

Overcoming Fatigue

Undergoing bariatric surgery can sometimes cause patients to feel chronically fatigued. There are many reasons as to what could be causing this and many, if not most, have a solution!

One of the most common post-operative problems is dehydration which can cause feelings of fatigue.

Nearly all of the body's systems depend on water to function properly.

Dehydration is due to both the amount of fluid your "new" stomach pouch can accommodate and also the amount you can consume at one time. A good rule of thumb, is to aim for at least 48-64oz non-caloric fluids per day.

Day-to-day fatigue can also be a sign of a certain vitamin and mineral deficiencies. This could include low levels of iron, vitamin D, B vitamins, magnesium, etc. Hurley

Bariatric Center recommends all patients attend their post-op follow-up visits to ensure they are undergoing their routine blood tests. If indicated, your daily vitamin and mineral regimen can be individualized to meet your own specific needs.

More obviously, poor sleep hygiene can also cause low energy levels. Sleep apnea, insomnia, restless leg syndrome, or even narcolepsy all present as challenges to good sleep. Lifestyle changes (such as avoiding alcohol and caffeine), relaxation techniques, set sleeping schedules, and avoidance of screens before bed time are all ways to support restful sleep!

Bariatric surgery can also take a toll on one's mental health as it is a commitment to major lifestyle changes.

There are many resources that are available for after surgery to discuss feelings of fatigue and possible lack of motivation. Take the steps early on to control stress and boost your self-esteem by seeking out support groups, friends and family members, and professional help if needed.

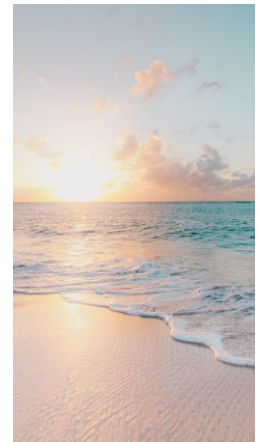
All in all, some fatigue after surgery may be inevitable due to the healing process that takes place thereafter. It will take time for your body to process these changes and heal properly. However, getting adequate rest, nutrient intake, and maintaining optimal vitamin/mineral levels are some of things you can do to help this process!

If you feel like you are struggling with prolonged fatigue after surgery, discuss this at your post-op follow-up visits. They Hurley Bariatric Center is always here to help you feel your best!

Summer, 2023
Volume 11,
Issue 4

Inside this issue:

Overcoming Fatigue	1
Focus on Fitness	1
Nutrition Notes	2
Spotlight on Success	2
Hip Happenings	3
Recipe Round-up	3



Focus on Fitness

HIIT Workouts

"I don't have time" is one the main reasons for not exercising. High intensity interval training, or HIIT, can help with this as it incorporates an effective workout in a short amount of time. HIIT is a type of interval training that alternates between high intensity movements followed by lower intensity movements to lower and raise ones heartrate. HIIT workouts can be very beneficial as they don't require a large amount of space and body weight can be the main form of

resistance, making it a perfect at-home workout! HIIT can help improve one's health by decreasing body fat all while increasing strength and endurance. The following is a HIIT workout you could try today!

1. 30 seconds of side lunges, alternating right to left, followed by 15 seconds of slow marches in place.
2. 30 seconds of squats, followed by 15 seconds of slow marches in place.
3. 30 seconds of push-ups, followed by 15 seconds of slow

marches in place.

4. 30 seconds of jumping jacks, followed by 15 seconds of slow marches in place.

5. 30 seconds of triceps dips (using bed or chair), followed by 15 seconds of slow marches in place.

6. 30 seconds of alternating high-knees, followed by 15 seconds of slow marches in place.

7. 30 seconds of sit-ups, followed by 15 seconds of slow marches in place.

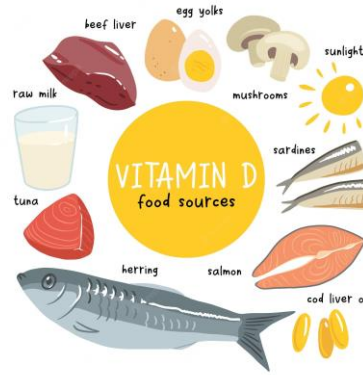
Rest for 60 seconds and repeat the interval two more times.

You have probably heard Vitamin D referenced as the “sunshine” vitamin. Well, that is because our bodies can produce Vitamin D from sun exposure! Vitamin D is actually stored in our bodies fat cells and it can be released into the blood stream when burning fat, however it can also become trapped if we are less active or have an excess amount of fat.

Vitamin D has many roles in the body. One of its main roles is to help absorb and retain both calcium and phosphorus which is crucial for bone health. However, it can also help to improve mood while also assisting muscle health and your immune system. Most people who live in Michigan are deficient in Vitamin D as we (sadly) do not have much sun exposure. However, after undergoing bariatric surgery, you

are at a greater risk for a Vitamin D deficiency due to the malabsorptive process and decreased food intake that takes place.

Not only is Vitamin D a hormone our bodies can make but we can also get it from some food sources.



There are two forms of Vitamin D, ergocalciferol (Vitamin D2) and cholecalciferol (Vitamin D3). Vitamin D2 is made from plants

such as mushrooms. Vitamin D3 is naturally produced in the body (via sun exposure) and can also be sourced from animal foods such as egg yolks, fatty fish, and some fish liver oils. Vitamin D can also be found in certain fortified foods such as dairy and cereals.

After bariatric surgery, Vitamin D supplementation is needed to maintain adequate levels. It is recommended to supplement with at least 3,000 IU Vitamin D daily. The good news is, this supplementation can be met if you are taking a bariatric approved multivitamin as recommended per the Hurley Bariatric Center! It is always recommended you attend your post-op visits to have your annual bariatric lab panel done. This will allow us to determine if your levels are adequate or if additional Vitamin D supplementation is needed.

Spotlight on Success



**Jordan Before
Gastric Sleeve Surgery**

In March of 2021 at 25 years old, I weighed in at 398 pounds, the heaviest I had ever been. I had an 11-month old baby at home, I was working as a full time night shift nurse, and I was physically and mentally exhausted. Something

had to change.

I had the Sleeve Gastrectomy in May of 2021. It has easily been one of the best decisions of my life. At just over two years' post-op, I have lost a total of 199 pounds and I am thriving. My energy levels and self-esteem have never been higher. I can keep up with my rowdy toddler, go on hikes with my husband, comfortably fit in an airplane seat, and ride a roller coaster for the first time since middle school.

“I have lost a total of 199 pounds and I am thriving... my only regret is that I didn't do it sooner.”

I've been successful in this journey because of the time and effort I've put in to improve my relationship with food and exercise. I also have an incredible family who celebrate my accomplishments and hold

me accountable when I need them to. I'll forever be thankful for the guidance and support I received from Hurley Bariatric Center through this whole process. My only regret is that I didn't do it sooner.



**Jordan After
Gastric Sleeve Surgery**

Hip Happenings

Available: The Post-Op Refresher Course!



During this free 1 hour class you will receive nutrition education from one of our Registered Dietitians regarding meal choices, serving sizes, and general post-op recommendations. This class is designed for Hurley Bariatric Center patients that are at least 1 year post-op. It is great if you need help getting back on track or if you want a refresher in general! Schedule now as spots are limited.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

REGAIN – Post Surgical Medical Weight Loss Program:



THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information

Recipe Round-up

Egg Roll in a Bowl

Yield: 4 Servings
Serving Size: 1 ½ cups



Ingredients:

1 lb lean ground turkey breast
1 sweet onion, diced
16oz bag coleslaw mix
½ cup grated or “matchstick” carrots
2 green onions, thinly sliced
1 tablespoon sesame oil
1 tablespoon rice vinegar
¼ cup coconut aminos or low-sodium soy sauce
2 teaspoons minced fresh garlic
1 teaspoon ground ginger
Salt and pepper to taste

Directions:

1. Heat a large skillet over medium-high heat.
2. Add ground meat and cook, stirring, until no longer pink. Drain; return meat to skillet.
3. Add diced onion, sesame oil, and rice vinegar to the skillet.
4. Cook, stirring, for a few more minutes (until onion is tender).
5. Add garlic, ginger, soy sauce, coleslaw mix, and carrots to the skillet.
6. Cook, stirring, for 5-7 more minutes, or until cabbage is wilted.
7. Remove skillet from heat.
8. Stir in green onions and season with salt and pepper to taste.

Tip: You can substitute the turkey breast for your preferred protein such as ground chicken, ground beef, or ground pork.

Nutrition Information per serving (Egg Roll in a Bowl):

234cal, 6g fat, 17g carb, 30g protein

Nutrition Information per serving (Frozen Yogurt Bark):

52 cal, 2g fat, 5g carb, 4g protein

Frozen Yogurt Bark

Yield: 12 - 15 servings



Ingredients:

2 cups non-fat greek yogurt of choice (flavor of choice)
½ cup diced strawberries
¼ cup blueberries
¼ cup low-sugar granola

Directions:

1. Line a rimmed baking sheet with wax or parchment paper.
2. Pour the yogurt into the baking sheet and spread evenly.
3. Top with strawberries, blueberries, and granola.
4. Place in the freezer until the yogurt is firm, about 3 hours.
5. Cut into 12-15 pieces, and enjoy cold.
6. Store leftovers in the freezer.

Tip: Choose your own favorite toppings such as nuts, fruit of choice, coconut shavings, and more!

6140 Rashelle Drive
Flint, MI 48507
Phone: 810-262-2330
Fax: 810-235-2721