

Bariatric

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

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Overcome Stress

By Mike Oliver, Ph.D.

Many of our patients identify “stress” as a factor involved in overeating.

Eating DOES relieve stress temporarily, and for some people eating (and overeating) may be their only source of stress relief. When trying to achieve permanent changes in the way we eat, it is important to recognize the impact of stress and develop new, healthier ways of managing stress.

A simple way to look at stress is to view it as our emotional and physical response to pressure. Pressure may come from external factors such as work, finances and family demands, or pressure may come from demands or expectations we place on ourselves. Even things which are enjoyable or causes for celebration can be stressful – a promotion at work, marriage, holidays, parenthood, etc.

It is important to realize that stress is a normal part of life and cannot be avoided. However, very high levels of prolonged and unrelieved stress can lead to psychological problems and even physical illness. Below are a few self-help tips for managing stress:

- **Get physical.** Exercise and physical activity are probably THE BEST stress relievers even if you are not an athlete and are in poor condition. Exercise kick starts the system, improves mood and takes your mind off worries. The key is to find an exercise activity that you really enjoy, but even if you have to force yourself to exercise you will experience stress relief.
- **Relax.** Find some time to really focus on relaxing. This does not mean resting in the recliner while watching the news! Genuinely relaxing means spending some quiet time focusing on reducing the physical tension in your body and bringing peace to your thoughts. Prayer and meditation may be components of this for many.
- **Humor.** Laughing makes us feel better physically and mentally, so read some jokes, tell some jokes, make fun of yourself, hang out with your funny friends and avoid sourpusses.
- **Don't withdraw.** Social contact is a good stress reliever because it can take your mind off your worries and can be a source of encouragement during tough times. Also, helping others can make you feel good.
- **Learn to say no.** Oftentimes people are stressed because they don't want to disappoint others and they end up with 36 hours' worth of obligations for a 24-hour day. It is important to realize that never saying no may be easier in the short term but it may cause internal stress (anger, resentment) because you are always coming second.



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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- **Sleep.** Sleep is the time when your brain and body recharge and the amount and quality of sleep you get impacts your mood, energy level, concentration, and overall well-being. Developing and maintaining good “sleep hygiene” skills can be especially challenging for shift workers, but try to maintain a consistent, relaxing bedtime routine and stick to a consistent schedule.
- **Get help.** If stress is leaving you feeling overwhelmed or trapped it may be time to call in reinforcements! Talking to a mental health professional can help you identify sources of stress and give you tools to help you cope.

Obstructive Sleep Apnea & CPAP

By William Edmondson, M.D.
Pulmonary Consultants

Obstructive sleep apnea is a disease of repetitive airway closure during sleep causing sleep disruption. The constant interruption of sleep, particularly over long periods of time, can cause multiple problems, including excessive daytime sleepiness, high blood pressure, heart problems and even stroke.

Continuous positive airway pressure (CPAP) is the main therapy at this time to improve sleep apnea. The mechanism of CPAP is to “blow open” the airway and keep it open throughout the breathing cycle. A CPAP titration sleep study is performed to assess exactly what pressure is the best at keeping the airway open and eliminating snoring. During the titration study, the optimal mask and humidifier settings are chosen which can significantly improve the patient’s ability to wear the device comfortably.

Compliance, or ability to wear CPAP, is a significant problem for many people with obstructive sleep apnea, but there are several different maneuvers that can be done to help with compliance. For instance, the mask type that a patient is given during the sleep study can potentially be altered to one that is more comfortable to the patient. Some limitations may exist to which type of mask can be used, but if the first mask doesn’t work well, there are many, many more from which to choose.

Additionally, the humidifier on a CPAP device can be turned up or down to increase or decrease the amount of moisture delivered to the patient, which can make the air delivered by the CPAP device much more comfortable. Also, adding a chinstrap to the interface can make a big difference in air leakage and problems swallowing air.

If a patient continues to have problems with insomnia after starting CPAP, a brief round of sleep aid can be prescribed to help the patient get used to wearing the device. Alcohol should be avoided as it can worsen sleep apnea and thereby diminish the CPAP’s effectiveness.

Most importantly, stick with the CPAP device! Many patients may initially struggle with wearing their mask for the optimal time, but studies have shown that most patients who wear their CPAP device at least six hours per night have improved daytime sleepiness, memory and daily functioning. We want every patient to feel the benefits of improved sleep.

Skinny Crab Dip

From Bariatric Bites Cookbook

(serves 12; Serving Size 2 Tbsp.)

2 oz cream cheese, softened
2 Tbsp. mayonnaise
2 Tbsp. finely chopped green onions
2 tsp. lemon juice
1 Tbsp. chopped fresh dill
1/8 tsp. black pepper
2 cans (8 oz. each) crabmeat, well drained

In medium bowl, combine cream cheese and mayonnaise. Stir until very smooth. Add green onions, lemon juice, dill and pepper. Stir to mix thoroughly. Stir in crab. Cover and refrigerate several hours before serving. Serve with a sturdy, small lettuce leaf such as Radicchio (resembles red cabbage) or Endive (non-curly/French or Belgian variety) or Romaine.

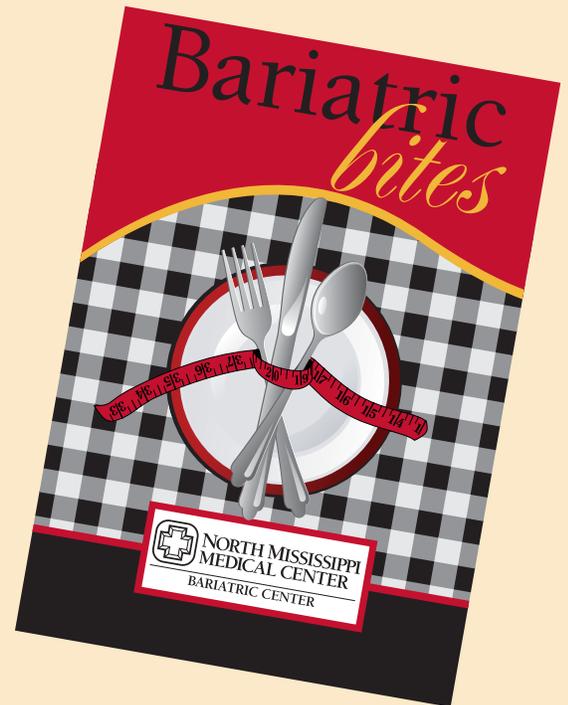
Note: 35 calories, 7 grams protein, 0 grams carbohydrate

Create Healthy Sleep Habits

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good “sleep hygiene.” Try to keep the following sleep practices on a consistent basis:

- Stick to the same bedtime and wake up time, even on the weekends. This helps to regulate your body’s clock and could help you fall asleep and stay asleep for the night.
- Practice a relaxing bedtime ritual. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety, which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
- Avoid naps, especially in the afternoon. Power napping may help you get through the day, but if you find that you can’t fall asleep at bedtime, eliminating even short catnaps may help.
- Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner’s sleep disruptions, such as snoring. Consider using blackout curtains, eye shades, ear plugs, “white noise” machines, humidifiers, fans and other devices.
- Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep but also free of allergens that might affect you and objects that might cause you to slip or fall if you have to get up during the night.
- Use bright light to help manage your circadian rhythms. Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
- Avoid alcohol, cigarettes and heavy meals in the evening. Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. It is good to finish eating at least two to three hours before bedtime.

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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.

- Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.
- If you can't sleep, go into another room and do something relaxing until you feel tired. It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleep and sex to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

– www.sleepfoundation.org

Weight Loss Support Group

Weight Loss Support Group meetings are now streamed live for those who prefer to watch online. For a schedule of upcoming programs and to watch online, register at www.nmhs.net/bariatric_weight_loss_support_group.php.

Guidelines to a Healthy Lifestyle

A healthy lifestyle not only changes your body, it changes your *mind*, your *attitude* and your *mood*

By Ginger Mark, RD, LD, CDE

- Eat three balanced meals per day. Do NOT skip meals.
- Fill one-half of your plate with lean protein and the other half with colorful, bright vegetables and one fruit.
- Eat the rainbow.
- Don't drink your calories.
- Be mindful of what you are eating. Slow down and pay attention.
- Choose foods with three ingredients or less.
- Know all the names for sugar and read your food labels.
- Put exercise on your calendar as if it were an important meeting.
- Walk at least one mile per day.
- Have an exercise plan.
- Start each day with a positive thought.
- Be intentional and present.

Apple Pie Protein Beverage

(serves 1)

- 1 scoop vanilla protein powder
- 1 cup Fairlife skim milk
- 1 small baking apple, peeled and cut in slices
- ¼ tsp. cinnamon
- Splenda or other no calorie sweetener, as desired
- Ice as desired

Blend all ingredients in blender until smooth