

Bariatric

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Winter 2017

Get Up, Get Moving & Good Luck

by Will Cauthen, M.D.

Let me start off by first introducing myself to the bariatric community. I'm Dr. Will Cauthen, and I have been a member of the bariatric team for about a year and a half. I have been a member of the Surgery Clinic of Tupelo for a little over three years. I have a beautiful wife, Tracie, and two boys ages 5 and 1. I really enjoy working with the bariatric team and helping patients achieve their weight loss goals.



My topic is exercise and becoming more physically active. I know what you're thinking, "another doctor telling me to exercise more." I won't do that because we all know we should be exercising more. Instead, I am going to give you some simple tips to stay motivated that I also use in my life.

Let's get going, literally. For some people, the hardest part can simply be getting started. If you are completely new to exercising, don't be afraid to ask for help – whether that means joining a gym and getting a trainer or just asking advice from a friend. Some people might be afraid to go to a new gym because they are worried people are staring at them. I can assure you this is not the case. People go to a gym to work out, not watch other people work out. If you are still concerned, take a buddy with you.

This brings me to my next point, find a workout buddy. People who work out with a friend are much more likely to stick with it and be consistent. Hold each other accountable. Probably, the best advice I can give is to find something you actually enjoy doing. It sounds so simple, but I think most people overlook this obvious fact. If you don't like lifting weights, then don't force yourself to lift weights four days a week. Same goes for running – if you don't like running, then don't train for a marathon. If you hate how you are exercising, you will not stick with it. Find something fun. Experiment – take up tennis or obstacle course racing.

Don't be so hard on yourself. I believe people, in general, are too hard on themselves when it comes to working out and getting in shape. We tend to focus on the negative and forget about the positive. So you missed a workout this week? Think positively about the three workouts you did make this week. Remember how far you have come. Try not to get

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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)
Toll free:
1-866-908-9465

www.nmhs.net/bariatric_center

caught up in comparing yourself to others and what you can and cannot do versus what they can and cannot do. Remember, it's about "me" and not them.

Challenge yourself. I like to set short-term and long-term goals. My short-term goal is simple – do better today than I did last time. That's it. Don't make it more complicated than it needs to be. Long-term goals will be a little more individualized. It could be run your first 5K, do a Spartan race, fit into a certain pair of jeans, whatever. When you achieve that goal, reward yourself!

Change it up and vary what you do. Not only will this keep you more engaged in the process, but it's better for your body too. Speaking of your body, listen to it, especially when first starting out. An early injury can be physically and emotionally difficult. When starting out, change up your routines and start slow. Listen to your body and rest when you need to rest.

I hope this helps. We all know we need to be more active, but it can be challenging. Life is busy, but exercising is so good for us that we have to find time for it. I don't have enough room to list all the positive things about being more physically active. You know what they are – better health, more energy, better sleep and decreased incidence of almost every disease known to man, just to mention a few. So, get up, get moving and good luck.

Protein 101

By Ginger Mark, RD, LD, CDE

Protein is essential for growth, tissue building and repair, healthy skin and hair, metabolic functions and preservation of lean muscle during weight loss. It also supplies your body with needed energy.

Protein is part of every body cell. Your body needs a constant source of protein to repair body tissues and to make new body tissues.

Proteins are made from amino acids. There are two types of amino acids: essential and nonessential. Thirteen nonessential amino acids are made by the human body. The other nine essential amino acids must be consumed through your food intake. If a food contains all nine essential amino acids, it is considered a complete protein. Complete proteins are found in animal sources such as meat, fish, poultry, milk, cheese and eggs.

Remember, you need 60-70 grams of protein every day. To ensure that you meet your daily requirements, always eat all of your protein (from an animal source) first at every meal.

Food	Amount	Protein (grams)
Animal Sources:		
Skim milk, yogurt, non-fat dry milk	1 cup	8
Fairlife milk	1 cup	13
Lean turkey, chicken, beef, pork	1 ounce	7
Tuna (water packed), scallops, shrimp, sardines	1/4 cup, 3-4 large shrimp, 2 large or 5 small scallops, 2 sardines	7-8
Low-fat cottage cheese	1/4 cup	7-8
Low-fat cheese	1 ounce	7-8
Egg or egg substitute	1 each	7-8
Fish	1 ounce	5-7
Clams, crabs, oysters, lobster	1 ounce, 1-2 large or 3-4 small clams, 3-4 medium oysters	3-4

Slow Cooker Fajita Chicken

from Bariatric Bites, p. 51

Serves 8 (3 oz. serving)

4 boneless, skinless chicken breasts, cut in half
1 onion, sliced into thin strips
1/2 green bell pepper, sliced into thin strips
1/2 red bell pepper, sliced into thin strips
1 fajita seasoning packet
Water

Place chicken breasts in slow cooker. Pour chopped onion and bell pepper on top of chicken breasts. Sprinkle packet of fajita seasoning mix over the top of chicken, onion and bell pepper. Pour enough water to cover chicken. Cook on low for 4-6 hours. May serve as whole piece of chicken or shred and make fajitas and serve with refried beans.

145 calories, 27 grams protein, 3 grams fat, 2 grams carbohydrate

Slow Cooker Country Chicken

from Bariatric Bites, p. 50

Serves: 6

1 lb. small white potatoes, halved
8 oz. baby carrots
1 medium onion, sliced
2 large ribs celery, sliced
8 oz. sliced mushrooms
1 1/4 lbs. boneless, skinless chicken breast, cut into pieces
2 tsp. dried mixed herbs
1 (14.5 oz.) can crushed tomatoes
1/2 cup fat-free, low sodium chicken broth.

Place vegetables in base of slow cooker. Sprinkle with dried herbs. Add chicken pieces, then finish with canned tomatoes and broth. Cook on low for 6-8 hours, until vegetables are tender and chicken is cooked.

220 calories, 26 grams protein, 2 grams fat, 25 grams carbohydrate, 5 grams fiber

Before & After

Amber Griffin of Tupelo has already lost 68 pounds since having weight loss surgery in March.

Carrying 204 pounds was too much stress on Griffin's petite frame. "I'm a nurse, and my feet and legs were so sore and swollen by the end of every day that it was hard to sleep at night," she says.

Now Griffin eats better and exercises regularly at the NMMC Wellness Center. When she looks back at old pictures, she doesn't even recognize herself. "I feel like a completely different person. I feel comfortable in my body for the first time in my life," she says.

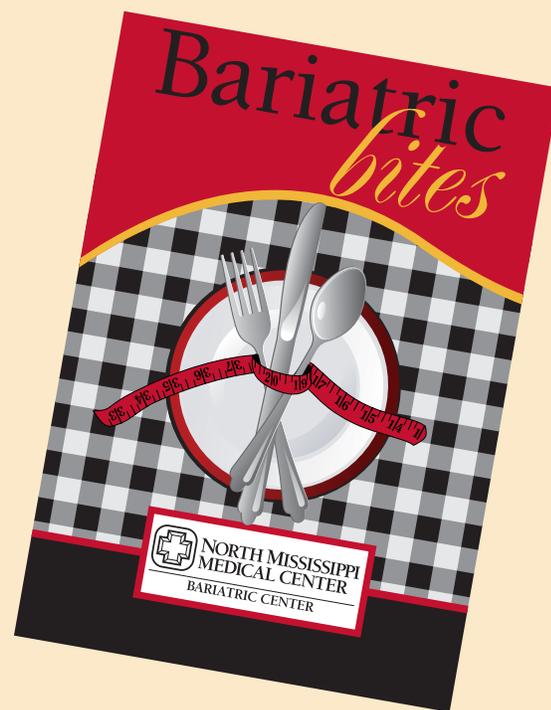


Griffin says people who think weight loss surgery is the easy way out are wrong. "This tool isn't magic. It doesn't magically cut me off from food when my body is full or force me to go to the gym. I struggle to make the best choices for my body every day, and this tool is a constant reminder of a lifestyle I don't want to return to," she says. "It's more of a behavioral change. I eat better and I exercise now because I want a healthier body."

The journey is about so much more than just losing weight, according to Griffin. "This tool has changed my life in ways I never expected," she says, "and I would do it again in a heartbeat."

Requirements after Surgery

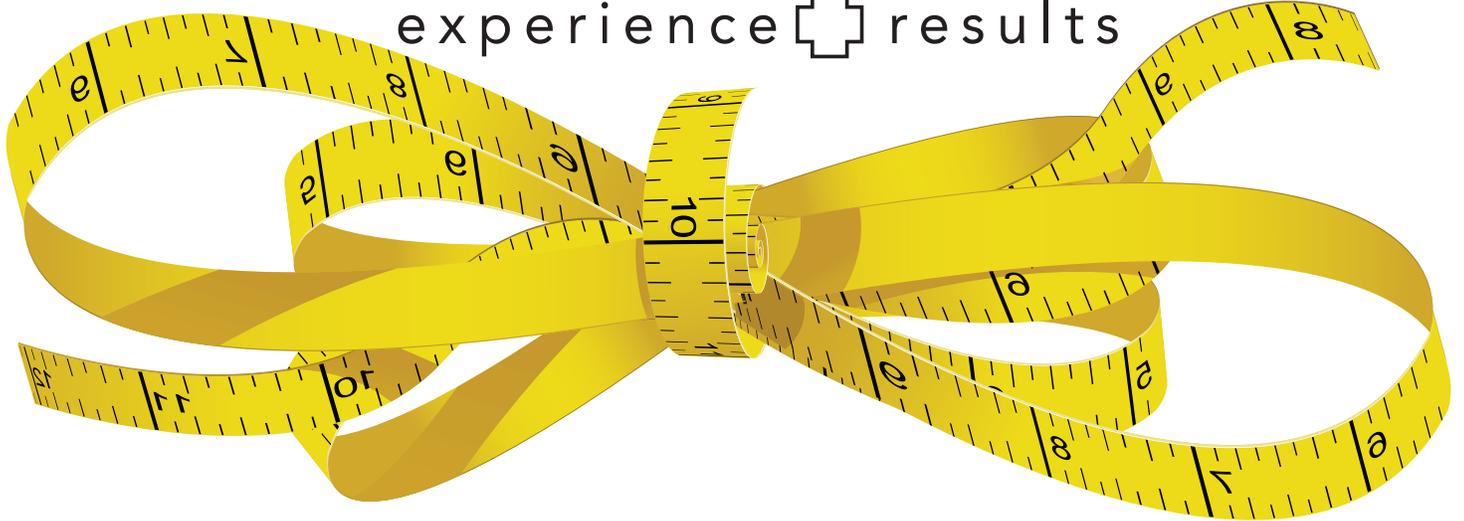
- 60-70 grams protein every day
- 64 oz. non-carbonated, sugar-free fluids every day
- Take all vitamins and minerals every day
- Exercise every day



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.

experience  results



For 10 years, the NMMC Bariatric Center has been helping area residents lose the weight and gain everything life has to offer.

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.



Terry W. Pinson, M.D.
Surgeon



William Cauthen, M.D.
Surgeon



Vivian Rogers, CBN, DNP, NP-C
Bariatric Program Director

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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