

Overeating: Signs and Symptoms

Some people think having bariatric surgery will “prevent” them from overeating. However, that is not the case. It IS possible to overeat following any type of bariatric surgery procedure.

Whether you have a Gastric Bypass, Sleeve, or Adjustable Gastric Band, your new stomach pouch will likely be walnut-sized and initially hold about 1 tbsp. of food. Eventually, as you heal and your diet is able to be progressed, your new stomach pouch will safely hold about 1-1.5 cups of food...much less than the 4 cups a normal stomach can contain. Yet, some patients either never learn to really “listen” to their bodies OR they choose to consume more food than is recommended for them, regardless of how it makes them feel.

Depending upon which procedure you’ve had, signs that you’ve consumed too much food can vary.

If you overeat after having a Gastric Bypass or Sleeve, the following is likely to happen:

Vomiting - Voiding of the stomach is a common response.

Diarrhea - Food may wind up in the intestines sooner than it should, leading to diarrhea.

Discomfort - Cramps and abdominal pain are common when Gastric Bypass/Sleeve patients have overeaten.

Plugging - Feeling that food has become stuck in their upper digestive tract or pouch.

Stretching - Regularly eating too much will stretch your stomach more and more, making the surgery nearly futile.

If you overeat after having an Adjustable Gastric Band, the following is likely to happen:

Vomiting – It can be difficult for large amounts of food to pass from the small pouch, through the band, into the larger section of the stomach. This food can come back up and even lead to aspiration pneumonia—a serious lung infection.

Plugging - Feeling that food has become stuck in band.

Choking at Night – Food that has not passed through the band can remain in the stomach pouch which, when

in a laying position, can lead to a “choking” sensation.

Dilated Esophagus – Eating too-large portions of food in too-short a period of time can result in the food permanently stretching, and damaging, the walls of the esophagus. This can also lead to acid reflux.

All of the above can result in poor weight loss—which is the main reason for surgery to begin with.

Overeating is a behavioral response. It is not something your surgery “allows” or “doesn’t allow” you to do. It is a choice. To help you avoid overeating, be sure to practice the following:

- **Eat Small Portions and Eat Slowly** (1-1.5 cups of food eaten over 25-30 minutes)

- **Avoid Drinking for 30 Minutes Before/After Meals**

- **Politely Refuse Large or Second Portions of Food**

- **Pay Attention to Your Body and Its Needs** (STOP eating when your brain tells you your stomach has had enough)

It will take effort, but you can do it. Your health is worth it!

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Focus on Fitness

by Danielle Campbell, Community Wellness Mgr.

Natural Stress Management



Stress is a common part of most people’s daily lives, though we can learn to manage it with new ways of coping. There are many benefits of physical activity, maintaining mental health

included. Physical activity can help reduce fatigue, improve alertness, help you sleep better at night, and enhance your overall cognitive function. This can be especially helpful when constant stress has depleted your energy or ability to concentrate.

Stress also takes a toll on your physical body. Exercise can help you to strengthen muscles, decrease body fat, improve your range of motion, decrease tension and release endorphins in the brain which act as natural painkillers.

Even short duration of exercise can produce benefits which can aid in stress management.

Find a spare 5-10 minutes throughout the day and use it wisely; give yourself the gift of better mental health!



How To Boil Water

It is not uncommon for people to ask me cooking questions. Not everyone knows how to cook and, even if they know how, not everyone enjoys it!

While you don't have to aspire to be the next Julia Child, the fact of the matter is anyone can learn some basic cooking techniques. And, preparing your own food makes following a healthy diet easier *and* more affordable.

Getting adequate protein is one of the most important things to focus on following bariatric surgery. So, learning how to prepare a few simple lean protein foods can serve to make your life *much* easier! We thought describing some basic cooking terms found in recipes would help our readers do just that!

Bake--to cook (food) by dry heat without direct exposure to a flame, typically in an oven.

Blanch—to cook food in boiling water for a brief period of time (generally for 30-60 seconds) then immerse the food in ice cold water to stop the cooking process.

Boil-- to heat a liquid so that bubbles are formed and rise to the top, creating steam or vapor.

Braise-- a combination-cooking method that uses both moist and dry heats: typically, the food is first seared at a high temperature, then finished in a covered pot at a lower temperature while sitting in a small amount of liquid (which may also add flavor).

Brown-- to cook food (usually meat) over high heat until the surface turns a brown color. This helps to remove fat and increase flavor.

Poach-- to cook something in a boiling or simmering liquid.

Roast—to cook food in an open pan, using dry heat (usually in an oven) to cook the food. The food is cooked until

it reaches the proper doneness (per recipe) and develops a golden brown exterior and moist interior.

Sear-- to quickly cook the surface of the food with high heat.

Sauté-- to toss lightly over medium-high heat in a very small amount of fat (or nonstick cooking spray) in a shallow open pan.

Keep in mind, YouTube can be a great resource when you want to look up a visual example of a specific cooking technique.

Additionally, the Flint Farmer's Market offers cooking classes most Tuesdays, Thursdays, and Saturdays at 12:30PM. Please call the Farmer's Market at 810-232-1399 for details.

Don't forget to check out the recipes on page 3 of this newsletter to add some of these simple cooking techniques to your own kitchen skill set! For additional bariatric-friendly recipes, be sure to check out the Hurley Bariatric Center app on your tablet or smart phone!

Spotlight on Success



Denora After Sleeve Gastrectomy

My weight loss journey began years before I decided on bariatric surgery. I've struggled since my teenage years to keep the weight off and failed at every turn. I gained more weight after each pregnancy until I finally hit 212 lbs. in the spring of 2015.

For years I struggled with sleep apnea, knee pain, and was fatigued all the time. This led to depression and a feeling of helpless. After being diagnosed as pre-diabetic and wearing an uncomfortable C-PAP machine

every night to bed, I decided I was too young to have so many health problems and it was time for a change.

In April 2016, I underwent Gastric Sleeve surgery. Within 2 months, I began to feel and see the difference. I was breathing better. I was sleeping better. I didn't need to use my C-Pap machine anymore. I felt amazing. But, I knew surgery was just a tool. You have to fully set your mind to a whole new lifestyle to avoid going back into the same bad habits of fast food, snacking and sweets. You have to want to live a healthier lifestyle. Relearning how to eat hasn't been easy, but it has been well worth it.

I've lost a total of 65 pounds. I still look in the mirror and can't believe how far I've come. It has all been worth it for me. I'm so much healthier and feel amazing. When I get a craving for sweets, which does happen at times,

I substitute it for something healthier, like a high protein food, which satisfies me.

Even though I no longer need it, I like to leave my CPAP machine mask out on top of my dresser as a reminder about where I don't want to be again. Life is so much more beautiful now and I can do much more without the extra weight. Hurley helped with the surgery. Now, it's up to me to use this tool to maintain my beautiful new life!



Denora Before Sleeve Gastrectomy

**“LIFE IS SO MUCH
MORE BEAUTIFUL
NOW...”**

Hip Happenings



Hurley Bariatric Center will be moving to a new office located at 6140 Rashelle Dr., Flint, MI 48507. The move is anticipated to take place early April 2017! Please be aware of this change when you call to schedule your upcoming appointments. We will attempt to reach all scheduled patients by phone, but if you have an appt. and have not heard from us, please call the office at 810-262-2330 (phone # is the same) to verify appt location.

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. **APRIL 3, 2017 Support Group will take place at the Robert T. Longway location.**

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 now 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, they can watch our free seminar online 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

Juicy Baked Chicken Breasts

Yield: 4 chicken breasts



Ingredients:

- 4 skinless, boneless chicken breasts
- ½ tsp kosher salt
- 1/8 tsp black pepper
- ½ tsp Stevia
- 2 tsp paprika
- Nonstick cooking spray
- 1 Tbsp unsalted butter, sliced into 4 small pieces
- ½ cup chicken broth

Directions:

1. Prepare the spice rub by mixing salt, Stevia, pepper and paprika. Cover the chicken breasts with a thin layer of nonstick spray to ensure that the rub adheres properly. Cover each chicken breast with an even layer of the rub.
2. Place chicken breasts in a deep baking dish. Stick 1 butter pat to each side of the baking dish. Pour chicken broth into the baking dish carefully so as not to wash away the rub. Spray a piece of parchment paper (available at grocery stores) with nonstick cooking spray. Place sprayed side down onto the chicken. Bake in oven preheated to 400F covered with a piece of parchment paper for about 30-35 minutes until the internal temperature reaches 165F.
3. Remove from the oven, let rest for 5 minutes and serve.

Note: try using the juices from the pan as a dipping sauce for the chicken

Nutrition information per breast:

191 calories, 6 g fat, 0 g carb, 31 g protein

Mixed Vegetable Sauté

Yield: 4 servings



Ingredients:

- Nonstick cooking spray
- 1 medium yellow squash, sliced
- 1 medium zucchini, sliced
- 1 small red bell pepper, cut into thin strips
- 1 tbsp dried minced onions
- 1/2 tsp garlic salt
- 1/4 tsp dried oregano
- 1/4 tsp ground black pepper

Directions:

- Heat oil in large skillet on medium-high heat. Add yellow squash, zucchini, bell pepper and minced onions; cook and stir 2 minutes.
- Sprinkle with garlic salt, oregano and pepper; cook and stir 5 minutes or until vegetables are tender-crisp.

Nutrition information per serving:

26 calories, 0.5 g fat, 5g carb, 2g protein

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