

Bariatric



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

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Psychological Factors of Weight Loss

By Dr. Mike Oliver

Many patients are surprised to learn that a psychological evaluation is a requirement for bariatric surgery. It may seem like an unwelcome, unnecessary detour on the journey to a new you.

Surveys indicate that 88% of bariatric surgery clinics require a mental health evaluation. This is because many of the variables associated with readiness for surgery and ability to adhere with postoperative requirements are behavioral in nature. Nevertheless, patients may feel nervous about meeting with a psychologist and may be left with a number of questions. I wanted to share some information regarding the purpose of the evaluation and what you may expect during the evaluation.

Perhaps it is most important to clarify what the evaluation is NOT intended to do. We are not interested in uncovering psychological problems or conflicts which may have "caused" obesity. The evaluation is also not intended to "pass" or "fail" patients for surgery. A recent review article indicated that fewer than 4% of patients are declined for bariatric surgery based on findings from the psychological evaluation.

Patients with very severe psychiatric disturbance are not considered optimal candidates for bariatric surgery, but these patients will almost always have been identified by other means and are never even referred for psychological evaluation.

So why are we doing this?

The main purpose of the evaluation is to learn about you as an individual so that your surgeon and other members of the team can best assist you to achieve success! We all have strengths, weaknesses and preferences, and information from the evaluation helps us to approach patients in the most effective way. We use standardized "tests" because they generate a profile for comparison to large reference groups of bariatric surgery patients.

Formal measures help identify areas which may warrant increased monitoring or intervention. Patients may be asked to address potential barriers to success as a component of their preparation for surgery.

For example, a depressed patient who has become discouraged and stopped his antidepressant might be referred for resumption of medication therapy or to see a counselor. The evaluation involves an individual meeting followed by completing a number of survey forms, questionnaires and true/false inventories. Some of the inventories are lengthy and may have items which appear odd or irrelevant. Unusual



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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items may be present simply to make sure patients are carefully attending to item content. During the evaluation, keep an open and honest approach. Feel free to ask questions and remember that feedback from the evaluation is always available. Having the evaluation available at the Bariatric Clinic is a great advantage.

Remember, we are all on your side and want to help you achieve a fantastic outcome!

Fiber 101

Ginger Mark, RD, LD, CDE

Fiber is a general term we use to describe the part of plant foods we eat that our bodies cannot digest or absorb. It is found naturally in our vegetables, legumes, beans and fruits. There are two types of fiber: soluble and insoluble.

Soluble fibers, which dissolve in water, help lower cholesterol and blood sugars. These fibers are found in peas, beans, carrots and fruits. Insoluble fibers promote movement of food through the digestive system and increases stool bulk. These fibers are found in vegetables (cauliflower, green beans), nuts and beans.

We need fiber in our diets to keep us feeling fuller longer, prevent constipation, slow down the digestion of our foods and aid in weight loss/maintenance. You should strive to get in fiber through REAL foods, not fiber supplements.

Here are 10 high fiber foods to choose alongside your proteins:

- Almonds
- Pistachios
- Flax seed
- Broccoli
- Brussel sprouts
- Cauliflower
- Turnip greens
- Black beans
- Raspberries
- Pear

Vitamin/Mineral Corner

Vitamin A

- Fat soluble vitamin (dissolve in fat and carried through your bloodstream)
- Helps us see in the dark
- Promotes the growth and health of our cells and tissues
- Protects you from infections
- Works as an antioxidant
- Found in animal proteins; red, yellow, orange vegetables; many dark green-leafy vegetables
- Men: 900 mcg daily; Women: 700 mcg daily
- Take your two Flintstones Complete daily

Protein Orange Creamsicles

(using Premier Protein)

SERVINGS: 6-8 popsicles

INGREDIENTS:

11 oz. Premier Protein Vanilla Shake

1-2 Sugar-free Orange Crush sticks (to taste)

¼ tsp. lemon juice

INSTRUCTIONS:

Combine all ingredients in a blender and blend until smooth. Pour into popsicle molds and freeze at least 2 hours.

www.bariatricfoodie.com

Chicken, Black Bean, Corn & Tomato Salad

(SERVES 4)

12 oz. boneless, skinless chicken breast, trimmed and poached

1 (15 oz.) can black beans, rinsed

1 large tomato or 2 plum tomatoes, cored and diced

1 cup of corn, fresh

3 cloves garlic, finely chopped

2 tsp dried oregano

1 ½ tsp ground cumin

2 T sherry or cider vinegar

½ tsp salt

½ cup chopped green onions or scallions

¼ cup chopped fresh parsley

Olive oil flavored non-stick cooking spray

Shred chicken and combine black beans, tomatoes and corn in a salad bowl. Spray skillet with olive oil cooking spray. Add garlic and sauté until just beginning to color (about 30 seconds). Add oregano and cumin; stir until fragrant (about 10 seconds). Remove from heat; add vinegar and salt. Pour over salad. Add green onions and parsley; gently stir to combine. Cover and refrigerate for up to 8 hours.

230 calories, 24 grams protein, 3 grams fat, 26 grams carbohydrate, 6 grams fiber

Bariatric Bites Cookbook

Healthy Hair

Ginger Mark, RD, LD, CDE

One of the most frequent questions we are asked is, “Am I going to lose my hair?” So let’s start at the beginning. First, we need to understand how hair grows. Hair begins to grow at the root of the follicle (little pockets in your skin). The root is made up of cells of PROTEIN. Blood vessels in your scalp feed the root making your hair grow. As it grows, it is then pushed through the skin. Once it is long enough to push through the skin, your “hair” has died.

The take home message is.... hair growth begins in the cells made up of PROTEINS.

On average, you lose about 50-100 hairs a day. This is because the follicles do not grow hair at the same time. However, on top of that, certain “stressors” may cause this number to go up. These stressors can include surgery of any kind, anesthesia and acute weight loss.

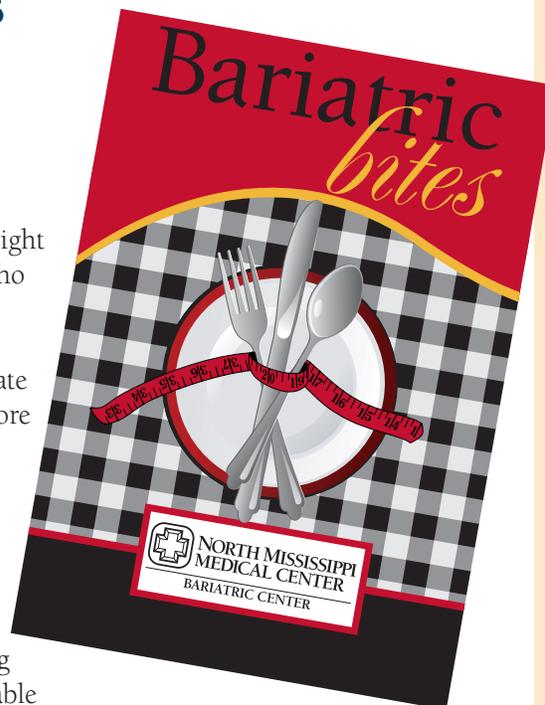
Nutrition plays a key role in maintaining hair and the new growth of hair in the future. Protein is the nutrient that makes up the cells in the root of the follicle. It is essential that you consume 60-70 grams of protein daily. Iron and zinc also have roles in hair growth. This is why you take two Flintstone Completes a day. Do not ever stop this multivitamin with iron.

Most people associate hair shedding with biotin. Everyone has heard, on all types of social media and advertising, that biotin is the cure for all hair shedding. These claims have not been proven. There is no evidence that you need special shampoos, extra protein or additional biotin and/or zinc supplements beyond 60-70 grams protein and a multivitamin with iron daily to maintain that healthy head of hair.

(References: www.mayoclinic.com; Pocket Guide to Bariatric Surgery, second edition, Academy of Nutrition and Dietetics; www.aad.org)

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.



Low Carb Avocado Shrimp Cucumber Appetizer

This Low Carb Avocado Shrimp Cucumber Appetizer will be your new favorite appetizer! Low carb, easy to make and delicious!

Author: Jen Nikolaus

Ingredients

Cucumber sliced into 1/2 inch slices
2 large California avocado, halved and pitted
Salt & pepper to taste
2 tsp. fresh lemon juice
Marinade for Shrimp:
2 lbs. large shrimp peeled and deveined
2 cloves garlic minced
1 1/2 tsp. kosher salt
1/2 tsp. cayenne pepper
1 tsp. paprika
3 Tbsp. olive oil
1 Tbsp. fresh lemon juice

Instructions

Combine all marinade ingredients into a large resealable bag and add in the shrimp. Let marinate for 30 minutes.

Meanwhile, mash avocado in a bowl and add in salt and pepper, to taste plus the lemon juice. Preheat grill to medium high. Once heated, place shrimp on grill and close lid. Let grill for 3 minutes and then flip over and cook for another couple of minutes, until pink and cooked through. Take off grill and let cool.

Place cucumber slices on a large tray. Spread a spoonful of the mashed avocado mixture onto each slice. Top with a grilled shrimp. Serve and enjoy!

Notes

*This recipe can make a lot or a little, depending on how many people need to be served. Also, bags of large/jumbo shrimp vary in shrimp count, so approximate numbers of servings will vary depending on that.

www.yummyhealthyeasy.com

Weight Loss Success Stories

Bryson Miller has lost 128 pounds since having weight loss surgery at North Mississippi Medical Center in August 2017.

When he weighed 339 pounds, Miller suffered from obstructive sleep apnea and high cholesterol. Since losing weight, he no longer needs cholesterol medication or uses a CPAP machine.

“I have been to theme parks and was able to get on rides without my weight or size being an issue,” he says. He no longer has to shop in the “Big & Tall” section, nor is he limited to stores that carry his size.

“This is one of the greatest, and hardest, things I have ever done,” Miller says about weight loss surgery. “Immediately after surgery the journey is rough, but it’s worth it in the results. Make sure you’re mentally prepared! I am truly happy with the decision I made to start my weight loss journey.”



Meagan Gaines of New Albany has lost 120 pounds since having weight loss surgery in May 2017 at NMMC. When she weighed 280 pounds, Gaines suffered from fatigue and back pain. Since losing weight thanks to weight loss surgery, her back pain is resolved.

“I have way more energy to keep up with my 2-year-old daughter,” Gaines said. “I actually enjoy running now and have increased self-confidence.”

“If you’re considering surgery, don’t wait,” she added. “Do it now; I wish I would’ve done it sooner!”



At 282 pounds, **Joy Che** of Hernando suffered from joint pain and increased pain from her scoliosis.

Since losing 147 pounds, there’s no more joint pain but a lot more energy. “I can engage in activities with my family, like hiking,” says Che, who had weight loss surgery in December 2016. “I can play with my kids, and I just feel good every day.” To anyone contemplating weight loss surgery, she says definitely do it. “It’s been the best thing that’s ever happened to me,” she said. “It’s boosted my confidence and helped me feel good about myself.”



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