

Bariatric

bytes

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

Spring 2019

Pre- & Post-Surgery

Bariatric Surgery Pre-Op Requirements

- Stop smoking two months prior to surgery
- Begin daily exercise regimen
- CPAP/BIPAP if prescribed for treatment of obstructive sleep apnea
- May be required to lose weight prior to surgery to minimize risk
- High protein, low carbohydrate diet 10 days prior and bariatric clear liquids with protein supplements four days prior to surgery

Hospital Course

- Surgery usually takes one to two hours
- Intra-operative “leak test”
- Private room at Bariatric Center
- Sequential compression device (SCD) to reduce risk of deep vein thrombosis
- Early ambulation (one hour after post-op unit arrival)
- Ice chips day of surgery
- Bariatric clear liquids day after surgery
- Hospital stay two nights for laparoscopic vertical sleeve gastrectomy
- Must walk, drink, void, control pain prior to discharge

Things to Consider

- Surgery is a tool
- Success is dependent upon your commitment to dietary, exercise and lifestyle changes
- 60-70 grams of protein every day
- 64 oz. non-carbonated sugar-free fluids every day

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Bariatric Center to Hold Weight Loss Health Fair

North Mississippi Medical Center's Bariatric Center will host a Weight Loss Health Fair on Thursday, April 4, 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.

For more information about the Weight Loss Health Fair, call (662) 377-SLIM(7546) or 1-866-908-9465.

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/weight-loss-surgery



- Required vitamins/minerals every day
- Exercise every day

Post-op Follow-up

- Two Weeks: Physician and Dietitian
- Six Weeks: Physician and Dietitian
- Three Months: Physician or Nurse Practitioner
- Six Months: Physician or Nurse Practitioner
- Nine Months: Physician or Nurse Practitioner
- 12 Months: Physician or Nurse Practitioner and Dietitian
- 18 Months: Physician or Nurse Practitioner
- 24 Months: Physician or Nurse Practitioner
- Then every 12 months: Physician or Nurse Practitioner

Postoperative follow-up along with nutritional and exercise counseling should continue indefinitely.

Bariatric Clinic Staff: Your Team

We will be with you every step of the way after your surgery. Consistent follow up is crucial in post-op surgery weight loss. We will guide you in implementing healthier eating habits, adequacy of your diet and adhering to your vitamin and mineral supplementation. To maximize your success, take advantage of all that our program offers, whether it be follow-up appointments with the doctors and/or nurse practitioner, the dietitian, the exercise expert or our monthly support group. The Weight Loss Support Group is a great way to talk to others who have similar experiences as you do, as well as long-term education on topics such as nutrition, exercise, behavior changes, patient testimonies and overall healthy lifestyle habits.

Terry Pinson, M.D.

Bariatric Center Medical
Director and Bariatric Surgeon

William Cauthen, M.D.

Bariatric Surgeon

Vivian Rogers, DNP

Bariatric Center Director,
Nurse Practitioner

Mike Oliver, Ph.D.

Psychologist

Ginger Mark, RD, LD, CDE

Dietitian

Teri Spain

Administrator

Hollie Waldron, MSN

Program Coordinator

Audrey Miller

Financial Specialist

Edee Dull

Data Analyst/MBSCR

Regina Beyer

Exercise Physiologist

Rita Pounds, RN

Bariatric Clinic Nurse

Shamela Bell, RN

Bariatric Clinic Nurse

Lysha Lentz, LPN

Bariatric Clinic Nurse

Deep South Shrimp and Sausage

Serves: 4 (3/4 cup serving)

Ingredients:

Cooking spray

3/4 pound peeled and deveined medium shrimp

1 tsp Old Bay seasoning

1/4 tsp freshly ground black pepper

1 cup bell pepper (orange, yellow, green – mix), chopped

1 (6.5 ounce) link smoked turkey sausage, cut into 1/8-inch-thick slices

2 garlic cloves, minced

1/4 cup water

Preparation Instructions:

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add shrimp, seasoning and black pepper, tossing to coat. Cook 3 minutes or until shrimp are done, stirring frequently. Remove from pan; keep warm.

2. Return to pan to medium-high heat. Coat pan with cooking spray. Add bell pepper; cook 2 minutes, stirring frequently. Add sausage; cook 2 minutes or until lightly browned, stirring frequently. Add reserved shrimp mixture and garlic. Cook 1 minute, stirring constantly. Add 1/4 cup water; cook 30 seconds, scraping pan to loosen browned bits. Remove from heat; let stand 2 minutes. Serve over cauliflower rice.

Nutrition Information (per serving):

142 calories, 20 grams protein, 3 grams fat, 8 grams carbohydrate, 1 gram fiber

Recipe from: www.myrecipes.com

Success Stories

Alyssa Steria

Alyssa Steria of Blue Springs has lost 163 pounds since having weight loss surgery in July 2017 at North Mississippi Medical Center. “Do it, not as an easy way out, but as a new way of life, a healthy life, and a much-improved better life,” says Alyssa, who feels more energetic now than in her teenage years.



When she weighed 322 pounds, Alyssa suffered from extremely painful plantar fasciitis. Since losing 158 pounds thanks to weight loss surgery, her problems are completely resolved.

“I am able to exercise regularly and even started running,” says Alyssa. “I pay more attention to what I put into my body nutritionally and make sure to stay active. I even went back to college last fall!”

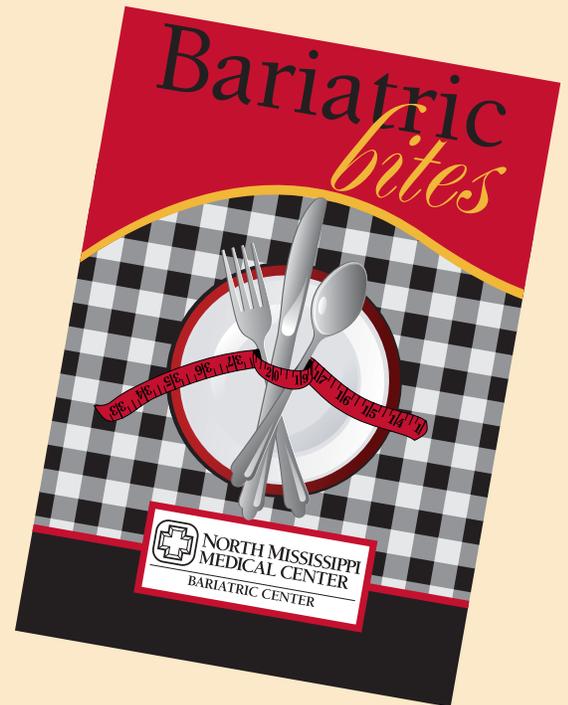
Amanda Robinson

Amanda Robinson of Pontotoc has lost 127 pounds since having weight loss surgery in September 2017.

At 255 pounds, Amanda suffered from high blood pressure and joint pain – both of which have since resolved. “I am happier and self-confident,” Amanda says, adding that she can now do simple tasks such as climb stairs without



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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.

becoming winded and work out at the gym without being embarrassed because of her size and limited ability.

“Bariatric surgery is the best decision I have ever made. My only regret is not doing it sooner!”

Bradford Nabors

Bradford Nabors of Fulton has lost 175 pounds since having weight loss surgery in November 2017.

At 461 pounds, Bradford had pre-diabetes and suffered from severe joint pain in his back, shoulders and knees. Now his pre-diabetes is gone and he needs much less arthritis medication.

“I can stand up and do things that I need to do without my back causing me so much pain that I have to sit down,” he says.

“My knees need to be replaced, and before I lost the weight, no doctor would even consider seeing me. Now, knee replacement is actually an option for me.”

To start your own “Journey to a New You,” visit www.nmhs.net/weight-loss-surgery.



Basic Deviled Eggs

Serves 6 (serving size: 2 halves)

Ingredients:

- 6 large eggs
- 2 tablespoons mayonnaise
- 1 1/2 tablespoons sweet pickle relish
- 1 teaspoon prepared mustard
- 1/8 teaspoon salt
- Dash of pepper
- Garnish: paprika

Preparation Instructions:

1. Place eggs in a single layer in a saucepan; add water to depth of 3 inches. Bring to a boil; cover, remove from heat and let stand 15 minutes.
2. Drain immediately and fill the saucepan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
3. Slice eggs in half lengthwise and carefully remove yolks. Mash yolks with mayonnaise. Add relish, mustard, salt and pepper; stir well. Spoon yolk mixture into egg whites. Garnish, if desired.

Recipe from: www.myrecipes.com