 15 minutes or as you prefer.

“ Accountability, responsibility and actions are all necessary pieces of success”

Vitamin D Update

Latest research on vitamin D indicates it may help prevent colds in addition to boosting immunity, lowering blood pressure and risk for heart disease, diabetes and reducing risk of developing certain types of cancer. Also, blood levels are higher when taken with the largest meal of the day. Remember optimal lab levels are mid-range between 40- 50. The latest recommendation for gastric bypass/ sleeve gastrectomy bariatric patients is 5000 IU of Vitamin D-3 per day. Adjustable band patients 1000-3000 IU Vitamin D-3 daily.

Hope Bariatric Office News Tidbits

Washington Seminars:

Beginning April, 2017, anyone wishing to attend an informational seminar in the Washington area, please call our office for an appointment. If you're unable to complete our on-line seminar we are happy to provide this information at our Washington office with one of our bariatric nurses. Call to register at 412-741-8862.

Attention St. Clair Patients:

Dr. Felix will be at our new location in the St. Clair office building on various Fridays. Please call the Sewickley office for details to schedule an appointment. Don't forget how important follow up is and please get your blood work done prior to your visit!

Bariatric Advantage Products: We do recommend the use of Bariatric Advantage products to our patients for many reasons but mostly because after 12 years, our patients have great success and outcomes using these products. Vitamins are not regulated and many companies in fact do cheat the system. We know that Bariatric Advantage products are trust worthy as they are independently triple certified. We sell two kits (credit cards only) of Bariatric Advantage products in our Sewickley and Washington offices but all their products are available via phone. Kits are available with or without protein supplements: each kit contain a 30 day supply of the Multi-vitamin Bariatric Advantage: chewable Advanced EA complete MVI (includes all vitamin and minerals needed after surgery except for calcium) and a 30 day supply of caramel flavored calcium chewy bites. Pricing is \$65.00 without protein and \$ 85.00 with protein. For any other products/ flavors, you can simply call our personal representative JC at 949-226-5889. His hours are 9:30-6 EST, but **PLEASE** remember credit cards only- **NO HEALTH CARE SPENDING cards- their system does not accept this type of payment.** Ask JC about free shipping!

Bariatric Advantage -New flavors – the Lemon calcium chewy bite is the BEST! It is all natural flavored and delicious, available via phone and look for the NEW MVI- Advanced EA **strawberry** flavor coming out at the end of this month. Call with any questions.

