

Compliance Conundrums

Certain rules go hand-in-hand with weight loss surgery: don't drink fluids within 30 minutes of eating; don't use NSAIDs (non-steroidal anti-inflammatory drugs), avoid carbonated beverages, take vitamins and minerals, and more. But, over time, we find some patients either forget these all-important rules or choose to no longer follow them. But, the rules exist for a reason and serious complications can result from not following them.

Here we will review a few common rules that some patients, over time, stop following and the complications that can result from the lack of compliance:

- Don't drink fluids within 30 minutes of eating—Eating and drinking together can overwhelm the smaller stomach pouch that is created via Gastric Bypass, Sleeve Gastrectomy, and Adjustable Gastric Band. This can lead to vomiting, which can cause irritation

of the esophagus and can cause adjustable gastric bands to slip out of place. It can also cause a stretched stomach pouch, and lack of satiety with meals, leading to overeating and weight gain.

- Avoid carbonated beverages—Carbonated beverages lead to discomfort/pain, pouch dilation (stretching of stomach pouch), and weight regain. Most definitely worth avoiding!
- NSAIDs—this type of pain relieving drug, such as Motrin/ibuprofen, Aleve, Excedrin, etc., damages the mucosal lining of the stomach and intestine leading to ulcers. Ulcers are not only painful, but they can be life threatening if they tear. If you have chronic pain, please talk to your healthcare provider about safe post-op pain control options.

- Take small bites—This rule can prevent a whole host of complications, including routine nausea and vomiting, pouch dilation and obstruction of food. Take bites only as big as a small pencil eraser or dime when eating after bariatric surgery. A small bite of food in your mouth, *chewed thoroughly, guarantees* only a small bite of food will find its way down to your stomach. Having only a small amount of food trying to pass through a smaller stomach or a gastric band can prevent many of the ailments noted above.
- Eat slowly--This will prevent you from overeating which can cause you to vomit and/or cause your pouch to stretch. Try putting your fork or spoon down between bites and allow 20-30 minutes to finish a meal.

Following these rules will help you be and stay healthy as well as achieve and maintain your weight loss goals!

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Focus on Fitness

Wearable Technology



Several new gadgets and technologies allow you to track your fitness and can motivate you in the process. From watches, to heart rate monitors, to apps on your phone, there are several

different ways to track your fitness and physical activity progress.

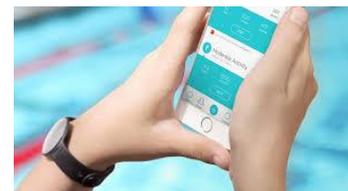
GPS watches are very popular and allow runners, walkers, and bikers to measure time, distance, pace, and more. GPS watches range from \$50 to \$500 depending on brand and features.

Some watches are waterproof and can measure distance swam while others include heart rate monitors to help you stay within a certain range. Tracking steps is also a common feature as well as measuring your calories burned, heart rate, sleep cycles, and time

spent during physical activity.

There are also multiple apps on smart phones to track fitness and arm bands you can purchase that allow you to wear your phone securely during exercise.

Wearable technology can help keep you active, motivated, and measure your progress while you're at it!



Dining Out After Surgery

Controlling what you eat is much easier done at home. But, it is nice to enjoy a meal out on occasion. And, with summertime here, vacations and travel can make dining out par-for-the-course. When eating out, know that you have a choice: you can throw caution to the wind and order whatever looks good on the menu OR you can continue to adhere to your new lifestyle habits while enjoying a delicious restaurant meal and fun social outing.

As I often say, it's all about planning. Before going out to eat, check out the website of the restaurant you are planning to visit. Most restaurants have their menus listed on a website or a social media page. This allows you to check out the healthier menu options available and have a plan in place for efficient ordering once there.

When reviewing the menu, avoid fried foods, opting for grilled, baked, broiled, roasted, or steamed foods.

If the menu isn't clear how something is prepared, ask your server. If your server doesn't know the answer, ask them to please find out for you.

What if nothing on the menu looks healthy? Simply ask your server to please bring you those foods that are within your post-op dietary parameters. For example, you might ask for a baked or grilled lean protein (such as fish or chicken) and a side salad or steamed vegetables. For a healthy carb choice, most restaurants will have potato/sweet potato, corn, peas, or fresh fruit available if you ask for it. If your server is unsure how to charge for your meal, ask the manager to come up with a fair price.

Order smaller portions OR ask for a to-go container at the same time your meal is brought so you can pack half of it away before you even take your first bite! This way you can eat less, be satisfied, and not be tempted to eat beyond what you need or can comfortably hold in your post-surgical

stomach.

Don't feel pressured to eat (or drink) like everyone else at the table! Your dining companions might choose larger portions or unhealthy menu items—but don't let that sway you or make you feel guilty for making good choices! Remember: you need to eat what's best for YOU! If complimentary bread is served and you would like a piece, then have it—but have only one small piece and let this serve as the carbohydrate part of your meal. If you'd rather save your carb calories for rice, noodles, or a potato with your meal, then plan in advance to decline when the bread and butter basket is passed around.

When it comes to a sweet finish, only order dessert if you can share it with someone else OR confidently put down the fork when you've had just a few bites.

Life after bariatric surgery doesn't mean never getting to eat out. With a little planning, you CAN dine out and stick to your plan to lose weight and keep it off! It's all about knowledge and balance! Bon Appétit!

Spotlight on Success



Mia

After Sleeve Gastrectomy

I had the Sleeve June 22, 2015. To date I've lost over 160 pounds and still (slowly) losing. The quality of my life has drastically improved since Weight Loss Surgery (WLS). I suffered many ailments directly related to my obesity including a fatty liver, hypertension, vitamin D deficiency, gallstones, obstructive

sleep apnea, as well as on the verge of being diabetic. Three years post op and I no longer have any of those issues. On the social aspect I'm much more confident and free spirited.

Though I give credit to having WLS, I must add that losing and maintaining a significant weight loss takes daily hard work and determination. I attribute my success to the complete lifestyle change I've made. For instance I food journal to count my calories and macronutrients, avoid processed food as much as possible, drink 75 ounces of water a day, meal prep (which I never thought possible pre op), as well as regularly exercise with cardio and strength training. Nutrition, as well as fitness, is key.

"THE QUALITY OF MY LIFE HAS DRASTICALLY IMPROVED SINCE WEIGHT LOSS SURGERY."

It's not just about losing weight. WLS is not a magic bullet. It's about being consistent and determined for long term success.

And remember, WLS is a marathon, not a sprint.



Mia

Before Sleeve Gastrectomy



A **FREE Post-op Refresher Course** is now available each month for Hurley Bariatric Center patients who have had either a Gastric Bypass or Sleeve Gastrectomy. If interested, call the clinic at 810-262-2330 for date/time 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 810-715-1202 for details.

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



Online Seminars!



Did you know Hurley Bariatric Center offers bariatric seminars online? If you know of anyone who is interested in learning more about bariatric surgery, and what Hurley has to offer, let them know they can do so from the comfort of their own home!

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/>. You can also register for live seminars by calling 810-262-2330.

Recipe Round-up

BBQ Chicken w/ Peach & Feta Slaw

Yield: 4 servings



Ingredients

- 2T olive oil
- 4T red wine vinegar
- ½ tsp freshly ground black pepper, divided
- ½ tsp sea salt, divided
- 1 medium fresh peach, sliced thin
- 12 oz pkg broccoli slaw
- 12 oz boneless, skinless chicken breasts, cut into 1-inch strips
- ¼ cup low-sugar barbecue sauce, such as Annie's Naturals or Stubbs brands
- Nonstick cooking spray
- 1T chopped fresh chives
- ¼ cup crumbled feta cheese
- 2 slices center-cut bacon, cooked & crumbled

Instructions

1. Combine olive oil, vinegar, ¼ tsp salt, and ¼ tsp pepper in a large bowl. Stir with a whisk. Add peaches and slaw to vinegar mixture, tossing gently to coat.
2. Sprinkle chicken with remaining salt and pepper. Spray preheated skillet with non-stick cooking spray and sauté chicken over medium-high heat for about 6 minutes, or until done.
3. Place cooked chicken in a bowl. Add barbecue sauce over chicken, toss to coat.
4. Divide slaw/peach mixture evenly over 4 plates (should yield about 1 cup slaw mixture per plate). Top each plate with ¼ chicken (about 3 ounces). Sprinkle evenly with chives, feta, and bacon.

Nutrition Information per serving:
240 cal, 13g fat, 12g carb, 21g protein

Greek Yogurt with Warm Black & Blueberry Sauce

Yield: 4 servings



Ingredients:

- 2/3 cup fresh (or frozen) blueberries
- 2/3 cup fresh (or frozen) blackberries
- ¼ cup water
- 2T fresh lemon juice
- 2 packets Stevia
- 2 cups nonfat, plain Greek yogurt

Directions:

1. Combine first 5 ingredients in a small saucepan. Bring to a boil. Reduce heat to medium-low and gently boil for 10 minutes, or until sauce thickens.
2. Spoon ½ cup yogurt into a bowl or dessert dish. Top with ¼ cup sauce. Serve immediately.

Nutrition Information per serving:
96 cal, 0g fat, 12g carb, 13g prot

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