

Fabulous Follow-Up

So it's been a couple of years since you've had weight loss surgery, and it's time for your annual follow-up appointment. You've had awesome weight loss, are feeling pretty good and, overall, things seem to be going well!

Life is busy (isn't it always?) and you think "I'm not having any problems, I don't *need* to go back to the bariatric center right now. I'll make an appointment *when* Summer travel is over, *when* the kids are back in school, *when...*" BUT, "when" never comes and before you know it, another year has passed without your yearly bariatric surgery follow-up. That's not such a big deal--or is it?

Sometimes we hear patients say things like "I'm doing fine."

"I'm too busy."
"The Bariatric Center is too far from where I live."
or,
"*If I start to feel bad, then I'll go see my bariatric team.*"

It's important to know that those who have had bariatric surgery are at-risk for specific health problems and/or nutritional deficiencies that might go unnoticed by either the patients themselves or even a medical professional that is not trained in the specialty field of Bariatric Medicine.

It's not uncommon for patients to be seen in clinic after a few years without follow-up and find that complications, sometimes serious complications, have developed that could have been prevented or caught early through

timely follow-up.

Routine follow-up appointments enable staff to order and review lab work, review protein, fluid, and vitamin/mineral intake as well as medication regimens, and assess any signs and symptoms that sometimes patients "get used to" and ignore, but should be addressed.

Follow-up appointments also allow clinic staff to assess where you are in your weight-loss journey following surgery and help guide you to achieve or maintain your goal weight!

At the Hurley Bariatric Center, we really believe in a team approach. It takes you, as the patient, along with us, your bariatric healthcare providers, to help you be, and stay, healthy and successful!

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Focus on Fitness by Danielle Campbell



Tracking

Beginning a fitness routine can be overwhelming, but it is necessary to your overall wellness.

Tracking your physical fitness online or on a smart-phone application can be a great tool, but you can always use pen-and-paper if you prefer. Tracking your progress allows you to see improvements and set appropriate goals for yourself.

Focus first on the activities you enjoy doing, then slowly begin to increase your time and difficulty.

Watching your progress can be such a motivator!



Protein, protein, protein! To those who have had weight loss surgery, "protein" is likely a household word and a topic that is frequently discussed post-op. It's for good reason too; as dietary protein intake is very important following bariatric surgery.

Why is protein such a big deal? It's necessary to help you heal, maintain muscle mass, and promote weight loss following bariatric surgery. And, did you know that protein can help your immune system function properly? Additionally, getting enough protein in your diet can help prevent excess post-surgical hair loss.

Protein is found in a variety of foods, but some of the best

sources include fish, chicken, beef, beans/legumes, eggs, tofu, and dairy products such as yogurt and milk. There are also numerous protein supplement drinks and bars available, which can be quite useful for bariatric surgery patients to meet their daily protein needs.



On average, a post-bariatric surgery patient should aim to take

in at least 60-80 grams of protein per day. However, needs can vary from person to person, which is one reason regular follow-up and lab work is important.

The only way to know if you're taking in enough protein in your diet is to track your food and beverage intake daily. Counting the grams consumed in your food and supplement choices is key in order to know if you should make changes to your routine dietary habits. Various websites and mobile apps make tracking easy, and fun!

Be sure to check out the recipes included in this newsletter for some tasty ways to optimize your protein intake today!

Spotlight on Success



Nicole King
After Sleeve Gastrectomy

When the scale hit 330 pounds—my highest weight ever—I knew something had to be done. That's when I began looking into bariatric surgery. On December 16, 2013 I received my second chance to LIVE life, for that was the day I had Sleeve Gastrectomy surgery. This

was a new beginning for me.

Before surgery I got out of breath just walking across the room. My legs were swollen and achy all the time. I was pre-diabetic, had to use a C-pap to sleep, and was on two medications to control my hypertension. I did everything I could do to hide myself from the world.....well as of December 16, 2013 all that changed. I was like "LOOK OUT WORLD, here I come!"

Today, 18 months post-op, I have lost a total of 140 pounds. The first 25 pounds were lost before surgery and I'm down another 115 lbs. since. I am off ALL medications, my pre-diabetes is gone, and I no longer require a c-pap to sleep. I make better choices in my life and, just a few weeks ago, I RAN my first 5K ever!

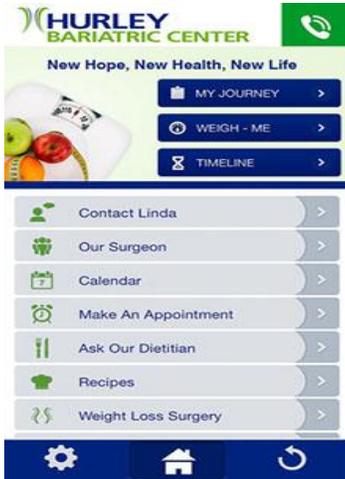
**"I NO LONGER HIDE
FROM LIFE,
I LIVE IT!"**

I feel amazing! I love to go for a run, a walk or bike ride with my family. Next week I am actually going to be doing some things that before surgery were unthinkable. I am going mountain biking in the Smokies, trying white water rafting, and am even going to attempt a ride on a roller coaster. I look forward to my life now, I enjoy every day that I am blessed with. Everyone who knows me can see that I no longer HIDE from life, I LIVE IT!



Nicole King
Before Sleeve Gastrectomy

Hurley Bariatric Center App!



- Learn about weight loss surgery
- Make appointments
- Track your weight loss
- Create a photo timeline of your success

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-7:00PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets 3rd Monday of the month at Flint's Central Church of the Nazarene. Please contact Charles Nelson 810-715-1202 for details.

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



Afternoon Seminars!

In addition to our monthly evening seminar, we now have an afternoon seminar available on Tuesday for those individuals who have not had, but wish to learn more about, bariatric surgery.

If you know anyone who may be interested in surgical weight loss options, they can register for one of our free seminars online at www.bariatrics.hurleymc.com OR by calling 1-888-611-4HMC.

Recipe Round-up

Greek Yogurt Chicken

Yield: 4 servings



Ingredients:

- 4 boneless skinless chicken breasts (4 oz each)
- 1 cup plain Greek yogurt
- ½ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 ½ teaspoons seasoning salt
- ½ teaspoon pepper

Directions:

1. Preheat oven to 375 degrees.
2. Combine Greek yogurt, cheese and seasonings in bowl.
3. Line baking sheet with foil and spray with cooking spray
4. Coat each chicken breast in Greek yogurt mixture and place on foiled baking sheet
5. Bake for 45 minutes and enjoy!

Nutrition Information per serving:

266 cal, 4g fat, 3g carb, 46g prot



Cottage Cheese Fluff

Yield: 8 servings

Ingredients:

- 2-24oz containers fat-free cottage cheese
- 1-8oz sugar free whipped topping
- 2-0.3 package sugar-free gelatin, flavor of choice

Directions:

1. Mix all ingredients in a large bowl
2. Optional-add your favorite fruit

Nutrition Information per serving:

220 cal, 3g fat, 24g carb, 22g prot

We're on the Web!

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