

Obesity—a Chronic Disease

Obesity used to be considered simply a cosmetic issue. Or, a risk factor for other diseases. But, we now know differently. The World Health Organization (W.H.O.), along with National and International medical and scientific societies, do recognize obesity as a chronic progressive disease, in and of itself, resulting from multiple environmental, behavioral, and genetic factors.

As the American Society for Metabolic and Bariatric Surgery (ASMBS) states, “The disease of obesity is extremely costly not only in terms of economics, but also in terms of individual and societal health, longevity, and psychological well-being. Due to its progressive nature, obesity requires life-long treatment and control.”

Dr. Ashkay Jain recently wrote a commentary published in Medscape this month, detailing what makes obesity a “disease”. The

reasons he gave are as follows:

- It is associated with impaired body function.
- It results from dysfunction of a complex physiologic regulatory system, precipitated by multiple factors in modern society.
- It causes, exacerbates, or accelerates more than 160 comorbid conditions that arise as metabolic, structural, inflammatory, degenerative, neoplastic, or psychological complications of obesity and significantly affects quality of life or impairs longevity.

Those struggling with obesity are often misjudged as being chronic overeaters and lazy individuals. But, obesity is rarely caused solely by eating too much food (energy imbalance) and exercising too little. Those are both contributing factors, but other conditions that affect energy balance and fat accumulation that

do not involve excessive eating or sedentary behavior also play a significant role. Things such as:

- Chronic sleep loss
- Stress
- Psychological distress
- Medications
- Environmental pollutants
- Excessive dieting
- Genetics

Bariatric surgery has been shown to be one of the most effective and long lasting treatment for morbid obesity and its many related conditions, and results in significant weight loss. As noted by the Obesity Action Coalition, a national non-profit agency dedicated to the treatment of the disease of obesity, “bariatric surgery is a life-saving procedure as it is proven to increase life expectancy”.

Here at Hurley Bariatric Center, we are dedicated to helping people overcome the effects of this chronic disease called obesity so they can regain their well-being and quality of life through improved health!

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Focus on Fitness

Recovery Tools/Tips



New to exercise? It is common to be sore after working out, especially if you are not used to physical activity. Do not let these sore muscles discourage you from continuing your fitness goals. You become sore if you are not

accustomed to exercising, if you are used to a different form of exercise, or if you pushed yourself harder than you normally do.

There are several recovery tools and techniques that you can use after your exercise to help avoid soreness. Foam rollers are used by rubbing the roller along a sore or injured muscle to break up tightness and knots that were causing the pain or soreness. This is a form of *myofascial release*, and can ease soreness. Stretching is one of the easiest and best ways of recovering from exercise. It increases blood flow to the stretched muscle allowing for a quicker recovery. Stretching also

increases your flexibility.

Similarly, sleep is key to recovery. When you are asleep, your body goes through several processes of repairing damaged muscle tissue. Additionally, nutrition is an essential part of the recovery process. Getting enough protein to help repair the damage to muscles is vital. Continue to follow the suggested dietary plans recommended to you to optimize your recovery.

Overall, when exercising, be sure to take the time to recover your damaged muscles to help alleviate your soreness and keep you focused on fitness!

Nutrition Notes by Jennifer Traub, RD

Fad Diets

In the realm of weight loss, the term “diet” refers to limiting oneself to a small amount of specific kinds of foods in order to lose weight. Everywhere you look, there seems to be information endorsing a particular diet plan designed to promote weight loss. A few notable ones include, the Atkins Diet, Keto Diet, Paleo Diet, the Cabbage Soup Diet, Raw Food Diet, and so on.

Seeing these eating plans so heavily promoted, usually accompanying a success story, can leave people wondering if they too should try following such a strict regimen. But, if weight loss/weight maintenance is your goal, you should know that fad

diets, or “diets” in general, simply don’t work!

Whenever an entire food group is excluded from an eating plan, it should cause you to question the soundness of that plan. Can you really go your entire life eating only cabbage and vegetables as suggested on the Cabbage Soup Diet? What about avoiding nutritious whole grains, fresh fruits, and many vegetables such as with the Keto or Atkins diets?

Because fad diets tend to be overly restrictive, they are very difficult to adhere to. Followers will likely lose weight in the short term, but in the long-term such diets are simply unsustainable. And they can be very unhealthy, even harmful.

As low-carb is the current rage,

it’s timely to note findings presented at a recent cardiology conference that suggest those following low-carb diets, such as Atkins or Keto, have a 51% increase in risk of death from heart disease, 50% increase in risk of death from cerebrovascular disease, and a 35% increase in risk of dying from cancer compared to those who did not follow a low-carb diet (*Low carbohydrate diets are unsafe and should be avoided. European Society of Cardiology, 28-Aug-2018*)

Our bodies need a variety of nutrients to run efficiently. So, instead of following the latest fad, make sure your meal plan includes lean (low-fat) sources of protein, plenty of non-starchy vegetables, and a moderate amount of complex carbohydrates. It is this type of balanced eating that will give your body the fuel it needs to function well!

Spotlight on Success



Kimberly
After Sleeve Gastrectomy

At 29, and weighing close to 500 pounds, I knew that if I didn’t lose weight I wouldn’t be able to see my daughter grow up. After much of research I decided to have weight loss surgery (WLS), specifically the sleeve, in February 2014.

After surgery, I lost 140 pounds and then found out I was pregnant.

I stopped food journaling and started to eat more unhealthy food and fell back into my old habits. I had felt like a failure.

Three years later I saw one of my friends, who had surgery the same time I did, losing weight again. I promised myself that if she can do it I could too. In March of this year, I started food journaling and exercising. I stopped eating unhealthy food and started cooking at home and food prepping. I have lost an additional 60 pounds since getting back to my healthy life style. Which makes 200 total pounds lost thus far!

Since having WLS my blood pressure is in the normal range & I’m no longer pre-diabetic. I can be physically active with my children & spouse. It’s no longer painful to walk or use the stairs. I also enjoy shopping again! It’s so nice to be able to go into stores I used to be embarrassed to walk into because I knew everyone there knew nothing would fit me.

**“IT’S NEVER TOO LATE
TO REACH YOUR GOAL!
WLS DOES NOT HAVE
AN EXPIRATION DATE!”**

I would have never succeeded in losing weight without WLS, food journaling, and food prepping which makes life manageable. I also would not have gotten this far without all the support I have had throughout this entire process.

It’s never too late to reach your goal! WLS does not have an expiration date.



Kimberly
Before Sleeve Gastrectomy

Hip Happenings

Back by Popular Demand!



Our Back on Track classes, which teach the concept of Mindful Eating, are going to be offered again starting Monday, January 14, 2019. This 6-week course will run Monday evenings from 5-6:30PM and cost just \$10 per class! Pre-registration is necessary. Call our clinic at 810-262-2330 for more info and to register.

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets the 3rd Monday of the month at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-348-2263 for details.

*Support group schedule subject to change in the event of a holiday.



Gastric Balloon is Here!



If your BMI is between 30-35 and you don't qualify for bariatric surgery, the ReShape IntraGastric Balloon might be the solution for you!

PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.

Call 810-262-2330 to learn more!

Recipe Round-up

Teriyaki Turkey Bowl

Yield: 4 servings



Ingredients

- 1 lb lean (93/7) ground turkey
- ¼ cup low sodium soy sauce
- 2 tbsp hoisin sauce
- 1 tsp crushed red pepper flakes
- 2 tbsp honey
- 1 tsp garlic powder
- ¼ cup water
- 1.5 tbsp cornstarch + ¼ cup cold water
- Scallions, sliced

- 1 medium head cauliflower OR 12 oz frozen riced cauliflower
- 1 tbsp. low sodium soy sauce

Instructions

1. In a medium nonstick skillet OR stainless steel skillet coated with non-

stick cooking spray, cook ground turkey fully until browned. Set aside.

2. Combine all ingredients except for cornstarch, ¼ cup water, cauliflower, and 1 tbsp soy sauce in a medium saucepan. Cook, over medium heat, stirring occasionally, until the mixture begins to bubble slightly.
3. Mix the cornstarch with the cold water to make a slurry. Add slurry to the saucepan. Bring mixture to a boil, stirring occasionally.
4. Once sauce has reached a boil, remove from heat and add the cooked, ground turkey to sauce. Stir to combine.
5. In skillet coated with non-stick spray, saute cauliflower rice with soy sauce until tender, about 7 minutes.
6. Serve ½ cup teriyaki turkey mixture over ½ cup riced cauliflower. Sprinkle with sliced scallions.

Nutrition Information per serving:

187 cal, 2g fat, 23g carb, 21g protein

Meatball Skewers

Yield: 8 servings



Ingredients:

- 1 lb lean (93/7) ground turkey
- 1 pkt Ranch dressing mix
- 1 egg
- ¼ cup Parmesan cheese, grated
- ¾ cup Marinara sauce
- 8 green olives
- 8 Pickle slices
- 8 Grape or cherry tomatoes
- 8 oz 2% mozzarella cheese, cut into 8, 1-inch, cubes

Directions:

1. Combine ground turkey, Ranch mix, egg, & Parmesan in a bowl.
2. Using a scoop or your hands, form 8 meatballs (about 2 oz/each).
3. Pour marinara into a baking dish. Dip olive in marinara sauce and press 1 olive into each meatball. Place meatballs in the marinara sauce and bake at 350-degrees for 18-20 minutes.
4. Place 1 meatball, 1 pickle slice, 1 cherry tomato, 1 cube of cheese onto a toothpick.

Nutrition Information per serving:

146 cal, 7g fat, 2g carb, 19g prot

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