

Support Group Dates for 2017

Heritage Valley Sewickley 6:00 pm

4th floor Conference
room, Heritage Valley
Sewickley Hospital
Jan 9 Feb 13
March 13 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
Jan 16 March 20
May 15 July 17
Sept 18 Nov 20

For inclement weather,
please check KDKA
storm center for
cancellations or call the
Sewickley office 412-
741-8862

“ Food is not a
reward and exercise is
not a punishment”



Happy New Year!

New Series: Little Things Make a Big Difference

#3–Taking Supplements as Recommended

Just as in label reading for food, details make a big difference in supplements. First make sure they are independently certified. Anyone can put anything on a label and recent research indicates, many vitamins and supplements are found to be less than 10% of what is on the label. Choose wisely, follow the recommendations carefully. It may be easier to consider using the bariatric specific formulated combination products available from certain Bariatric companies to ensure compliance. Be warned though that even some of those companies have been found to cheat the system. Contact office for advice. Also vitamins are available in different forms, as a bypass or sleeve patient, you want the easily absorbed form of the various vitamins in your Multi-vitamin. Be careful of the products claiming that supply all of your needs in one small pill. It is impossible and has resulted in many deficiencies. Independent testing proved one contained less than 1% of what was promised on the label and it was supposedly designed for bariatric patients! Know what is recommended from our governing bodies, The ASMBS, who does all the research: Two times the RDI- (recommended daily intake) may not necessarily mean taking two tablets, it could be more, read the labels and compare. Gummies and children’s chewables are not suggested as they often have the harder to absorb types of vitamins and are often incomplete, not to mention some gummies contain up to 24 grams of sugar! Watch for specifics, remembering B-12 doesn’t absorb through the gut anymore after bariatric surgery, you may choose a monthly injection or if you take B-12 orally, it needs to be labeled as sublingual or bariatric crystalline in form, not just regular B-12, otherwise it will not be absorbed. Calcium Citrate is the easiest absorbed type of calcium- don’t count on calcium carbonate to maintain good bone health after gastric bypass or sleeve surgery as it requires food and acid to absorb. Make sure to take the proper dosage for calcium. Many pills such as Citracal etc are 2 large pills for one dose (500 mg) not one. This is a very common mistake that our patients make. The recommendation is a total of 1500 mg per day but the body can only absorb 500 mg at one time. Always make sure your calcium includes vitamin D in it, otherwise it can’t absorb. Iron should ideally be in the form of an elemental iron, such as Ferrous Fumarate, carbonyl, Ferronyl iron, avoid using ferrous sulfate as it is not absorbed well after bariatric surgery as it contains such a low percentage of elemental iron. Iron and calcium need to be taken 2 hours separately from one another so an over the counter multi- vitamin with both calcium and iron will eventually result in anemia. Adequate Vitamin D is vital for the many reasons in addition to bone health such as cancer, dementia, heart disease etc. Latest recommendations especially in this part of the country for bariatric patient is 5000 IU D-3 daily. We normally get most vit D from the sun and a much lesser amount from very few foods such as Salmon, fortified milk etc. These recommendations from decades of research from the ASMBS, are there for a good reason, and having bariatric surgery made you commit to abide by them forever to ensure a lifelong deficiency free healthy life. Things do not change over time with absorption and supplementing is indeed necessary for LIFE! Please remember, that no matter how far out you are from surgery, these are critical for your long term health and avoiding deficiencies, call for more information and suggestions. For your convenience and at patients request, we do provide convenient ways to purchase Bariatric Advantage products, that we have recommended and do trust because of its quality assurance and results from the many patients that have used it for 12 +years with great results. Little things make a BIG difference!

Sweet Potatoes, they aren’t just for Thanksgiving anymore!

Sweet Potatoes are a super food and are worth a lot more consideration than they get. Note that not all sweet potatoes are orange. Their skins and insides can be white, yellow, brown, red, pink, and purple. The range of color brings different nutrients to the table. Purple-fleshed sweet potatoes are thought to contain super-high levels of antioxidant and anti-inflammatory

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

agents. As these substances pass through your system, they balance out free radicals -chemicals that harm your cells. Just one medium baked sweet potato can give your body a whopping 400% of the vitamin A it needs to keep your eyes and skin healthy and help hold off illness, including certain cancers as well as eye disease.

Deep-orange sweet potatoes contain beta- carotenes. Scientists found these colorful spuds have a unique protein called a protease inhibitor. When tested against cancer cells, it appeared to halt some cancer growth. Sweet potatoes contain lots of vitamin C which boosts the immune system and it's high potassium level, helps control blood pressure while it's calcium bolsters your bones. They are also high in fiber, with 5 grams per ¾ cup, which slows digestion and keeps you full longer. In addition, It has a low glycemic index, which measures how quickly food affects your blood sugar. They are high in non- heme iron as well and with the natural vitamin C in it, that assists in the absorption of that type of iron. Quick and easy to cook, make them a true "find". Try it again, you may just like it this time!

Positive Food Resolutions for a Happier, Healthier New Year

As a new year rolls around, it is inevitable that many people feel like they need to hit a "reset" button on their eating habits. It is a great time to make positive changes as many people feel a burst of motivation when they anticipate the fresh start of a brand new year. Think of this intrinsic motivation, like energy that people can use to catapult themselves toward their goals. The more hope and confidence a person has about achieving their goals, the more likely they will take committed actions, form new habits and create a healthier life.

Make It Interesting: Variety is the spice of life and when it comes to food there is no need to establish rigid and joyless food rules. In fact, flexibility is best for establishing long-term habits. Food choices should fit individual interests, nutritional needs and available resources. Plan ahead and find healthy recipes options that meet taste preferences, are healthy and feel doable with the amount of time available. Get out of food ruts by following interests but also things you haven't tried for awhile. Open your mind and palate to new flavors, you might be surprised especially when it comes to vegetables. Our tastes change over time.

Make It Challenging: Consider adding some challenges, because they offer engagement along the way with the anticipation of a reward at the end. Challenges are particularly helpful for people who feel ambivalent about a change, such as "I want to eat more balanced meals, but I really don't want to put all that effort into cooking — and the mess!"

A weekly challenge to follow one new recipe could be just the thing that motivates a person to discover a whole new set of delicious dishes to add to the rotation. Who wouldn't be motivated by the idea of freedom from food boredom with new go-to meals?

Make It Meaningful: When we experience positive emotions, like joy, we are more open and optimistic. How can you bring more enjoyment to eating patterns?

Encourage your family to become involved in meals and cooking — it makes such a difference. Reflect on how you can make even the most mundane tasks more fun. A little music and some candles can go a long way to make a person feel more happiness in the moment and meal time have more meaning sharing together with families.

Resolve to Be Realistic: Keep in mind that resolutions are tough to keep when they are too extreme. A common side effect of wanting to "reboot" is swinging too far in the other direction. No matter what food goals you have in mind, keep them rational, small and simple. One goal at a time, don't try to make too many changes at once as it becomes overwhelming. Post notes where you can see them every day, practice keeping journals of small accomplishments, express gratitude daily for what you do have in your life and reflect on these. Set goals that will likely be habits in the years to come. Think positively, realistically and love yourself and your accomplishments.

Excerpts from: Rebecca Scritchfield, RDN, is a well-being coach and certified health and fitness specialist and author of the book, [Body Kindness](#).

We all wish you a Healthy Happy New Year in 2017! Make sure to keep up with your scheduled appointments and blood work and as always, we are here for you no matter where you are in the bariatric process.

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