

Support Group Dates for 2018

Heritage Valley Sewickley 6:00 pm

4th floor Conference room, Heritage Valley Sewickley Hospital
 Jan 8 Feb 12
 March 12 April 9
 May 14 June 11
 July 9 Aug 13
 Sept 10 Oct 8
 Nov 12

Washington 6:00 pm

Wilfred R. Cameron Wellness Center
 Jan 15 March 19
 May 21 July 16
 Sept 17 Nov 19

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



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



Good Advice for a Happy Healthy 2018!

“2018 is here and with a new year comes a new start! It’s an opportunity to take stock of different areas of life. At the beginning of the year, consciously evaluate what’s working and what’s not, set a fresh intention to create the life you want, and decide on a few focus areas that will bring you closer to that intention” - Michelle May

Become the Very Best Version of Yourself

By Barb Brathwaite, RN MSN CS

I look at my life as a test and as the year passes, I grade myself on how well I have performed. Did I accomplish the things I set out to do? Did I maintain my health? Did I stay balanced in my personal life? Sometimes, I do well. Other times, I fail. But, I feel immensely blessed at the beginning of each year to start over and to have a chance to get it right. This year, I’m sharing what I’ve learned so far, to help you on your journey to a better life.

Be the person you want to be. Get out of your comfort zone and reach for the stars. Be courageous and just start. Reinvent yourself and be the person you dream to be. Here are 12 ideas which you may want to try. Focus on one each month and you are sure to have your most fabulous year yet!

1. Follow your heart. Pursue your passion.
2. Give it your all. Do your best at everything you do.
3. Do what you love. This will make you feel satisfied and complete.
4. Love yourself. Focus on your strengths and encourage yourself to succeed. You can do it.
5. Set short term goals and reach them. Reaching your goals will bring empowerment and encourage you to be the best you can be.
6. Reach out to your friends. Don’t wait for them to contact you. Step out of your isolation. Surround yourself with positive people. Positive attitudes are contagious.
7. Stop focusing on your past failures. We all fail. Pick yourself up. Learn from your mistakes. It may be an opportunity in disguise.
8. Focus on your accomplishments, not failures.
9. Set your priorities. Take care of your needs. It is okay to say no and set limits.
10. Believe in yourself. Believe you can do whatever you set your mind to. We all have doubts. But, don’t allow the doubts to rule your life.
11. Affirm yourself every day. Look yourself in the mirror and speak to yourself in a positive way.
12. Develop some hobbies. Do something you love and release the positive hormones.

Extra: Change your negative thinking. Negative thinking creates negative feelings and negative behaviors and negative results. Think positive. Play the positive tapes of yourself. Envision yourself as you would like to be as you become the best you yet.

Winter Superfoods

You don't have to wait for the spring farmers market to eat fresh produce again! These root vegetables are your go-to winter superfoods as they are responsible for reducing your risk of heart disease, stroke, and certain cancers as well as helping manage your weight. Yet, according to the Centers for Disease Control and Prevention (CDC), only 8.9 percent of American adults eat enough vegetables. In winter, when salads are not as inviting as a warm comfort-food meal, you can get to the root of this deficit by adding some root veggies to your diet. These winter superfoods grow underground and absorb nutrients from the soil. Don't be fooled by their rough exterior—root vegetables are some of the healthiest and most delicious foods around! So when the temperature drops, warm up with these produce picks to get a jump start on your daily veggie quota. Be sure to include beets, carrots, parsnips, rutabaga, celery root, sweet potatoes and ginger to your winter meals.

Fruits and vegetables help boost the immune system during the flu season. Consider adding in elderberries, mushroom, acai berries, cabbage, citrus fruits, garlic, spinach, broccoli, sweet potatoes. Greek Yogurt and almonds may assist as well. Including a good variety of fruits and vegetables are very important to overall health.

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

Important Tidbits:

Bone Loss After Gastric Bypass Surgery

New Research indicates bone loss for Gastric Bypass patients. Make sure you are taking the right type and amount of calcium. Most of the over the counter calcium citrate pills, such as Citracal- is **2** tablets for one dose of 400 mg – 500 mg. Do **NOT** use calcium carbonate products such as Caltrate or Viactiv as calcium supplements, they require acid and food to absorb and you may not have enough of either after surgery. 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 latest recommendations is 1500 mg of calcium citrate daily in divided doses of 500 mg as that is all the body can absorb at one time.

Iron for Gastric Bypass/Sleeve Patients

If you are diagnosed with anemia or iron is low, do not use ferrous sulfate or slow iron and always take iron 2 hours separate from calcium. We suggest taking an iron that is a higher percentage of elemental iron such as ferrous fumarate, carbonyl or polysaccharide iron. Latest recommendations are 45 mg per day of elemental iron always two hours separate from calcium.

Keep All Liquids Separate from Food

The guidelines for success of all bariatric surgeries- stress the importance of keeping liquids away from solid foods. It is one way that helps the surgeries work for you and it is also the number one reason that prevents success after bariatric surgery. The recommendations are to avoid liquids a ½ hr prior to eating, with a meal and 1 hour after completion of a meal. The reasoning is that stopping liquids prior provides time for any liquid that is in the stomach to empty and making available the most space possible for food. While eating, chew well and allow the solid food to go in to the stomach slowly, applying pressure to the narrowing portion of the stomach. That gives you a full feeling that signals you to stop eating. The food will then slowly go through the narrowing keeping you satisfied. Waiting to resume liquids for one hour after completing a meal will prevent flushing food through too quickly, resulting in hunger. Practicing these specific guidelines set by the experts will assist you with maintaining or obtaining weight loss.

Read Labels and Choose Wisely

Good ingredients are important- when selecting a protein supplement, select whey protein **isolate** as first ingredient. It makes a huge difference in the body's ability to utilize the protein. Watch for added sugars and fats, minimize both. Avoid using protein bars –their protein is typically poor quality and may contain a lot of sugar, sugar alcohol and fat.

Product Update:

For use after at least 6 -9 months out from surgery

Only \$20.00 / month, Bariatric Advantage offers a product equivalent of their Advanced EA chewable Multi-vitamin in a large capsule form. The ultra Multi-vitamin with iron needs to be taken 3 times/ day, delivers at least 200% DV of easy to absorb forms of 13 nutrients plus extra vitamin D3, K, elemental iron and is same as taking 2 of their Advanced EA chewable Multi- vitamins but at a much lower cost. However it is large so we suggest waiting at least 6 months after surgery to use this product. Hope Bariatrics price is \$20.00 for a month supply. Please contact our representative at Bariatric Advantage at: 949-226-5889 Monday –Friday 9:30-6 EST and use the code BA 71346 to get all the details. .