

Support Group Dates for 2018

Heritage Valley Sewickley 6:00 pm

4th floor Conference
room, Heritage Valley
Sewickley Hospital

July 9 Aug 13
Sept 10 Oct 8
Nov 12

Washington 6:00 pm

Wilfred R. Cameron
Wellness Center

July 16
Sept 17 Nov 19

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



Make Your Weight Loss Goal Healthy and Realistic

By Christy Powers, FNP, CBN

Weight loss is a lot like driving a car. You need to focus on where you want to go to get results. And also like driving, there are many routes to reach your goal or destination. But do not choose your destination randomly. It must be realistic. Most patients have a weight loss goal in mind. This may be based on "Ideal Body Weight" for height, gender, and age, or based on Body Mass Index (BMI) of perhaps 25 to 28. Discuss your weight loss goal with your bariatric surgeon. Most bariatric professionals consider 50% of excess weight loss a success after bariatric surgery. For example, a person 100 pounds overweight lost 45 pounds, which is 45% excess weight loss. However, this person can now move more easily with his or her knee arthritis and no longer needs oral medication for diabetes or high blood pressure. This would be considered a success. Quality of life improvement can be more important than a number and definitely counts toward success as well as pounds of weight lost.

Just like a car needs more than just an engine to run efficiently, weight loss surgery alone can only take you so far. The rest of your journey, you should get there with healthy dietary choices and physical activity. Most of your weight loss occurs in the first year after surgery. Do not skip meals or allow long hours without eating. View food choices as high-octane fuel for your body to function throughout the day. Follow the nutrition recommendations of your bariatric program. Especially maintain the lifetime pattern of separation of eating and drinking which is nothing to drink ½ hr prior to meal, with meal and one hour after last bite! Also, keep in mind that exercise is crucial for weight loss and it helps increase metabolism. Three 10-minute walks a day give you the same benefits as one 30-minute walk. Use a tape measure to track inches you are losing from your waist, hips, thighs or neck. Muscle strengthening exercise is essential and another healthy way to lose weight. The more lean muscle mass you have (a stronger engine), the more efficiently your body burns fat (fuel). Muscular strength training creates a stronger body and increases bone density. Your mood and energy level also improve with exercise.

It takes time and practice to develop skills for weight management. Routine follow-up visits with your bariatric team members can help keep you on the road to success so that you'll reach your destination.

WHY DRINK MORE WATER?

Simply because, water is essential to our bodies and is composed primarily of water. Water is basically responsible for clearing toxins from our body, keeping body temperature within a normal range, and lubricating joints. When you are losing weight rapidly you are losing a lot of water. Initially after surgery drinking 64 oz. of water can be a big task, but it must be a priority! As time goes on drinking water will become easier. Consider adding sugar free flavorings, sliced fruit or brewing homemade decaffeinated teas to make it easier to meet your daily needs. Water is vital for many health reasons, it revs up the metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process.

Water Boosts Your Energy:

If you're feeling drained and depleted, get a pick-me-up with water. Dehydration makes you feel tired. The right amount of water will help your heart pump your blood more effectively. And water can help your blood transport oxygen and other essential nutrients to your cells.

Lower Stress With Water:

About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed. If you're feeling thirsty, you're already a little dehydrated. To keep stress levels down, keep a glass of water at your desk or carry a sports bottle and sip regularly.

Build Muscle Tone With Water:

Drinking water helps prevent muscle cramping and lubricates joints in the body. When you're well hydrated, you can exercise longer and stronger without "hitting the wall."

Nourish Your Skin:

Fine lines and wrinkles are deeper when you're dehydrated. Water is nature's own beauty cream.

Drinking water hydrates skin cells and plumps them up, making your face look younger. It also flushes out impurities and improves circulation and blood flow, helping your skin glow.

Stay Regular With Water:

Along with fiber, water is important for good digestion.

Water helps dissolve waste particles and passes them smoothly through your digestive tract.

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

If you're dehydrated, your body absorbs all the water, leaving your colon dry and making it more difficult to pass waste resulting in constipation.

Water Reduces Kidney Stones:

The rate of painful kidney stones is rising. One of the reasons could be because people aren't drinking enough water. Water dilutes the salts and minerals in your urine that form the solid crystals known as kidney stones. Kidney stones can't form in diluted urine, so reduce your risk with plenty of water!

Remember to **Increase your** water consumption accordingly in the summer heat!

CRUCIFEROUS VEGETABLES UPDATE

By [Steven Reinberg](#)

WEDNESDAY, April, 4, 2018 (Health Day News) -- Eating lots of vegetables may help older women keep their blood vessels healthy, Australian researchers report.

The biggest benefit seems to come from cruciferous vegetables, including cabbage, Brussels sprouts, cauliflower and broccoli. Eating these strong-smelling veggies was linked to less thickening of the carotid arteries, located in the neck. Thickening of this major blood vessels is a sign of impending heart disease, the researchers said.

"These findings reinforce the importance of adequate vegetable intake to reduce your risk of atherosclerosis ["hardening of the arteries"], heart attacks and strokes," said the lead researcher Blekkenhorst.

"Recommendations to include a couple of servings of cruciferous vegetables may optimize the health benefits of increasing vegetables in the diet," Blekkenhorst said.

She added, however, that this study doesn't prove a lack of vegetables caused carotid artery walls to thicken, only that there was an association between the two.

Veggies are good for you, Blekkenhorst said, because they're high in fiber, so you feel full without consuming many calories.

"They are also packed full of vitamins, minerals and phytochemicals, which have been shown to reduce inflammation and oxidative stress," Chronic inflammation plays a part in a number of age-related illnesses, including heart disease, she added.

Best of all, the benefits of vegetables exist whether you cook them or eat them raw, Blekkenhorst said. Though cooking reduces some nutrients, eating cooked vegetables aids digestion and absorption of these nutrients, she said.

The benefits found in the study were limited to vegetables like cabbage, Brussels sprouts, cauliflower and broccoli, Blekkenhorst said. Other veggies did not show the same protective link. Vegetables help you fight infection and reduce your risk for mental decline, some cancers, heart disease and diabetes, she said.

"Inflammation plays a big role in the development of atherosclerosis, so it makes sense that eating foods that help lower inflammation may lead to more supple arteries," researcher, Heller said.

Whether men also gain these benefits from vegetables isn't clear, the study authors said.

"But it can't hurt for men to consume more cruciferous vegetables every day."

Heller said it seems reasonable to think that men would derive the same health benefits from eating a variety of vegetables.

For the study, Blekkenhorst's team had nearly 1,000 women 70 and older fill out questionnaires about how often they eat veggies.

Responses ranged from never to three or more times a day. Types of veggies included onions, garlic, leeks, shallots, beans, leafy green vegetables, cruciferous vegetables and yellow, orange or red vegetables.

Out from Surgery 6 months or greater? Check this out to save money

At only \$20.00 / month, best bargain out there is from Bariatric Advantage offers a product equivalent of their Advanced EA chewable Multi-vitamin in a large capsule form. It is "The Ultra Multi-vitamin with Iron" but does need to be taken **3 times/ day**. Just like the Advance EA MVI chewable, it delivers at least 200% DV of easy to absorb forms of 13 nutrients plus extra 3000 IU vitamin D3, 45 mg elemental iron and Mega dose of crystalline B-12. It is the 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 try this product. (About the size of a good n plenty candy). Hope Bariatrics price is \$20.00 for a month supply with free shipping. You must use our code to get this pricing. Contact JC, 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.