

Never Too Late

Not long ago, a patient of ours reached her weight loss goal after nearly two years of struggling with post-op weight plateaus—and even some weight gain. She felt frustrated and defeated...ready to “give up”. So, what changed? What finally happened to bring about success?

In the patient’s words, “I changed! Now, whenever someone asks me about bariatric surgery, I tell them: surgery will work if *you* work!”

She described how she thought the surgery itself would “magically fix” her weight problem. She didn’t think she would have to change much about her eating habits as long as her stomach was smaller. She “heard” all the advice we gave her at the time of her surgery, but she says “I HEARD it, but I didn’t really LISTEN.”

Sure, she ate less food

after surgery, but continued to choose high fat/high calorie foods throughout the day. She also admits that she never dealt with her tendency to turn to food when feeling stressed or emotional.

She began to work with our staff, here at the Hurley Bariatric Center, and came up with a diet/exercise plan that would help meet her weight-loss goals and nutritional needs.

Food journaling has become a daily routine (something she calls “very eye-opening”).

She also began working with a therapist in order to find healthier ways to manage stress and emotions.

Today, even though she is at her goal-weight, she continues to track her diet intake to help maintain her weight. She walks daily, and faithfully uses her treadmill when the weather

isn’t so great.

Now, when stressors or problems come her way she doesn’t turn to food. Instead, she creates a written plan of action to decide the best way deal with the issue at-hand. And when emotions are high, she’s learned to either go for a walk or phone a friend.

This patient’s success after much struggle demonstrates that it’s never too late to create healthy life habits and finally reach your goal. If you’re honest with yourself, determined, and remain focused on the prize, you can accomplish almost anything!

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Focus on Fitness by Danielle Campbell, Community Wellness

Fitness Footwear



Proper shoes are essential for people getting started with physical activity. You can find a variety of shoes based on of the activity you are interested in.

Though it can be expensive, it is important to take good care of your feet.

Running shoes are generally very light in weight, flexible with thinner soles and mesh material. Walking shoes are heavier, more rigid, with large soles. There are shoes for dancing classes which are smoother on the bottom and allow your foot to slide across the floor. Other shoes include: cycling shoes with clips, aquatic shoes, and even shoes with cleats to walk/run in the snow and dirt.

If you have a certain pair of shoes you wear at the gym, try to only wear them indoors while doing the exercises.

Otherwise they are subject to damage from the elements in addition to extra wear and tear on the support structures such as the sole, heel and fabric.



Nutrition Notes by Jennifer Traub, RD

Protein, Protein, & more Protein

Getting enough protein in each day is one of the top nutritional focuses after bariatric surgery. In the early post-op days this is done almost exclusively through protein shakes and protein drinks. But, as the months go on and the post-op diet progresses, it becomes possible to meet most of your daily protein needs through food.

The key, however, is to choose foods that are naturally high in protein. Or, to fortify your meals with a protein supplement powder so that they are higher in protein than they naturally would be.

When it comes to protein supplement powders, there are countless options on the market today. The available assortment can be dizzying! Some are higher in sugar or fat than is ideal. And, some are made from "incomplete" protein sources, which means they don't

provide all of the essential amino acids (the building blocks of protein) that our bodies can't make on their own.

Because bariatric surgery patients (especially in those early post-op months) are sometimes relying on protein supplements to meet most of their body's protein needs, it's important to make sure the type of protein supplement you choose is from a "complete" source. Also critical, is choosing one that is low in fat and sugar so as not to bring about dumping syndrome, which is possible in some post-surgical patients. Also, because the stomach capacity after surgery is small, choosing a supplement with a high amount of protein per serving is key in order to actually get adequate amounts in throughout the day.

For these reasons, Hurley Bariatric Center provides the criteria for acceptable protein supplements in

writing to all of our surgical patients. This way, they can feel confident that the supplement they purchase is one that *will* meet their body's most critical nutritional need.

The criteria we use for an acceptable protein supplement is as follows:

- Comprised of whey, soy, casein, or egg-white protein
- Contains at least 15 grams of protein per serving
- Contains no more than 5 grams sugar per serving
- Contains no more than 3 grams fat per serving

Reading the ingredient list and nutrition facts label on all protein supplement products will allow you to see if the product you're interested in is a good product for you.

Check out the recipes on page 3 of this newsletter for some delicious ways to get protein in your diet!

Spotlight on Success



Marie
After Sleeve Gastrectomy

I had the sleeve surgery in April, 2016 and have lost a total of 145 pounds. Life hasn't been the same since. It is so much better!

As the pounds went down, my energy level went up. Being physically active is no longer a chore. It is actually fun! Who knew?!

Shopping for clothes has become so much more enjoyable now that I can fit into "regular" sizes. Not having to ask for an extended seat belt and worrying about fitting into an airplane seat without crowding the person next to me makes air travel much less stressful. Even going out to restaurants is easier because I can fit into a booth. The list of benefits that I encounter day-to-day is endless.

I journal EVERYTHING I eat, focus on getting enough protein and weigh myself every morning. I can eat anything now but my daily "go to" foods are cottage cheese, yogurt and protein shakes. If I need a snack, a graham cracker with peanut butter does the trick.

I am careful to measure my portions and limit servings to small amounts at

meals and snacks. I have a scale I use for things that can't be measured with measuring cups. Since having surgery, I find that after I eat my protein and vegetables there is very little room for additional anything else.

My quality of life has improved in so many ways. The challenge now is to keep the weight off! But, as long as I keep practicing my new diet and lifestyle habits, I'm confident I can do it!



Marie
Before Sleeve Gastrectomy

**"LIFE HASN'T BEEN
THE SAME SINCE.
IT'S SO MUCH
BETTER!"**

Hip Happenings



If you haven't been yet, come see us in our new office! We are now located at 6140 Rashelle Dr., Flint, MI 48507. We are conveniently situated near US-23 and I-69, just South of Hill Road. Still the same great service and staff, but a new place in which to serve you! Give us a call today at 810-262-2330 (phone # is the same)!

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. **PLEASE NOTE: Due to the 4th of July holiday, the JULY, 2017 Support Group will be held on July 10th.**

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

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



Online Seminars are Here!



Hurley Bariatric Center offers bariatric seminars online! For those who are interested in learning more about bariatric surgery, and what Hurley has to offer, they can do so from the comfort of their own home!

If you know anyone who may be interested in surgical weight loss options, tell them about us! They can watch our free online seminar or register for one of our free live seminars at:

<http://www.hurleymc.com/services/bariatric-center/attend-a-seminar/> OR by calling 810-262-2330.

Recipe Round-up

Berry Protein Pops

Yield: 6 servings



Ingredients:

- 2 scoops unflavored protein powder, such as Unjury brand
- 1 small box sugar-free lemon gelatin
- 1 cup boiling water
- 1 cup V-* Fusion Light Acai Mixed Berry juice

Directions:

1. Boil water in pot.
2. Add in contents of gelatin packets and stir until dissolved. Set aside to cool.

3. In a bowl, combine V-8 juice and unflavored protein powder (1 scoop at a time), stirring until well-mixed.
4. Once the gelatin has cooled to 140°F or below, add the juice/protein mix to the pot. Mix until well combined.
5. Place six 3-ounce paper cups (or popsicle molds) onto a plate. Ladle final mixture evenly into the cups or molds.
6. Place popsicle stick in the center of each cup or mold and put plate of popsicles into freezer for 4 hours.
7. Once popsicles have frozen, peel away the paper cup and enjoy!

Nutrition information per serving:
45 calories, 0 g fat, 2 g carb, 8 g protein

Southwest Summer Salad

Yield: 6 servings (1.5 cups each)



Ingredients:

Salad:

- 1 can (15.5oz) black beans, drained
- 1 cup whole kernel corn
- 1.5 cup grape tomatoes, halved
- 1/2 cup diced red onion
- 2 cups diced cooked chicken breast
- 1/4 cup chopped fresh cilantro
- 1 small avocado, diced

Dressing:

- 4 Tbsp lime juice
- 1 Tbsp extra virgin olive oil
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1 tsp salt
- fresh ground black pepper, to taste

Directions:

1. Place all salad ingredients, EXCEPT avocado, in a large bowl and toss to combine.
2. Whisk dressing ingredients in a small bowl and pour dressing over salad.
3. Add avocado and stir gently to combine.

Nutrition information per serving:
224 calories, 6 g fat, 22g carb, 19g protein

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<http://www.hurleymc.com/services/bariatric-center/>