

# Bariatric



**NORTH MISSISSIPPI  
MEDICAL CENTER**

**BARIATRIC CENTER**

# bytes

Summer 2018



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.

**Bariatric Clinic**  
408 Council Circle, Suite C  
Tupelo

**Bariatric Center**  
830 South Gloster  
Tupelo

(662) 377-SLIM (7546)  
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1-866-908-9465

[www.nmhs.net/bariatric\\_center](http://www.nmhs.net/bariatric_center)

## Bariatric Center to Host Weight Loss Health Fair

The NMMC Bariatric Center will host a Weight Loss Health Fair on Thursday, June 7, for anyone who is losing weight or wants to.

The event will be held from 6-7:30 p.m. at the NMMC Bariatric Clinic, 408 Council Circle, Suite C, Tupelo. For more information about the Weight Loss Health Fair, call (662) 377-SLIM(7546) or 1-866-908-9465.

## Importance of Follow-up Care

*Vivian Rogers, D.N.P., NP-C*

The choice to have bariatric surgery is a decision centered on improving your quality of life and reducing or resolving most obesity related conditions.

When making the choice to have bariatric surgery, patients need to understand that they are also making a lifelong commitment to regular follow-up appointments. Returning for follow-up visits is critical for positive outcomes after bariatric surgery. Hydration status, nutritional, vitamin and mineral levels are assessed during regular follow-ups; deficiencies can be identified early and treated appropriately at that time.

Returning for regular bariatric follow-up appointments also results in improved weight loss long-term. Helping to facilitate the goal of compliance, we offer monthly support groups featuring an array of guests. At NMMC Bariatric Clinic, we focus on improving health, increasing personal motivation and supporting patients throughout the "Journey to a New You," so continue to adhere to regular follow-ups for optimal outcomes after bariatric surgery.

# The Real Truth about Sodas

Ginger Mark, RD, LD, CDE

Who doesn't love an ice cold soda on a hot summer day? The sweetness, the oh so good fizz, tastes so good going down, but do you have any idea the effects it has on your body?

Whether it's a diet soda, soda zero or soda, it affects every part of your body. From your weight to your bones to your brain, it's not a good choice. If you have talked with me, you already know what the first question you need to ask yourself before eating or drinking anything. "Is this going to nourish my body?" The answer to that question regarding any type of soda is very simple...NO! Here are some reasons:

- **Weight:** Drinking one soda a day equals 39 pounds of sugar per year. ONE soda! Men should have about 9 tsp. of sugar per day; women should have about 6 tsp. of sugar per day. One regular soda has 10 tsp. of sugar! So, if you drink just one soda a day, you have already gone above and beyond your total for the day. Consuming regular sodas daily interacts with the genes that affect your weight. All sugar-sweetened beverages (juices, sodas, flavored drink mix, sweet tea, etc.) contribute to more than 180,000 obesity-related deaths per year.
- **Brain:** Having too much sugar in your food and drinks reduces production of a chemical in the brain that helps us learn, store memories and process insulin. It also lessens your ability to recognize when you are full, stimulating you to overeat.
- **Kidneys:** Some sodas contain phosphoric acid which puts extra stress on your kidneys, resulting in a two-fold increase risk in kidney stones and other renal diseases, whether it is diet or regular.
- **Stomach:** Carbonation in soda causes bloating, gas and cramping, and exacerbates the effects of irritable bowel syndrome and acid reflux. Carbonation also slows the healing process by putting pressure on your incision and expanding the stomach.
- **Bones:** Phosphoric acid in sodas also is linked to osteoporosis and weakening of all bones.
- **Heart:** Studies have shown that drinking diet and regular sodas daily increases your risk for heart disease, heart attack and stroke.
- **Lungs:** Studies have shown that drinking diet or regular sodas daily increases your risk for asthma and chronic obstructive pulmonary disease (COPD).
- **Teeth:** The high levels of acid in soda corrode your teeth – almost as badly as drinking battery acid.

**Did you know?** "Findings from a variety of studies show that routine consumption of diet sodas, even one per day, can be connected to higher likelihood of heart disease, stroke, diabetes, metabolic syndrome and high blood pressure, in addition to contributing to weight gain."

– Susan E. Swithers, a professor of psychological sciences and a behavioral neuroscientist.

So now that we have talked about the effects sodas have on our bodies, look at how it's affected minute by minute:

- **First 10 minutes:** Regular soda – 10 tsp. of sugar hit your system immediately. The only reason you do not immediately vomit because of all that sugar is due to the phosphoric acid cutting the flavor. Diet soda – The artificial sweetener tricks your body into thinking it has just processed sugar and the phosphoric acid attacks the enamel in your teeth.

## Summer Refreshments with Protein

### Ice Creams:

- 2 Premier Protein Drinks (any flavor)
- 1 1/2 tsp vanilla extract

#### Directions:

Stir ingredients together then transfer to ice cream maker (make sure the ice cream maker bowl has been frozen and is on when putting in liquid) After liquid hardens to an ice-cream texture, enjoy!

[www.premierprotein.com](http://www.premierprotein.com)

Visit [www.mccormick.com](http://www.mccormick.com) and click on "Extracts and Food Coloring," then "Extracts" to see the variety available. Make your favorite flavor of ice cream with any of the extracts, which add flavor but no sugar. Use your imagination!

### Sugar-free Sorbets

- Servings: 8; serving size 1/2 cup
- 2 cups fresh or frozen fruit (ex. raspberries)
- 1 1/2 Cups Torani Sugar-Free Syrup (ex. sugar-free raspberry syrup)
- 2 scoops Genepro
- 1/2 cup water
- 1/8 Tsp. salt

#### Instructions:

In a food processor or blender, combine all ingredients and process until pureed. Chill well, then freeze in an ice cream maker according to manufacturer's instructions. Makes about one quart. Nutrition Facts per 1/2 cup: protein: 7.5 grams, carbs: 2 grams  
[www.torani.com](http://www.torani.com) (over 30+ sugar-free syrup flavors)

- **20 minutes:** Both diet and regular sodas trigger insulin, which sends your body into fat storage mode.
- **40 minutes:** Regular soda – Caffeine absorption is complete. Your pupils dilate, blood pressure rises and your liver dumps more sugar into your blood stream. Your body increases production of dopamine in the pleasure centers of your brain, which is physically the same way heroin works. Diet sodas – The potentially deadly combination of caffeine and aspartame creates a short addictive high, similar in the way cocaine works.
- **60 minutes and beyond:** Now the soda is depleting you of nutrients (calcium, magnesium and zinc, sodium and electrolytes), providing no nourishment at all, causing dehydration rather than hydrating your body, and making you crave more sweets. We all know the risk of dehydration – brain fog, poor concentration, fatigue and irritability.

**Yikes!** Do yourself a favor, stop all soda and sugar sweetened beverages as soon as you can. Water is so good for you and it benefits the body greatly by hydrating your body, carrying nutrients throughout the body, eliminating toxins in the body and providing clear, healthy skin. Here are some ways to add flavor to your water without adding sugar and artificial sweeteners.

#### Fruit infused water combos:

- Cucumber + lime + strawberry + mint.
- Lemon + raspberry + rosemary.
- Orange + blueberry + basil.
- Lime + ginger root + basil.
- Watermelon + honeydew + mint.
- Cucumber + mint + jalapeno.
- Lemon + thyme.

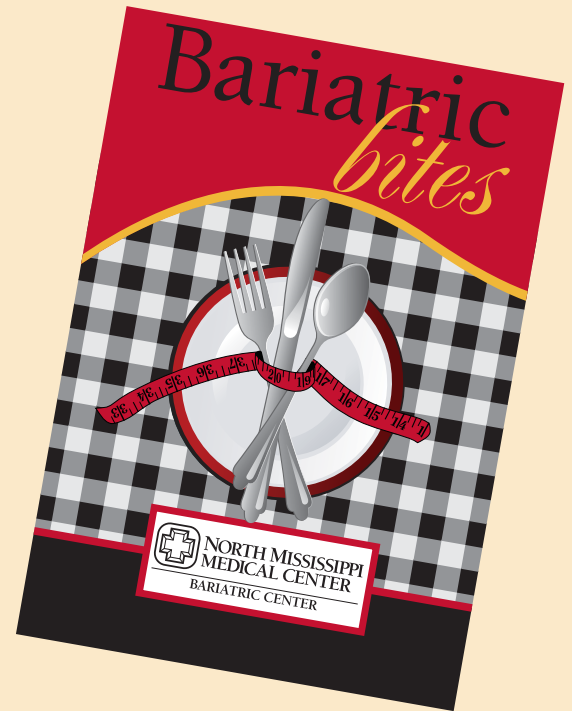
#### Fruit infused water bottles and pitchers:



Resources: CBS news, [www.walmart.com](http://www.walmart.com), [www.nationalbariatriclink.org](http://www.nationalbariatriclink.org), effects of drinking soda infographic, Pinterest

## 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](http://www.nmhs.net/bariatric_weight_loss_support_group.php).



## 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.



# Patient Profiles

## Anna White

Anna White of Pontotoc is down 100 pounds since having weight loss surgery in December 2016.

White says the best part of losing weight is her newfound confidence and self-esteem. “Oh, and cute LITTLE clothes!” she adds.

“I would strongly advise individuals anticipating surgery to work on themselves mentally,” White says. “Whatever psychological reason you have for being overweight is still there when the surgery is over. Your mouth is not sewn shut, and it is still easy to eat junk you shouldn’t.”

She also encourages others to begin the weight loss process before surgery. “Start eating, drinking and exercising like you have already started the journey!” she urges.



## Matthew Parker

Matthew Parker of Guntown has lost 155 pounds since having weight loss surgery at NMMC in November 2016. “This was one of the best decisions I ever made for my health,” he says.

At 389 pounds, Parker suffered from high blood pressure, sleep apnea, thyroid issues, back pain and pain in his knees and other joints. “I loved to eat. I planned my whole day around eating,” Parker says. “I was living to eat. The Bariatric Center staff showed me how to eat to live instead.”

“I love to hunt and fish, but my weight had become a problem,” Parker says. “Now I can walk long distances and enjoy being outdoors.”



**To start your own “Journey to a New You”** at North Mississippi Medical Center, visit [www.nmhs.net/bariatric\\_center](http://www.nmhs.net/bariatric_center).