

## Post-op Follow-up

If you're overdue for your annual follow-up appointment, let this be your reminder to call and get it scheduled. Perhaps you're tempted to skip it this year, thinking "I'm doing fine", "I'm too busy", "I'm embarrassed as I've gained weight", or "the Bariatric Center is too far from where I live." But, think of it this way: just like you protect your investment in a vehicle through routine maintenance, regular follow-up after bariatric surgery is an investment in yourself, your weight loss success, and your health.

Many patients develop symptoms over time that they simply learn to live with and become part of their "new normal". However, these symptoms can be signs of a more serious issue that would benefit from early intervention. You know the saying, "an ounce of prevention is worth a pound of cure."

Annual follow-up allows our clinicians to assess you in person and order tests, if

needed, and specialized labs that may reveal a need for vitamin or mineral changes. Nutritional deficiencies tend to develop over time and won't go away on their own. However, regular follow-up can allow us to catch and treat problems and deficiencies early, preventing more serious, irreversible problems from developing.

If you've regained weight and feel embarrassed to come to the clinic, know that you aren't alone and we are here to help, not to judge. We understand that day-to-day life can be hard and many patients have found themselves falling off-track with their weight loss over time. Whether through a review of post-op principles, referral to one of our refresher courses, or for one-on-one nutrition counseling, our goal is to meet you where you are and help you get where you want to be!

At each clinic visit with our Physician Assistant (PA) or

Nurse Practitioner (NP), your protein and fluid intake will be reviewed as well as your pre-surgical weight and current weight compared with expected weight loss for your particular procedure and post-surgical phase. Our PA/NP can then order the appropriate labs and tests, as needed, and make recommendations to help you maintain, or achieve, your goals.

At the Hurley Bariatric Center we believe in a team approach. It takes you, as the patient, along with us, your bariatric healthcare providers, working together to help you not only achieve your desired weight loss, but also optimal health! If you are overdue for your annual follow-up, call us today at 810-262-2330 and schedule your appointment. You'll be glad you did!

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## Focus on Fitness

### Does This Count as Exercise?



Lifestyle Physical Activity

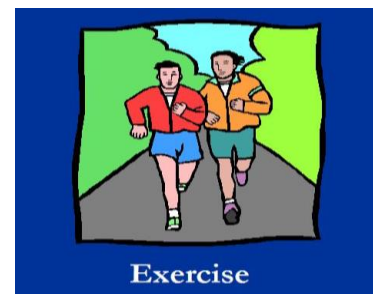
What is the difference between physical activity and exercise? The answer is in the definition

itself. Let's look at their meanings more closely. Physical activity can describe anything that requires you to voluntarily move your body, such as walking the dog, cleaning house, and even dancing to music.

Exercise is a form of physical activity that follows a more structured and repetitive type of program such as weight lifting, aerobics classes or training for a specific sport.

Don't allow yourself to get caught up in the terminology. Both physical activity and exercise produce the same type of long-term health benefits and are associated with reducing the risk of developing some diseases and

disabilities as well as treating them. Simply put, get up and move! Whether it be walking outside to get the mail or putting some time in on the treadmill, any activity is better than no activity. The key is keeping your activity consistent so you can reap those health benefits.



Exercise

## Holiday Horrors

For most of us the temptation of high-calorie treats are abundant around the holidays. It's easy to pack on the pounds this time of year with "just one" cookie, or an extra helping of Mom's famous casserole. But, those "holiday horrors" can be turned into "holiday hurrahs" with a little bit of planning and practicing some mindful eating habits.

While mindful eating is important to practice year-round, it can be especially helpful during the holidays. If you're not familiar with this concept, "mindful eating" is eating with an awareness of your body and how it feels before, during, and after you eat. It involves paying attention to your body's nutrition needs as

well as your hunger and cravings to ensure that you are only eating enough to satisfy them.

Here are some practical steps to help you eat more mindfully this holiday season:

- *EAT* a nutritionally balanced meal 2-3 hours before a social event. This will help keep you in better control of your food choices while there.
- *REVIEW* all the offerings at an event before you put even one bite on your plate. You might not take that spoonful of mostaccioli if you know cheesy potatoes are at the other end of the table.
- *ASK* yourself, before you eat

something, to focus on your level of hunger and whether or not you really want to eat a particular food. Think about how you'll feel, emotionally and physically, if you were to eat a specific food and choose wisely.

- *ENJOY* your food. Take small bites and truly savor the taste and texture of what you are eating. Eat slowly and stop eating when you no longer feel "hungry".

Lastly, "maintain, don't gain" is a reasonable goal this time of year. So, don't put too much pressure on yourself to lose weight during the holiday season. Just focus on not gaining and enjoying your time with friends and family.

## Spotlight on Success



**Diane**

### **After Sleeve Gastrectomy**

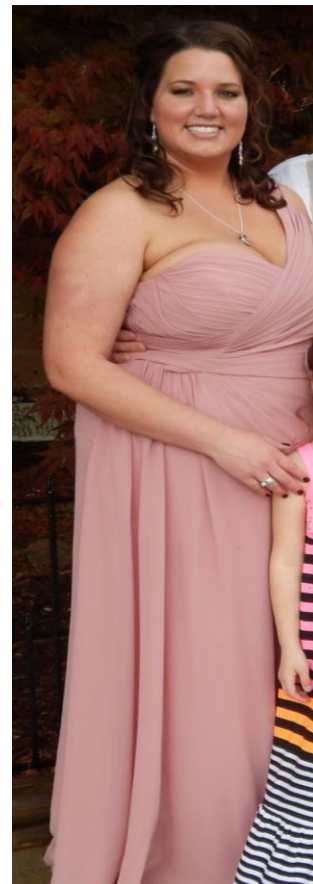
I made the decision to schedule my Gastric Sleeve surgery in April of 2015 after pondering the idea for over a year and a half. I was completely embarrassed of my highest weight of 275 lbs. at 5 feet 9 inches tall & I had had enough. I now weigh 168 lbs. and feel better than ever! My weight held me back from being the person that I truly felt I was inside.

I've been overweight most of my childhood and my adult life so it's especially fun when you realize the things you can do again. It might sound silly, but I was so happy to be able to fit in roller coaster seats, jump on the trampoline with my kids, and go sledding. Plus, I can now share clothes with my sister & shop at all the cool stores. :) It's the little things in life.

The number one thing that has made, and kept, me successful was learning about nutrition. Jennifer at Hurley taught me so much and I don't know what path I would have chosen if it wasn't for her. Hurley's care before and after were top notch. They were very supportive and kind.

The second thing that made me successful was my family and friends. They really helped me stay positive and on track. Once you hit your goal weight the feeling is surreal and you'll never want to go back to the person you once were before surgery.

**"MY WEIGHT HAD HELD ME BACK FROM BEING THE PERSON THAT I TRULY FELT I WAS INSIDE."**



**Diane**

### **Before Sleeve Gastrectomy**



A **FREE Refresher Course** is now available monthly for patients of Hurley Bariatric Center who have had either a Gastric Bypass or a 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 1<sup>st</sup> 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 3<sup>rd</sup> 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

## Chocolate-Peanut Butter Fudge

Yield: 32 small squares



### Ingredients:

For the chocolate layer:

- 1 cup unsweetened cocoa powder
- 5 tbsp unsweetened almond milk
- 2 tbsp agave
- 2 tbsp Truvia
- ¼ tsp vanilla extract

For the peanut butter layer:

- 1 cup PB2 peanut flour
- 6 tbsp unsweetened almond milk
- 2 tbsp agave
- 2 tbsp Truvia

### Directions:

1. Line an 8x4" loaf pan with parchment

paper.

2. To prepare the chocolate layer, mix together all of the ingredients in a small bowl until thoroughly combined. Gently press into the prepared pan with a spatula.
3. To prepare the peanut butter layer, mix together all of the ingredients in a separate small bowl until thoroughly combined. Gently press on top of the chocolate layer with a clean spatula.
4. Chill the fudge for at least 3 hours before slicing into squares.

### Nutrition Information per serving:

21 cal, 1 g fat, 6 g carb, 2 g protein

## High-Protein Roasted Butternut

### Squash Soup

Yield: 6, 1-cup servings



### Ingredients:

- 32 oz, Bone Broth (such as Pacific Brand)
- 1 medium butternut squash, peeled & cubed
- 1 large yellow onion, diced
- 2 large carrots, diced large
- 2 tsp ground cumin
- 2 tsp Salt
- 1 scoop, Unflavored Protein Powder (such as Unjury brand)
- 2 tsp olive oil

### Directions:

1. Place all vegetables on a large cookie sheet or glass baking dish. Coat with olive oil.
2. Roast in preheated 400°F oven for 45 minutes, stirring occasionally, until tender and lightly browned.
3. Place roasted vegetables, bone broth, protein powder, cumin, & salt in a blender (may need to be done in batches), and blend until smooth.

### Nutrition Information per serving:

80 cal, 2g fat, 6g carb, 10g prot

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