



Hope Bariatrics

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Winter 2013

Support Group Dates for 2013

Heritage Valley Sewickley 6:00 pm

4th floor Conference room

Feb 11

Mar 11 Apr 8

May 13 June 10

July 8 August 12

Sept 9 Oct 14

Nov 11 Dec 9 *

St. Clair Hospital 6:00 pm

Dunlap conference room
(Check information desk)

Feb 18

Mar 18 Apr 15

May 20 June 17

July 15 Aug 19

Sept 16 Oct 21

Nov 18 Dec 16 *

* denotes holiday party-call for info

Jefferson Regional Medical Center 6:00 pm

Bibro building

Baldwin/Homestead Rm

Feb 25

March 25 April 22

May 27 June 24

July 22 Aug 26

Sept 23 Oct 28

Nov 25

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 2013

Goals and resolutions come to mind at this time of the year with new beginnings for better health. Making goals via the SMART method is approachable and realistic. It's getting small gradual steps that are Specific, Measurable, Attainable, Relevant and Time bound. Make both short term and long goals, make them specific with details and ensure they are measurable somehow i.e. lower your blood pressure by 5 points. What steps are you going to take to get that goal and are they realistic to keep you motivated. Just how important is this to your overall well being and quality of life? Choose those that are most relevant – take time to think about these and be selective. Work on those that will influence you the most. Visualize, using all your senses what you want the outcome to look like. The more vivid the picture you can paint in your mind, the more the chance of reaching your goal. Finally, define the time line. Make it realistic timeframe by which you'd like to see it done. Remember the more gradual and smaller your (goals), the more likely you are to succeed. After all this thought, it is best to write them down for your review daily. It's a long journey, make it rewarding along the way. Little things can motivate you to keep on moving in the right direction. Pick a good support system surrounded by positive influences and people. Don't let yourself be your worst enemy, by beating yourself up for a temporary setback. Keep plowing through in the right direction. Use language that aids in your realization of these goals, such as I choose to ___ in place of wanting to dream. Make it more your own by placing the words in the present.

It's a good time to examine your habits, keeping in mind that you have special needs to maintain your good health. Review your protein, vitamin, minerals, fluid type and amount of intake. Don't skip meals- 3-4 per day keeps your body working well. Plan ahead to have the right foods in your environment, avoid empty calorie foods and beverages such as sweet tea, do **not** eat and drink together, wait an hour after a meal to resume liquids, take time at the grocery, take a list with you and read food labels to keep items low sugar, low fat and low sodium. Eat protein first at every meal, chewing well and eating slowly and mindfully, minimize protein bars. Make time for exercise in some way, every day. Keep focused, stay positive and get help if you need it. HAPPY 2013!

Boosting Immunities

Do what you can to incorporate the following into your daily intake to help build up your immune system during flu outbreaks.

Elderberries- aids in quicker recovery, contains antioxidants and fights inflammation.

Button mushrooms- high in selenium and antioxidants

Acai berries- although high in sugar, fight illness and high in antioxidants

Oysters- contains zinc and antiviral properties

Cabbage- high in powerful antioxidants, high in fiber

Almonds- 5-6 pieces help with stress, high in vitamin E to boost immunity. High in Riboflavin-aids in stress

Citrus fruits- high in vitamin C, aids in fighting of cold and flu- high in flavinoids (immune boosters)

Wheat germ- full of zinc, B vitamin and great fiber, protein and healthy fat

Greek Yogurt- 1 cup (low sugar, low fat) daily can reduce colds, active cultures can stimulate immunities. choose one with vitamin D- again the "super vitamin " also demonstrates increase in immunity

Garlic- contains several antioxidants Peel and chop and let set 15 min before cooking to activate immune boosting enzymes

Spinach- this "Super Food" contains folic acid, which produces new cells and repairs DNA, boasts fiber, antioxidants such as vitamin C. Raw or lightly cooked to derive most benefits.

Broccoli- immune boosting basics- full of nutrients that protect body from damage, vitamin A, C and glutathione

Sweet Potato- like carrots, contain beta carotene, which mops up damaging free radicals, vitamin A and slows aging process

Tea- decaf green or black, leaded with disease fighting anti-oxidants, destroys free radicals

Pepper and leaf oregano- has anti-inflammatory properties and kills bacteria

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!

More About that "Super Vitamin D"

Most of us know we need vitamin D for healthy bones. The basic role of vitamin D is to act as a magnet for calcium to be absorbed into your bones. Without it, bones can become brittle and weak, resulting in osteoporosis. Vitamin D has also been linked to so many other important health issues such as boosting your immunities, preventing certain cancers (breast, prostate and colon), preventing heart disease, hypertension, diabetes, depression and mental health issues, weight gain, aids in PMS, improving sleep patterns and recent research actually indicates that it actually influences the size of a fetus head size. Amazing!!

In a perfect world, you'd never have to worry about getting adequate vitamin D. Your body produces it on its own. The trick is exposing some portion of your skin to direct sunlight for 15-20 min a few days a week. But the UV rays that stimulate production of vitamin D can also cause skin cancer. So most experts don't recommend getting your vitamin D from sun exposure. Plus unless you live south of the line from LA to Columbia SC, there may not be enough sunlight year round to produce all the vitamin D that you need. It is difficult to obtain your needs as there are only a few foods that supply our needs, such as fortified milk, dairy products and egg yolks and salmon. Most people with low levels don't notice any symptoms. Know your numbers; the latest research suggests maintaining levels between 45-55 for optimal health. (Most labs indicate normal range somewhere between 25-100).

As you can see the evidence is piling up on just how important this super vitamin is to maintaining a good health. Start your day with vitamin fortified low fat milk and read labels, cereals are now being fortified.) Another important reason to eat breakfast.) Eat fish a couple times per weeks, salmon, tuna, sardines and mackerel. Other foods sources include egg yolk, cod liver oil, yogurt and some cheeses. Again reading labels will ensure the proper amounts. Vitamin D -3 is the easiest absorbed form of vitamin D to supplement however if deficient, high doses D-2 will be prescribed temporarily. General population is recommended to get somewhere between 600-1000 IU D-3, Bariatrics population- is currently minimum of 2000 IU per day for gastric bypass and sleeve, 1000 IU D-3 for adjustable band patients. Some people require more. Keep in mind there is an upper limit of how much D you can take safely IOM (institute of Medicine) recommends up to a 5000 IU of D is safe for bariatric patients however taking more than 10,000 IU per day can cause damage to the body. It is vital that you know your specific levels for optimal health and supplement accordingly to maintain ideal levels.

Changes in 2013

Good changes are happening for 2013 for our Hope Bariatric Support Groups. First, we are adding another location at Jefferson Regional Medical Center, located in the Bibro Building on the last Monday night of the month. (see front page left column for details) Secondly, we are very pleased to announce that our devoted, very well qualified patient, is going to be leading all of them. Patricia Patton, RN, bariatric certified support group leader is very excited about the challenge. She has been running her own support group for 5 years in the Uniontown area and our St Clair group for 2 years. Assist in your success and make one of your goals for this year, to drop in and check out the support that is there for the waiting!

A note from Patricia: Do you have a New Year's Resolution? What do you want to change about yourself this year that you have not previously? Did you reach your resolutions for 2012? Do you realize you never have to resolve to lose weight again as you have accomplished that with weight loss surgery. My resolution is always to maintain. I resolve this everyday because it is an everyday battle with food. Do you struggle with food? It's pretty powerful. That's why I need my support groups and people. It keeps me on the straight and narrow. I have moved on past the physical issues like reaching goal and now deal with the personality flaws which will always be a problem i.e. like being impatient or shopping too much LOL! But, maybe you are struggling with a regain and again feeling like you failed yourself. Well, I have a great idea for you. Attend a Support Group. We continue to meet on Monday of each month at 6:00 pm. You will not be called on to participate. We are there to support you whether in victory or in need to be picked up and brushed off and started back on the right track. These group know all that goes into this lifelong journey and they are here for you! So, start 2013 off with a step toward continued success or getting back on track. Feel free to contact Patricia at pdplpn@yahoo.com or 724-880-8050 for the inside patient support you may desire.

Hope Bariatrics News

No matter when you had your surgery, never hesitate to get advice from our office staff. We are here to support you throughout your life. Bariatric formulated products are available at the office. 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, 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.