

## Support Group Dates for 2019

**Heritage Valley  
Sewickley  
6:00 pm**

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

Heritage Valley  
Sewickley Hospital  
May 13 June 10  
July 8 August 12  
Sept 9 Oct 14  
Nov 11 Dec 9

**\*\*\*Hope Bariatrics is  
NO longer having  
Support Group  
Meetings or office in the  
Washington Area**



**Check on our Hope  
Bariatrics Website for  
details on 2019  
meetings**

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



**Find recipes and  
more on Facebook**

## Patient Testimonial

### *This Changed My Life, How I Finally Became Me*

My whole life I was overweight, as a child I remember being 5 years old and my father (came from divorced parents) mailed me a beautiful dress for my 5th birthday, the problem was, at 5 I was already showing signs of being an obese child and I could not fit in them, I can remember crying and getting upset and my mom saying it wasn't my fault that my dad should have called and asked what size I was. By the 4th grade I was wearing my mom's clothes, I was fully developed and had to shop in the misses section.

When my friends starting getting boyfriends no boys looked at me. I was always active, I actually was a tri-athlete playing softball, tennis, and volleyball and was pretty good for High School standards.

I tried starving myself, and around 15/16 I did lose some weight but was still a size 14.

Fortunately, I had supportive family, and I had some really great friends who loved me for me, not my appearance.

I prayed at night for God to help me, to help me lose weight, to help me find ME.

I met an amazing young man when I was 17, who is my husband now. I can remember after a few years of dating he was honest and said he was hesitant when we first met because of my size, and you would think that would have hurt, but it actually made me realize how much he looked past that. I was very lucky, and not all people are like that.

When I got married I dieted endlessly, I went to the gym 2 hours a day, I never could get below 200 lbs, being 5' 3" that was still obese.

For the next 10 years I went up and down, I had 3 miscarriages which Dr's said it could have been due to my weight.

My husband and I were finally blessed with a child, and I was strict during my pregnancy to make sure she was well taken care of, and after I had my daughter I lost all the weight and then some, but still could not get below 200 lbs.

I never let my weight stop me, I was active, I ran 5k's, my friends who were slim and average weight always joked with me they can't keep up with me.

I started reflecting on my life, I had accomplished a lot, college educated, married, amazing daughter, and I would get so upset and mad at myself and say "why can't I lose this weight!"

Finally one day I, I didn't tell anyone and I said this is it, I am taking charge. I CAN control this; I just need help doing it.

At my highest weight 265 one day at work on my lunch, after just being promoted to a role that has opened many doors for me I decided to get online and watch the webinar.

It changed my life. I was in the middle of raising a toddler and my career was taking off, I thought Christy this is it, this is the time to TAKE CHARGE. I never looked back.

The process of Hope Bariatrics changed more than just my appearance. It gave me the ability to match my inside with my outside and allowed me to finally have FREEDOM.

I can run and not hurt.

I can chase my daughter and actually play with her and not feel uncomfortable.

I will actually let my picture be taken

Food doesn't control my life anymore, I control my life.

Recently my brother in law was married, the day of his wedding I wore the dress my mother in law wore to my wedding. When I got married I was a size 20, my mother in law was a size 8 and I can remember thinking I wish I was thin. On my most joyous day I didn't want my picture taken- in fact I didn't even hire a photographer; I said it was the money but really I felt it was a waste of money because I hated my appearance.

Well 12 years later I rocked a dress I could not have gotten my leg in!

This has been an amazing journey, I could say so much more because I thank God every day I have made this decision, and I am grateful to the support I have had.

### **Spring has arrived**

Spring is here and along with it comes the rebirth of mother nature in all sort of forms from buds, blossoms, birds and **hope** for a fresh start for all... including the opportunity found with bariatric surgery. It is a chance to take hold and run with your new tool towards better health. Grasp the moment to moment choices and appreciate all that is yours for the taking. Exercise your right to make better choices and flourish in this rebirth! Increase your awareness, notice all that is around you, people, places and nature and appreciate the little things. Embrace the opportunity

## 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** 4500-5000 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

of having bariatric surgery as a new lease on life. Purposefully interact and surround yourself with all the possibilities and positives of this season of opportunity. Step up to the rebirth challenge of Spring time and improved health!

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**Get outside and move...** Exercise and movement is vital to overall well-being. It helps with weight loss, weight maintenance, promotes good mental health and strong bones. Now that the weather is improving, make a plan, start slow and just go for it. Consider finding a walking buddy to keep you committed. Most of all look around and appreciate the simple beauty in things. Breath deep and take it all in... love it and enjoy!

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### Springtime Opens Door to Better Produce

Research indicates that prepping foods ahead is a great tool for eating healthier. Going to the store to purchase "Salad Fixings" with the best of intentions trying to save time, pre-chopping lettuce and veggies to toss a healthy meal together on the go. Keep in mind however that a combination of natural gasses, moisture build up, and the act of chopping veggies can speed up decomposition. But, with a few of the following handy tricks you can make them last long enough to get your money's worth and save valuable time!

**Cucumbers:** Cucumbers are tasty when they're crispy. To keep cut cucumbers fresh longer, try cutting your cucumbers into about 1/4-inch slices. Stack the slices in a sealable container. Then, place a folded paper towel on **top** of your cucumbers and put a lid on your container. Store your cucumbers upside down (so that the paper towel is on the bottom). The towel will soak up extra moisture.

**Peppers:** Need to keep your chopped bell peppers fresh a few days more? Use a *sharp* knife to cut your peppers. A dull knife could damage the exterior of the veggie. Remove the stem and seeds. Then cut into slices or chunks. Lay your pepper slices on a paper towel and wrap the towel around the peppers. Place the paper towel-covered peppers into a bowl and add about 1/2 inch of cold water. This will keep your peppers fresh for about a week.

**Carrots:** Do you buy baby carrots just to avoid trying to slice, dice, and store full grown carrots? Instead, trim off *all* of the green tops from the carrots. Store the tops in a separate container for future use. Store your newly trimmed carrots in a bowl of water for several weeks. Can do this for baby carrots too.

**Lettuce:** Pros tried three different ways to keep lettuce greens fresh in the fridge. Method 1: Storing leaves rolled in a paper towel then placed in a plastic bag. Method 2: Storing leaves in a hard, re-sealable, plastic container with a paper towel. Method 3: Storing the greens in a plastic produce bag with a puff of air and sealed. Surprisingly, all three methods yielded still-fresh veggies after 7 days. At 10 days, the clear winner was method 2: Line a plastic storage container with paper towels and line the towel with greens. Don't pack them down. Seal with a lid and store. The hard container protects the leaves from getting bruised and extra space in the container provides enough air flow to keep the lettuce from wilting.

Be adventuresome, try vegetables in season that you may have not tried for a couple of years, our tastes do change over time. Look up new recipes online to change flavor and don't hesitate substituting fresh herbs in place of salt and butter! Springtime is truly new beginnings in so many ways. Get out there, try a new vegetable and enjoy a healthy life! Consider this versatile recipe to use with any variety of vegetables such as Asparagus, Broccoli, Carrots, Cauliflower, Peppers etc.

### Roasted Lemon Vegetables

Roast whole slices of lemon along with the vegetable of choice for a beautiful look and sparkling, bright taste. Great with seafood, especially salmon or scallops.

Bunch of asparagus, tough ends trimmed, head of broccoli chopped etc.

2 lemons, thinly sliced

1-2 tablespoons extra-virgin olive oil

4 teaspoons fresh oregano, chopped or 1 teaspoon dried variety of thyme (lemon thyme is great)

1/2 teaspoon freshly ground pepper

Preheat oven to 450°F. Toss vegetables, lemon slices, oil, oregano and pepper on a large rimmed baking sheet. Roast, shaking the pan occasionally to toss, until the vegetables are tender-crisp, 13 to 15 minutes or as you prefer.

**OFFICE NEWS: Ultra Solo with Iron** is now available in office and through our rep for \$20.00/ month supply- one capsule/ day, contains everything you need 6 months post op bariatric surgery except calcium - use our code for free shipping- BA71346, call: 949-369-3403