

Reflux Roundup

“Reflux”, “heartburn”, and “acid indigestion” are all terms commonly used to describe gastroesophageal reflux disease, or GERD. Symptoms of GERD can vary but commonly include a burning sensation in your chest (heartburn), usually after eating, which might be worse at night; a chronic cough; regurgitation of food or sour liquid; OR a sensation that you have a lump in your throat.

GERD occurs when the lower esophageal sphincter (LES) does not close properly and stomach contents leak back into the esophagus. The LES is a ring-like muscle at the bottom of the esophagus that acts like a valve between the esophagus and stomach. Heartburn that occurs more than two times a week may be considered GERD, and it can eventually lead to more

serious health problems, such as ulcers, scarring, Barrett’s Esophagus, and even cancer.

In addition to working with your healthcare provider, there are things you can do to help prevent, or control, your GERD symptoms.

- **Avoid Foods That Trigger:** Such as coffee (even decaf), tea, or carbonated beverages; high fat foods, fried or spicy foods; and other foods such as citrus fruits, tomatoes, garlic, onions, peppermint, or chocolate.
- **Eat Smaller Meals:** Limit meal size to no more than 1 cup of food, allowing a full 30 minutes to eat each meal.
- **Meal Timing:** Avoid lying down or reclining for a least 1 hour after meals and avoid eating for at least 2

hours before bedtime.

- **Avoid Alcohol:** Alcohol weakens the LES and promotes reflux.
- **Work Toward Weight Loss:** Excess weight puts pressure on the stomach and can affect the way the LES valve works, pushing acid into the esophagus.
- **Clothing Choices:** Wear loose-fitting clothing to reduce pressure on your stomach.
- **Raise the Head of Your Bed by 4-6 Inches:** When you rest at a slight incline, gravity can work in your favor to reduce nighttime reflux episodes.
- **Smoke and Avoid Secondhand Smoke:** Studies show that nicotine, even secondhand exposure, weakens the muscle that controls the valve between the stomach and the esophagus. For many health reasons, it’s best to avoid.

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Focus on Fitness

Setting Fitness Goals



Setting goals is essential for success. Goals should never be about perfection. The focus should be on consistency and improving overall wellbeing. SMART goals are the best way to be sure you are on the right Path. **SMART** goals are **S**pecific to

what you want to accomplish and why is it important. They are **M**easurable by allowing you to track progress and see results through numbers and documentation. They are **A**ttainable, a realistic expectation of yourself. They should be **R**elevant, pertaining to what you are trying to accomplish. Lastly, focus on a reasonable **T**imeframe in which you expect to complete your goal/s.

It is helpful to write down small, more attainable, goals that lead up to a larger goal. It can be very motivating to set a small goal and achieve it! This is the

best time to create a new goal, or revise your previous goal, and challenge yourself further.

Not only does setting fitness goals improve your overall well-being, it can improve your self-confidence, focus, empowerment, and satisfaction. Let your goals help you to realize the best version of YOURSELF, without the influence of others. Aim for the stars and focus your mind and body on your fitness goal – you *can* reach it!



Nutrition Notes

by Jennifer Traub, RDN, CSOWM

Quality Over Quantity

For years, it was said “calories in, calories out” was all that mattered when it came to weight loss/weight maintenance. But, today, we know that just isn’t true. Calories do matter, but the quality of the foods we consume matters just as much, possibly more, than total calories consumed.

The findings of D. Mozaffarian, M.D., Dr.P.H., lead author of a study (published in a 2015 issue of the *American Journal of Clinical Nutrition*) on the effect the quality of food we take in has on our weight, showed increasing intakes of certain protein foods such as red meat and processed meats were most strongly associated with weight gain (however, a meal of less-processed red meat when

combined with low-starch vegetables helped minimize the weight gain). Combining low quality carbohydrates like white bread, increased the foods’ association with weight gain. But, increasing intakes of higher quality protein foods such as yogurt, seafood, skinless chicken, and nuts as well as fresh vegetables, whole grains, and fresh fruit were most strongly associated with weight loss.

So, instead of choosing foods solely based on the number of calories they contain, focus on choosing high-quality foods that are unrefined and minimally processed, such as whole vegetables and fruits, whole grains, healthy fats such as avocado or small amounts of olive oil and healthy sources of protein.

Lower-quality foods include highly processed snack foods (think

bagged/boxed foods), sugar-sweetened beverages, artificial sweeteners (stevia is a better choice as it’s plant-based, not lab-based), refined (white) grains, refined sugar, fried foods, foods high in saturated and trans fats, should be avoided or drastically limited.

So, what does a day of eating quality whole foods look like? Think whole eggs (not just egg whites) with sliced avocado and a slice of seeded, whole grain toast for breakfast. A mixed greens salad with diced apple and baked chicken breast with a drizzle of olive oil and lemon for lunch. Perhaps grilled salmon with baked sweet potato and steamed broccoli for dinner. Yogurt or berries with a few almonds or walnuts for a snack.

After all, would you knowingly put bad fuel in your car’s gas tank? Similarly, you can enjoy better health, including positive weight changes, by putting good fuel in your body.

Spotlight on Success



**Jeff
After Sleeve Gastrectomy**

I’ve always been able to do anything I put my mind to.... except take off the weight that I started gaining around the age of 35-- and I’m now 50. Watching my little girl growing up, I realized how much I was missing because I couldn’t do the things with her that I wanted to do. I also realized

that I wasn’t going to be around long enough to see her grow up if I didn’t make a change. I finally decided that my pride in “being able to do anything I set my mind to” wasn’t as important as either of those things.

I had the sleeve gastrectomy on December 12, 2017. It was the first surgery of any kind that I’ve ever had. And I can honestly say that Hurley was an amazing place to have it done! I can’t say enough good things about the program from surgery to follow-up. Prior to the surgery I was 440lbs, and post-surgery I have lost 175lbs, working to lose another 70lbs. I’ve gone from a size 60 pant and 6x shirt to a size 42 pant and a 2x shirt. I can’t begin to explain the improvements in my overall health, which I can confirm by both feeling great and what my doctor tells me. For example, I was diabetic and am no longer.

**“I CAN’T BEGIN TO
EXPLAIN THE
IMPROVEMENTS IN
MY OVERALL
HEALTH”**

Today, I can do all the things I want to do with my daughter. I bought two kayaks and we kayak together; we go on bike rides together 3-4 times a week. We’ve become roller-coaster junkies because I actually fit on them. I set my mind to losing weight and getting healthy and I’m doing it.



**Jeff
Before Sleeve Gastrectomy**

Hip Happenings

FREE Post-op Refresher Class



Are you starting to regain some of the weight you lost? Do you find yourself resuming old, unhealthy habits but can't remember all of the tips you were taught after surgery? We offer a **FREE monthly Post-op Refresher Class** to review common road blocks people experience after surgery & practical ways to overcome them while reviewing healthy diet and lifestyle habits. It is free, but pre-registration is necessary. Call our clinic at 810-262-2330 for more 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.

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



Gastric Balloon is Here!



If your BMI is between 30-35 and you don't qualify for bariatric surgery, the Orbera IntraGastric Balloon might be the solution for you!

PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.

Call 810-262-2330 to learn more!

Recipe Round-up

Tuna and White Bean

Salad with Eggs

Yield: 4 servings



Ingredients:

4 oz, green beans, trimmed
2, 5 oz, cans solid white tuna, packed in water
15.5 ounce can cannellini beans, rinsed and drained
1 large red bell pepper, diced
1 tbsp, extra virgin olive oil
0.25 cup, fresh lemon juice (from 2 lemons)
1 cup fresh parsley leaves
0.25 cup coarsely chopped chives
Coarse Ground Black Pepper and salt, to taste
4 eggs, hardboiled (medium-cooked) and halved

Directions:

In a large pot of boiling salted water, cook green beans until crisp-tender, 3 minutes. Drain and rinse under cold water to stop the cooking. In a large bowl, combine tuna, beans, bell pepper, olive oil, lemon juice, parsley, and chives. Season with salt and pepper; toss to combine. Serve with green beans and eggs.

Nutrition Information per serving:
243 cal, 25g carb, 7g fat, & 19g prot

Scallion Turkey Burgers

Yield: 6 servings



Ingredients:

- 1 lb lean ground turkey (93/7)
- 1/3 cup whole grain bread crumbs
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- 2 TBSP Dijon mustard
- 6 scallions (green onions), sliced thin
- ½ cup shredded mozzarella cheese

Directions:

1. Place all ingredients in a medium mixing bowl. Stir to combine ingredients evenly, being careful to not overwork the meat.
2. Divide meat mixture evenly into 6 patties. (Can freeze patties to cook another day, if desired)
3. Grill on pre-heated grill OR cook in skillet that has been sprayed with olive oil spray and fry over medium-high heat until lightly browned, about 5 minutes*. Carefully flip burgers to ensure they hold their shape, and cook the opposite side until lightly browned, about 5 more minutes* (*cooking time will be longer if frozen—cook until internal temp reaches 165°F.)

Nutrition Information per serving:
152 cal, 6g carb, 7g fat, 17g prot

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