

Bariatric



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Fall 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.

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Exercise is Essential

Incorporating exercise into your daily routine is a great way to maximize or maintain weight loss. Every person and situation is different, but below are a few tips to think about when deciding what type of exercise routine to start.

What Excites You?

One of the biggest things to remember when figuring out what exercise routine you want to start, is to pick something that you are excited about. If you aren't used to exercising often and dread exercising, you will be less likely to follow through and exercise. For example, if you like swimming, see if the local Wellness Center has a water aerobics class. Be sure to talk to your doctor before starting a vigorous program.

Build up Your Endurance

If you don't exercise regularly, it is necessary to slowly work your way to the end goal of 150 minutes a week. Start with 20 minutes four days a week, then slowly add more time until you reach the full 150 minutes a week that is recommended.

Stay Hydrated

Make sure to stay hydrated before, during and after exercise. It is important to drink plenty of fluids to replenish what you will lose in sweat. Do not wait until you feel thirsty to drink fluids, because that could mean you are already experiencing dehydration. The best way to stay hydrated is to carry plenty of water and sip throughout your workout.

Eat Your Protein

Protein is essential to help build muscle and keep you full of energy. Remember that the recommended amount of protein per day after surgery is 60-70 grams.

Preventing Weight Regain after Weight Loss Surgery

- Adhere to scheduled follow-up visits with both the physician/nurse practitioner and dietitian
- Follow nutrition recommendations:
 - 60-70 grams protein daily
 - 64 fl. oz. of noncarbonated, sugar-free fluids daily
 - Take all vitamins and minerals daily
- Get regular physical activity... move your body every day!
- Record a food diary
- Adequate sleep and stress management
- Attend support group meetings regularly
- Avoid old behaviors (such as skipping meals, inactivity, eating low nutritional value/higher calorie foods)

Game Day in the South

Cool autumn weekends bring blankets, blue jeans and spirited football games. At colleges and universities across the country, game day has become a ritual of sophisticated food and festivity, especially in the South! The perfect formula for a fun-filled day involves toting along coolers and baskets of food, then serving up a feast.

This all-American fall ritual can seem a little intimidating when you're watching your weight. But there's no reason it has to sideline your weight loss efforts. With a little planning, you can stick to your healthy eating plan while cheering on your favorite team.

Here are a few tips to keep you healthy this season:

- Before the festivities begin, have a small protein-filled snack so you'll be less tempted to overeat.
- Eat from a plate instead of continually grazing from the buffet. This will help you keep track of how much you're eating.
- Avoid dips and spreads that might be hiding high-fat ingredients. Go for foods you can recognize so you can estimate reasonable portion sizes.
- Remember that alcohol has plenty of calories. One tactic is to alternate alcoholic drinks with zero-calorie beverages throughout the day. Remember that too much alcohol can lead to increased hunger.
- Take advantage of the time you have before, after or during halftime of the game to get active. Go for a walk, throw a football around with your family, or help clean up around the tailgating/party area to get you up and moving.
- If you're the party host, do your fellow fans a favor by making sure your buffet includes plenty of healthy offerings such as:
 - Fresh fruit, sliced or in salads or kabobs
 - Assorted vegetables with salsas
 - Lean meats, seafood and cheeses
 - Salads made with homemade olive oil and vinaigrettes



Bariatric Bites 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.

Meat & Cheese Platters

Cheese and meat platters are always a hit at any gathering and offer something for everyone. Take the time to make your meat and cheese tray appealing and appetizing. Display on wooden cutting boards or pottery serving platters, print labels for each food item, and add greenery or edible flowers around the tray.

- **Cheese – Cheddar, Havarti, Pepper Jack, Colby**

Have cheeses in different varieties and cuts. Try easy-to-pick-up cuts such as small cubes or wedges. Depending on the size of your party, choose between three to five different varieties.

- **Meats – Deli turkey, deli ham, salami, prosciutto, thin sliced turkey pepperoni**

Have the meats thinly sliced and labeled so that your guests will know what cuts of meats are available. Pair each meat with a complementing cheese around your platter.

- **Olives and Pickles**

Choose a variety of olives (black or green from a jar or marinated from your local deli). Also choose a variety of pickles (hot, sweet, dill), some in slices, some baby pickles and others cut up in bite size.

- **Nuts**

Scatter lightly salted almonds around the platter for an extra crunch.

- **Fruits**

Choose individual fruits such as green and purple grapes, strawberries and pineapple chunks for color and sweetness.

- **Crackers**

No need to buy a box of assorted crackers. Make your own out of grated parmesan cheese for that salty, crunchy, crisp like cracker. See recipe to the right.



Parmesan Crisps

Yield: 8-10 crisps

Ingredient

1/2 cup grated Parmesan

Directions

Preheat oven to 400 degrees F

Pour a heaping tablespoon of Parmesan onto a silicone or parchment lined baking sheet and lightly pat down. A silicone baking sheet is highly recommended.

Repeat with the remaining cheese, spacing the spoonfuls about one-half inch apart. Bake for 3 to 5 minutes or until golden and crisp. Cool.

Patient Profiles

Jennifer Enochs

Jennifer Enochs of Tupelo not only lost 115 pounds after having weight loss surgery at NMMC in 2007, but she also maintained the weight loss for more than 10 years.

At 314 pounds, Enochs had no energy and found it difficult to get around because of joint and back pain. Her blood pressure and lab results were starting to show unhealthy changes. “That spoke to me,” she said. “I lacked confidence and felt insecure most of my life because so often I felt judged by my appearance, which worsened the depression that has been a lifelong struggle.” Today her blood pressure, cholesterol and blood sugar are on target, and her fibromyalgia issues have greatly improved.

Enochs says bariatric surgery is the best gift she could ever have given herself. “You have to do this for yourself and no one else,” she said. “This is no easy way out. It truly is a ‘tool’ but you have to be willing to take it out of the ‘toolbox’ and use it. You can’t just put it away when you reach your goal and think you are finished with it. It is a lifetime change but so worth it.”



Jeff Roberts

Jeff Roberts of Ripley has lost 181 pounds, thanks to weight loss surgery at NMMC in May 2017. “I didn’t even know if I’d see my 13-year-old son graduate high school,” he says. “I didn’t realize how bad a shape I was really in.”

When Jeff tipped the scales at 442 pounds, he struggled with high blood pressure, sleep apnea and joint issues. “I haven’t taken blood pressure medicine since the day before my surgery,” he said. “My boss says I’m a better employee now because I get more rest at night and I’m more focused during the day.”

Since weight loss surgery, not only has his health improved, but also his quality of life. “I love football, and I couldn’t even go to an Ole Miss game because I couldn’t walk from where I parked,” he said. “Now I can park and walk all over campus. I can also play football with my son again.”

Six weeks after surgery, Roberts completed his first 5K in years. “You have to be mentally prepared,” he said. “The surgery isn’t going to do it for you. You still have to follow through and put in the work, but it’s a great tool to help you.”



To start your own “Journey to a New You”
at North Mississippi Medical Center, visit
www.nmhs.net/bariatric_center.