

Bariatric



**NORTH MISSISSIPPI
MEDICAL CENTER**

BARIATRIC CENTER

bytes

Fall 2017



NMMC is designated as an Accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. The designation helps ensure patients that the health care facility and surgeon meet stringent criteria and provide high quality care. Because of the designation, more health plans now cover weight loss surgery at NMMC.

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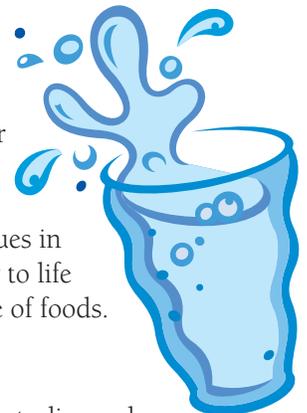
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www.nmhs.net/bariatric_center

Drink Up: Steps to Adequate Hydration

One of the most important elements to sustaining human life is water. It is the body's principal chemical component and makes up almost 60 percent of your body weight. Every single system in the body depends on water. It relies on water to maintain body temperature, provide lubrication for your joints, remove toxins out of vital organs, transport nutrients to your cells and provide a moisture environment for the tissues in the body. Hydration, for the bariatric patient, is vital not only to life processes but for moisture in the tissues to promote tolerance of foods.



How Much Water Should you Drink?

It's a simple question with no easy answer. There are many studies and calculations; however, a general rule of thumb is a minimum of 64 ounces (8 cups) on a daily basis. Several factors can influence these needs such as exercise, environment and illness or health condition.

Begin Your Day with Water & Remain Consistent

Drinking a glass of water upon waking replaces any fluids lost during the night and jump-starts your hydration for the day. Continue to drink throughout the day but remember to avoid drinking with meals. Don't wait until thirst strikes. Set a schedule, measure and time your fluids to ensure adequacy. Pre-measured bottles are a great way to accomplish this task. Make sure you have water with you at all times – whether you are shopping, walking your dog, running errands, watching television, driving in your car or exercising.

Add Some Flavor

Drinking plain water is definitely your best option, but if you want to add a splash of flavor to liven up the taste, consider adding a handful of sliced fruit or vegetables, freshly squeezed juice, herbs or frozen fruit, which can act as an ice cube to keep your drink cool while adding flavor. You can also add artificially flavored powders or liquids.

Continued on next page

Drink Up (continued)

Signs of Dehydration

Many times the signs of dehydration are ignored. However, these signs are very important and should not be taken lightly. Signs of dehydration include: infrequent urination, dark urine, thirst, dry skin, dry mouth, difficulty tolerating foods and nausea. For bariatric patients, fluids play an important role in the tolerance of foods. When the body is lacking in hydration, tissues tend to constrict thus making food transport through the pouch or opening of stomach more rigid and difficult. Make sure that you are consistent with fluid intake not only in total amounts but also in consistency of amounts before and between each meal.

Take Advantage of What We Have To Offer

By Ginger Mark, RD, LD, CDE

Bariatric surgery is a major event in a person's life. It is a journey to a new you.

Along the way you may encounter some bumps in the road. We offer several opportunities that we would think are important to keep you on track during your weight loss phase as well as lifetime maintenance of weight loss.

Support Group: Our support group meets monthly and covers a range of topics including nutrition, psychological issues, exercise, plastic surgery and many more interesting and informative topics. These groups are very informal, and we encourage interaction. Sessions meet at the Wellness Center at 6 p.m. the first Thursday of every month. Also, you will be surrounded by others who are on the same journey.

Our Website: Information is available at www.nmhs.net/bariatric_center for prospective as well as post-operative bariatric patients. Check out current and past issues of "Bariatric Bytes" and nutritional handouts, which you can view or print. Our support group schedule is also posted.

Nutritional Handouts: A multitude of handouts are available at our clinic waiting room and exam rooms. If you don't see what you need, please ask. We can develop anything you need.

Bariatric Bites Cookbook: The cookbook is a great resource for healthy cooking and eating after surgery. Recipes are geared for the bariatric patient with special attention to serving size and nutrient content.

Dedicated Staff/Coaches: Our staff is dedicated to your success. We are available to answer your questions and help direct you on the right path before and after surgery.

Fall Recipes

Ham & Cheese Breakfast Casserole

(www.eatingwell.com)

Serves 6

Ingredients:

4 large eggs

4 large egg whites

1 cup nonfat milk

2 tablespoon Dijon mustard

1 teaspoon minced fresh rosemary

¼ teaspoon freshly ground pepper

5 cups chopped spinach, wilted

4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about ½ pound, 4-6 slices)

1 cup diced lean ham (5 ounces)

½ cup chopped jarred roasted red peppers

½ cup shredded reduced fat Swiss cheese

Preparation Instructions:

Preheat oven to 375 degrees F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray. To wilt spinach, rinse thoroughly with water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on high until wilted, about 2 to 3 minutes. Squeeze out excess moisture before adding the spinach to the recipe. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil. Bake until the custard has set, 40-45 minutes. Uncover, sprinkle with cheese and continue baking until puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Nutrition Information (per serving): 200 calories, 19 grams protein, 14 grams carbohydrate, 2 grams fiber, 8 grams fat

Welcome Aboard

The NMMC Bariatric Clinic welcomes Lysha Lentz to our staff.

Lentz is a licensed practical nurse and 2007 graduate of Itawamba Community College. She first joined the NMMC staff in January 2007, working at the main hospital. She then worked for about six years at Barnes Crossing Medical Clinic and Urgent Care and most recently served 1.5 years with NMMC's Neurosurgical Services.

A lifelong resident of Tupelo, she enjoys spending time with her family, cross stitching and scrapbooking. She and her husband of 29 years, Kelly, have two sons – Steven and Austin.



Don't Let the Heat Stop Your Exercise!

By Regina Beyer, Exercise Physiologist

Walking is so natural to us that it is usually our first form of exercise.

If you are walking outdoors, remember these pointers as the heat and humidity begin to interfere:

- Hydrate 4 oz. or more every 15 minutes.
- Dress in breathable clothing.
- Wear sunscreen and a ventilated hat for sun protection.
- Try to go in the early morning or late afternoon.
- Wear a cool wrap around your neck.

If you start to use the temperature as an excuse to shorten or stop your workout, don't fall for the trap. Be prepared and have a back-up plan for your exercise. For example, use exercise DVDs or a piece of equipment at home. Maybe even try the local pool for walking. Of course my favorite choice would be a membership to the NMMC Wellness Center, where it's always cool.

Remember that variation in your workout is great for your body, because your muscles have to work harder when you try something new. That may mean you burn a few more calories. Just don't stop your exercise because of the heat. That's not in the plan for weight loss.



Success Stories

In future issues of Bariatric Bytes, we hope to feature patient success stories. If you are willing to share your "Journey to a New You," please email 200 words or less to mymark@nmhs.net.

Tomato Boats with Melted Mozzarella

Serves 6

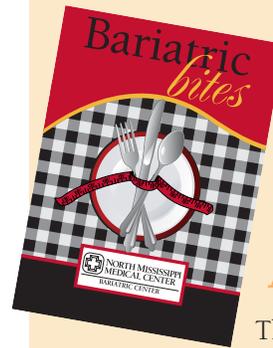
Ingredients:

12 ripe plum tomatoes (also known as Romano)
½ lb. low-fat mozzarella cheese, coarsely chopped
2 tablespoons extra virgin olive oil (light)
2 tablespoons fresh chopped basil
Salt & pepper, Italian seasoning or Mrs. Dash seasoning to taste

Preparation Instructions:

Slice 1/3 off the side of the tomato and remove pulp from inside. Turn upside down to drain on a paper towel – allow all tomatoes to drain about 15 minutes. In a small bowl, combine chopped cheese, olive oil and basil. Turn tomatoes upright and spoon some cheese mixture in each "boat". Sprinkle with desired seasoning to taste. Chill until ready to grill. Allow to sit at room temperature about 15 minutes prior to grilling. Grill over medium high heat until tomato skin puckers and cheese melts. Serve warm.

Nutrition Information: 50 calories, , 2.5 grams fat, 0.8 gram saturated fat, 3 grams protein, 4 grams carbohydrate, 1 gram dietary fiber



Bariatric Bytes Cookbook Available

The Bariatric Clinic's *Bariatric Bites* cookbook is a great resource for weight loss surgery patients and anyone who wants to eat more healthfully. Each recipe contains a nutrition analysis for calories, protein, fat, carbohydrate and fiber content. In addition to more than 200 recipes, the hardbound cookbook includes healthy recipe substitution tips, as well as long-term tips for achieving and maintaining weight loss. *Bariatric Bites* is available for \$15 from the NMMC Bariatric Clinic or by calling 1-866-908-9465. Shipping is available for an additional \$3.

expertise  commitment

Cash
special for
self-pay
patients

Clint & Anna Beth
Hanson
Columbus
Lost 135 &
90 pounds

Our team of experts works with you before, during and after weight loss surgery to attain all the good things that come with reaching a more ideal weight.

Check out our free online seminar at www.nmhs.net/bariatric_seminar.php to learn if bariatric surgery might be right for you.

What connected feels like™
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