

Bariatric

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Spring 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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www.nmhs.net/bariatric_center

Welcome Aboard

The NMMC Bariatric Center recently welcomed two new staff members to our team.

Registered dietitian **Ginger Mark** joined the Bariatric Center staff in October 2016. A 1996 graduate of Mississippi State University, she holds a bachelor's degree in nutrition. She then went on to complete a dietetic internship/graduate studies program from the School of Human Science in 1999 from MSU.

Mark started her career as a clinical dietitian at NMMC and the Diabetes Treatment Center. She has spent the last 14 years as a registered dietitian and Certified Diabetes Educator working with dialysis patients.

Mark says she is very excited to be part of the Bariatric Center team and share her passion of nutrition, exercise and living a healthy lifestyle with others. She is a lifelong resident of Tupelo, along with her husband Barry and their son, Bennett.

Edee Dull has been named as the Bariatric Center's new data analyst. She holds an associate's degree from Itawamba Community College and has worked for NMMC for 20 years. She formerly served as a data analyst for Nursing Leadership, assisted as program coordinator for Nursing Support during a vacancy, was clinical research coordinator for the Family Medicine Residency Center and worked in accreditation and performance improvement.

Dull's face may already be familiar to some, as she has been featured as a successful patient on the Bariatric Center's ads, web page and billboards. She and Ron, her husband of 35 years, have two daughters, Amanda and Amber, a son-in-law, Will, and granddaughters, Macie and Addie.



What Can I Expect After Surgery?

The post-operative phase begins as soon as your surgery is complete. You will be taken to the recovery room, where you will stay for approximately an hour. Once your vital signs are stable and your pain is tolerable, you will be taken to your room on the bariatric unit. The bariatric unit is staffed by two registered nurses, a nursing assistant and a unit coordinator.

Upon arrival, the nurses will assess your vital signs, place a heart monitor on you, and administer intravenous (IV) fluids, as ordered by your surgeon. The head of your bed will be kept elevated at least 30 degrees to ease your work of breathing. Generally, you will have five laparoscopic incisions covered with adhesive. You will be given nausea and pain medication as needed; please inform the staff when you feel you need these medications.

After about an hour on the unit, we will work with you to get you up and moving. We want to do everything possible to decrease your risks for any post-operative occurrences. Walking early will help to decrease pain, nausea and your risk for developing blood clots. Each patient will be encouraged to walk one mile (17 laps) every day on the unit.

Immediately after surgery your diet will be slowly advanced. You will start with ice chips, advance to water, and the morning after your surgery you will be advanced to bariatric clear liquids (no straws or carbonation). Oral hydration is key to a smooth recovery, and the nurses will show you how to calculate your oral intake. Essentially, your goal will be to drink two fluid ounces every 15 minutes.

Once you have met these goals and your pain and nausea are controlled by oral medications, you will be discharged home. You will be given step-by-step instructions and a follow-up appointment in two weeks. You will also receive a card with information about contacting the bariatric surgeon on call if you need assistance after clinic hours.

New Bariatric Unit Opens



Nurse manager Terri Green, RN, (from left) and registered nurses Sharon Benjamin, Gwen Gibson, Anna Barksdale and Britney Vongkingkeo greeted guests at an open house for the new bariatric unit Feb. 20. More than 1,400 patients have lost weight and improved their health since the NMMC Bariatric Center opened in 2007 with an eight-bed unit. The new 24-bed unit on 3 North is replete with all new equipment and furnishings, and includes an education room for patient teaching after weight loss surgery.

From the Web: Creative Salads

These tips are from www.theworldaccordingtoeggface.com

Crab salad – with a squeeze of lime and a dab of yogurt or mayonnaise, mashed avocado.

Chicken salad – with dill or curry powder, or a little pesto sauce.

Tuna salad – with mashed cannellini beans, a squeeze of lemon juice or Italian dressing.

Egg salad – with curry or dill, or mix some hummus in.

Greek yogurt (or, if you must, mayonnaise/yogurt combo) to moisten. I added things like a dab of wasabi mayo for kick. I use/used full fat dressings and mayo when I use them. I don't do fat free. I mean come on, we are eating tablespoons of food... at least they can taste good. This was a surgery on my guts not my taste buds. Feel free to substitute with the fat free nuclear waste product of your choice.

For an Italian Fix

Shelly's Ricotta Bake

- 8 oz. of ricotta cheese
- 1/2 cup grated parmesan
- 1 large egg, beaten
- 1 teaspoon Italian seasoning
- Salt & pepper to taste
- 1/2 cup marinara sauce
- 1/2 cup shredded mozzarella cheese

Mix ricotta cheese, parmesan, beaten egg and seasonings together and place in an ovenproof dish. Pour marinara on top and top with mozzarella cheese. Bake it in the oven at 450 degrees for about 20-25 minutes (best) or microwave until hot and bubbly. I usually made it first in the oven and heated the leftovers in the microwave.

My Journey to Success

By Edee Dull, Data Analyst
NMMC Bariatric Clinic

I have struggled with being overweight most of my adult life. I was very self-conscious and tried to hide my weight with the clothes I wore. Most people didn't realize how big I had become until I lost the weight. My family doctor said during my checkups that my weight was about the same for 10 years (which was obese).

I tried Weight Watchers (twice), Curves diet and exercise, Slim Fast, and several over-the-counter diet pills. I lost weight with each diet but then gained back more than I had lost.

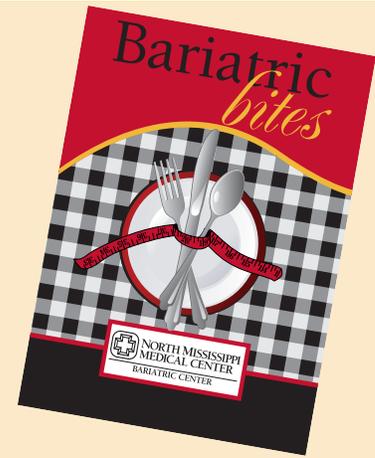
I had GERD and high cholesterol. My blood pressure was getting higher every time I had it checked. I was out of breath walking up the few steps to the time clock at the hospital, didn't sleep well, and just felt uncomfortable all the time.

The medication I was taking to control my cholesterol made me sick so I stopped. My doctor kept me off of the medication for three months, then put me on something else. In those three months, I gained more than 10 pounds, which was the most I had gained in years. When I got on the scale I was in shock at how much I weighed: 208 pounds, which was my highest weight. While I was waiting for the doctor to see me, I wanted to cry because of how big I had gotten.

When Dr. Brad Crosswhite came in the room, we discussed my other issues, then he asked me if there was anything else we needed to discuss. I told him that I wanted to talk about the issue I didn't list to talk about. He said, "Okay let's talk about your weight." We talked about the different options, and I asked him which he would recommend. He recommended weight loss surgery, so I started the process. I had been thinking about surgery for about eight years, and when Dr. Crosswhite said he thought that would be the best for me, it was my sign to have it done.

I had my surgery on Nov. 17, 2015, and it was the best thing I have ever done. As most people that have had the surgery say, I just wish I would have had it done sooner. I am down to 115 pounds, which is smaller than I was when I got married 35 years ago. I have more energy than I ever imagined, I can sleep through the night, I exercise and have even started running. My husband took a video of my granddaughter and me running on the track because I have never been able to do that before. My youngest daughter and husband paid for an all-inclusive vacation to celebrate our 35th anniversary last year. I never wanted to do anything like that in the past because of my weight. It was the best vacation!

I am so thankful to Dr. Pinson and the Bariatric Center for changing my life. In January, I transferred to the Bariatric Clinic so I could help others with their weight loss journey. I felt it changed my life, and I wanted to give back to others.



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.

Weight Loss Support Group Meets Monthly

The Weight Loss Support Group meets at 6 p.m. the first Thursday of each month, usually at the NMMC Wellness Center, 1030 S. Madison. The group provides education and emotional support for patients who are considering or have had gastric bypass, laparoscopic adjustable gastric band or laparoscopic vertical sleeve gastrectomy. For more information, call (662) 377-SLIM (7546) or 1-866-908-9465.

expertise commitment

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[®]

Tupelo, MS
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Cash
special for
self-pay
patients



Edee
Dull
Mantachie
Lost 85
pounds