

## Post-op Follow-up

It's time for your annual bariatric surgery follow-up appointment. Perhaps you're tempted to skip it, thinking "I'm doing fine", "I'm too busy", or "the Bariatric Center is too far from where I live." If you can relate to these thoughts, we'd like you to know about our patient, "Suzie".

In October of 2002, Suzie underwent bariatric surgery. The procedure went well and that 1<sup>st</sup> year Suzie returned to the Bariatric Center for all of her post-op appointments. She was feeling good and on-track with her weight loss.

Suzie also returned to the Bariatric Center in October of 2004 for her 2-year post-op appointment. She was doing well and had lost ~105# (66% of her excess body weight)! But, that was the last we saw of Suzie, until May, 2010, when she returned to the Bariatric Center complaining of a burning sensation in her esophagus & stomach from time-to-time, occasional nausea, mouth soreness, and difficulty tolerating any food that wasn't pureed. Suzie also reported often feeling

tired/weak over the past couple of years. It was at this appointment that our medical team learned Suzie had stopped taking her vitamins & minerals several years prior, she had no idea how much protein she was getting each day, and often skipped meals.

After a series of examinations and medical tests, it was found that an ulcer had formed in Suzie's esophagus. And, from the looks of it, this ulcer had been forming for quite some time. Lab work also showed several serious nutritional deficiencies.

Suzie had maintained her weight loss over the years, but weight loss isn't the ONLY goal after bariatric surgery. Good health is important too! Had Suzie returned for her annual follow-up visits to the Hurley Bariatric Center, the medical team would have been able to:

- Order routine lab work to check for deficiencies
- Discover that Suzie had stopped taking her protein, vitamins/minerals and reinforce the importance of *lifelong* supplementation

- Assess any symptoms Suzie might have been having that could indicate the start of a more serious problem, such as that ulcer

- Address dietary compliance and tolerance concerns

Suzie's problems could have been treated early and, most likely, prevented *if* she came to the Bariatric Center for those yearly appointments. Bariatric surgery patients are at an increased risk for specific health problems and/or nutritional deficiencies that might go unnoticed by the patients themselves or even a medical professional that is not trained in the specialty field of Bariatric Medicine.

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 weight loss goals, but also optimal health! If you are overdue for your annual follow-up, call us today and schedule your appointment.

Winter 2016-17  
Volume 5, Issue 3

### Inside this issue:

Post-op Follow-up	1
Focus on Fitness	1
Nutrition Notes	2
Spotlight on Success	2
Hip Happenings	3
Recipe Round-up	3



## Focus on Fitness by Danielle Campbell, Community Wellness Mgr.

### Layering for Warmth



Going out for a walk? Make sure to layer your clothing so that you can accommodate for any body temperature changes while exercising.

It is common for bariatric patients to experience fluctuations in their body temperature, typically feeling colder than before surgery. Rapid weight loss results in the loss of body fat, which impacts the way that a person is insulated from cooler temperatures. Also, the metabolism slows down during rapid weight loss, as it takes fewer calories and less energy to maintain a smaller body. It is a good idea to dress in layers when exercising so you can remove clothing or add layers depending on the fluctuation of your body temperature. Wicking clothing is a great option. Wicking is a thin, warm, stretchy material, that wicks away sweat which helps

maintain body temperature. It comes in a variety of shirt styles, gloves, socks, hats and leggings and is common amongst fitness attire.



## Calories, Fats, & Carbs, Oh My!

People often ask how many calories they should take in each day if they want to lose weight. Unfortunately, there isn't a simple answer as calorie needs vary from person to person. But, when it comes to weight loss, just watching your calories isn't enough. Monitoring your "macronutrient" intake is also key! "Macronutrient" is just a fancy word that refers to the three main nutrients found in our food: proteins, fats, and carbs. Because our bodies break-down and burn-up these nutrients at different rates, all calories are not created equal.

To help explain this, I often use the example of "twin A" and "twin B". Let's assume both twins wish to lose weight and so they each go on a diet of 1200 calories per day. However, their diets are quite different from one another's. "Twin A" gets their 1200 calories from eating fresh vegetables and fruit, lean meat, and whole grains. But, "twin B" gets their 1200 calories from fast food, frozen meals, potato chips, and candy.

Which twin do you think is more likely to have better weight loss? If you answered "twin A", you'd be right!

There are many factors that can affect the number of calories we need in order to maintain or lose weight; such as, exercise habits, genetics, chronic health conditions, and body composition just to name a few. So, while calories do matter, it's important to understand that "calories" aren't the end-all and be-all of weight management. And, determining your calorie needs can be a matter of "trial and error".

Working with a Registered Dietitian (RD) is the best way to begin the process of understanding how many calories and grams of protein, fat, and carbs you need. Our *general* recommendation for POST-surgical patients is to aim to get 800-1000 calories per day, *with* the goal of at least 60-80 grams of protein daily. If one is adhering to these two goals, it wouldn't be mathematically possible to take in an excessive amount of fat

and/or carbs.

That said, it's important to know that moderate amounts of healthy fats and carbs are important to a balanced diet and a healthy body. That's why "nutritionally balanced" eating is what I teach and encourage my patients to do.

If you are interested in eating a more nutritionally balanced diet, the following tips can help:

- Start each meal with a lower-fat source of protein, such as skinless chicken, baked fish, eggs, low-fat cottage cheese, beans/legumes.
- Include non-starchy vegetables with at least 2 of your meals & 2 snacks each day (i.e., broccoli, carrots, cauliflower, mushrooms, spinach, tomatoes, green beans, bell peppers, celery, etc.).
- Finally, add healthy carbs such as fresh fruit, sweet potato, or whole grains like brown rice or whole wheat crackers.

If you wish to work with an RD to determine your nutrition needs, feel free to call our office for more info!

## Spotlight on Success



**Tim**  
**After Gastric Bypass**

August 31, 2015 my life changed for the better when I had Gastric Bypass surgery. I have been a diabetic for 35 years. I had progressively gained weight over the years to the point that I could not do simple tasks. A walk to the mailbox wore me out. There was no way I could mow the lawn. The weight also took a toll on

my kidneys as I lost my kidney function and had to go on dialysis. Hoping for a kidney transplant I was told I had to lose the weight to qualify.

I chose to have weight loss surgery and have to say it was the best decision I've ever made. My life is completely different now. I have lost a total of 146 pounds and am able to enjoy activities with my family as well as exercise to stay healthy. I was able to ride a roller coaster for the first time in 15 years. My insulin use went from 150 units a day to 30. I went from taking 12 prescription medications a day to only having to take five.

Dialysis is much easier on my body and I am now on the list for a transplant. Thank you, so much, to the Hurley Bariatric Team for everything!

**"I CHOSE TO HAVE  
WEIGHT LOSS  
SURGERY AND HAVE  
TO SAY IT WAS THE  
BEST DECISION I'VE  
EVER MADE."**



**Tim**  
**Before Gastric Bypass**

# Hip Happenings



Hurley Bariatric Center will be moving to a new office located off of Hill Rd and US-23, in Flint. A exact move date is not yet known, but is expected to be on or around March 1, 2017! Please be aware of this change when you call to schedule your upcoming appointments.

## 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 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 now 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

## Skinny Spinach-Artichoke Dip

Yield: 18 servings (2T each)



### Ingredients:

6oz 0% plain Greek yogurt  
8oz reduced-fat or fat-free cream cheese, softened  
6oz fat-free sour cream  
1/2 cup grated parmesan cheese  
1/3 cup unsweetened almond or skim milk  
3/4 teaspoon garlic powder  
3/4 teaspoon onion powder  
1/2 teaspoon salt  
1-10oz package frozen spinach, thawed and excess water squeezed out  
1 can artichoke hearts, drained and chopped  
1/2 cup part skim shredded mozzarella cheese

### Directions:

1. Pre-heat oven to 350 degrees. Mix Greek yogurt, cream cheese, sour cream and parmesan cheese until smooth. Stir in milk and seasonings then gently fold in spinach and artichoke hearts.  
2. Spray an 8x8 casserole dish with non-stick spray then pour in the spinach and artichoke mixture. Top with mozzarella cheese and bake for 20-25 minutes, or until bubbly. Broil for an additional 2-3 minutes until cheese is golden brown. foil-lined baking sheet. Bake at 350-degrees for 15 minutes, until set and browned.

### Nutrition Information per serving:

61 calories, 3 g fat, 4 g carb, 4 g protein

## Overnight Egg-Nog Oats

Yield: 1 serving



### Ingredients:

1/4 cup old-fashioned oats  
1/2 scoop vanilla protein powder  
1/4 cup plain Greek-style yogurt  
1/2 cup Silk nog OR unsweetened vanilla almond milk  
1 tsp Stevia  
1/4 tsp rum extract  
1/4 tsp each cinnamon & nutmeg

### Directions:

In a large jar (or a small bowl), stir together all of the ingredients. Cover and refrigerate overnight (or for a few hours) so that the oats soften and absorb the liquid.

These oats can be enjoyed hot or cold. If you prefer them warm, just stir in some extra milk, cover loosely, and microwave for 30 seconds - 1 minute, or until they reach desired temperature Enjoy!

### Nutrition Information per serving:

180 cal, 2g fat, 23g carb, 19g prot

2700 Robert T. Longway Blvd. Suite H  
Flint, MI 48503  
Phone: 810-262-2330  
Fax: 810-235-2721

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