



# Hope Bariatrics

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[www.hopebariatrics.com](http://www.hopebariatrics.com)

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412-741-8862

Summer 2012

## Support Group Dates

**Heritage Valley Sewickley 2011**

**6:00 pm**

4<sup>th</sup> floor Conference room

**2012**

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**

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.**

**Current and archived newsletters will always be available on our websites.**

Check out the section of our websites, called

**HEALTHY HABITS.**

## Advice on supplements. Please read the following from one of our patients. She wants you to learn from her mistakes. So this doesn't happen to you.

After having my gastric bypass surgery in 2005 I remember going to the doctors faithfully. I was told at every appointment how crucial it was to take all of my supplements and make sure I was getting all my protein .but all I was thinking was, "Look at that scale, wow my life is going to change, I am losing weight, I can finally buy cute clothes. No more shopping in the plus stores". How vane....

I stopped going to Dr. Felix in 2009 because hey, I felt great! I was maintaining my weight, feeling good, looking good. Why do I need to keep taking all of these supplements? So I got lazy and thought I was fine.

This past November I was having some issues with my teeth and had to have a root canal. Around the same time, my front teeth, not the ones that needed a root canal, felt numb. It was affecting my speech and pretty much driving me crazy. The dentist tested the teeth and said they were fine. After going to my PCP and another dentist for a second opinion, I was told to see a neurologist.

After seeing the neurologist, I had to have numerous tests and I was told that I had neuropathy. I am 56 years old and have neuropathy. Why? I stop taking the B12 shots and all those supplements I was told to take from the start. Not only am I experiencing numbness in my face and feet but now my arms from my elbows to my fingers. I wish I had listened....The only reason I am sharing this is because I thought I was invincible and nothing could happen to me. Well it can and it has.

Needless to say, I am now taking ALL my supplements faithfully and I am hoping this can be reversed, but only time will tell.  
-Stephanie

This is exactly why we emphasize the importance of taking vitamins and mineral supplements as recommended. It can be a very serious issue with irreversible consequences. Please protect your health and take supplements as recommended.

## Enjoying Summer Outings and Picnics

Whether you're at a summer picnic or a gathering of friends, managing weight or diabetes can be a challenge out of any celebration.

From high-fat hors d'oeuvres to sugar-laden desserts... there are often tempting foods that are best avoided.

But following a few steps can keep you in a party mood and your weight and blood sugar on an even keel. Eat before you go. This will help fill you up and make it easier to skip those carb and fat-filled treats. And you'll be able to honestly say, "I'm full," when offered a piece of cake.

It's also a good idea to exercise beforehand. That's because a single moderate workout can increase the rate at which your muscles take up glucose by at least 40 percent. If the opportunities arise, participate in games or activities while socializing at picnics or outings. Every little bit counts.

Bring your own dish. If you make the food, you'll know what's in it and its likely effect on your body.

At the party, go straight for the veggie platter. Vegetables have fiber that helps you feel full faster -- and reduces blood sugar spikes.

Position yourself far away from the foods that you want to avoid. If you can't reach them, you're less likely to mindlessly eat.

Also, skip the alcohol and carbonated beverages. Instead, have a glass of water and stick a wedge of lime or lemon with it. Remember to keep extra well hydrated in the warm weather especially when being active outdoors. Finally, think of some good questions you can ask to start a conversation. The more you talk, the less you'll eat.

Enjoy yourself on these beautiful summer days with good planning and in good health!

## VITAMIN SCHEDULES:

**Gastric Bypass / Sleeve Gastrectomy 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

**Always call with any questions or for recommendations!**

## Safe Summer Grilling

Grilling can be a healthy way to prepare your food, but only if you're careful to avoid contamination.

Always keep raw meat, poultry, fish and their juices well away from other foods.

Use a thermometer to make sure meat is cooked thoroughly: 165 degrees for poultry, 160 degrees for pork and ground beef.

Do the color test on chicken and turkey: No pink on the inside and juices should run clear.

Another possible risk from grilled meat, chicken or fish is HCAs, chemicals formed at very high temperatures that are linked to cancer. To minimize HCAs, marinate your food first, trim the fat, and pre-cook in the microwave.

Just a minute or two will do. Once your food hits the grill, flip it frequently, and remove before it's well done or charred. That way, you can savor the flavor and safeguard your health, too.

## Nutrition Tips

To keep track of what you eat, keep a food journal to pay attention to what you eat and how you feel when you eat it. You may be surprised by your eating habits. You can write down your meals or download an app for your smart phone or tablet. You don't have to track your meals every day. Just track it one day a week or for a few days to get an idea of what and how you eat.

If you don't want to overeat, think small. Trade your large plates and silverware for small ones. Brian Wansink, author of "Mindless Eating," says we eat 22% less on a 10-inch than a 12-inch plate. Use a tablespoon, not a serving spoon, to dish out portions. Think about what you put on your plate to make sure you really want it. Serve from the stove instead of the table, so second helpings aren't right in front of you. Eat slowly so your body has time to tell your brain you're full.

To snack less at work get unhealthy snacks out of your office -- or at least out of plain sight. You'll eat less if you don't have food within easy reach. If you tend to graze mindlessly at work, don't keep food at your desk. Keep it at least 6 feet away from where you sit. The distance makes you think each time you grab a bite. Take time for a real lunch break, away from your desk.

Eat smarter at restaurants Just like eating at home, planning can help you make smarter choices in restaurants. Find one that serves a children's menu or smaller portion sizes. Don't let yourself get so hungry that you overeat. Choose broiled entrees and request no added sauces, salt, oils or butters. Lite dressing on the side for salads. Cut your meal in half and take one half home. Or split an entrée with a friend. Ask the waiter not to bring any bread or tortilla chips to your table.

To avoid mindless eating, be aware of what you are doing in the moment. Pay attention to your food, savor each bite and chew well. Stop eating at the first sign of fullness. Don't sit in front of the TV or computer when you eat. Multitasking leads to overeating. Avoid eating out of boredom or stress. Find solutions for those situations that actually meant to help, food will only make it a vicious cycle.

## New to Hope Bariatrics

We are excited to welcome Dr. Tunc Aksehirli, MD, to Hope Bariatrics at the Jefferson location. He will bring his expertise of the Sleeve Gastrectomy to Hope Bariatrics for those appropriate for this surgical procedure. For more information please call our office at 412-741-8862.

### Misc. Info:

No matter when you had your surgery, never hesitate to get advice from our office staff or from one of our experienced patients. Feel free to contact Patricia at [pdplpn@yahoo.com](mailto:pdplpn@yahoo.com) or 724-880-8050 for the inside patient support you may desire.

New products available at the office include, Whey Protein (small tubes) protein- 25 grams in 3 ounces, 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 of the 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](http://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.