

Bariatric



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Fall 2019



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

Lean on Us

Your support system is so important while you're on your journey to better health. Our team at the NMMC Bariatric Center is here to provide support in any way we can through follow ups with our doctors, nurse practitioners or dietitian and our monthly support group meetings.

Getting involved in a support group is a great way to connect with others who are facing the same challenges and successes. The Weight Loss Support Group meets the first Thursday of every month from 6-7 p.m. at the NMMC Wellness Center, or you can join the meeting online at www.nmhs.net/weight-loss-support-group.

Here are some things a monthly support group can offer:

- **Education:** An opportunity to hear from experts in the fields of nutrition, exercise, women's health and weight loss surgery throughout the year and get the most recent information
- **Celebration:** A place to share success stories and meet others who are on the same journey to better health
- **Motivation:** A safe place of understanding, compassion and encouragement from others and your health care providers
- **Verification:** To validate all feelings that one might go through before and after surgery
- **Re-commitment:** A place to regroup and rededicate your intentions on your journey to a better health

What better way to encourage, support and educate you throughout your journey and life than to attend our monthly support groups that are just for you. Please join us!

Healthy Lifestyle for the Entire Family

Many of our patients who are preparing to have bariatric surgery tell us they are hopeful the lifestyle changes they plan to make with bariatric surgery will have a beneficial effect on other family members. They want to spare their children and others from the health problems and reduced quality of life they may have suffered from obesity.

We certainly know that negative health-related habits such as smoking can be contagious within a family or among friends. What happens to other family members when somebody has bariatric surgery and makes dramatic changes in their eating behavior and activity level?

Well, the news is good! A recent study conducted at Stanford University found that obese family members of bariatric surgery patients also lost weight, reduced waist size, and increased activity level over a one-year follow-up.

Weight loss among obese adults amounted to an average of 3% of body weight and a three-inch reduction in waist size. Even non-obese adult family members lost an average of four pounds. The mean body mass index among obese children in the study was lower than what would have been expected based on projected growth-curve.

Adults participating in the study reported less emotional eating and reduced episodes of uncontrolled eating.

Adults and children had increased activity levels with obese adults more than doubling their energy expenditure. Children increased energy expenditure by over 50%. Adult family members reported a decline in alcohol use.

It is important to note that these beneficial effects were not magic. Family members in the study were provided with the same information as the surgery patients and were actively encouraged to make lifestyle changes. The results reflect changes achieved during only one postoperative year so it will be of interest to examine beneficial effects over longer periods of time.

In a subsequent interview, one of the study authors suggested that each patient undergoing bariatric surgery has an opportunity to become “an ambassador for good health” for their families and others. He goes on to note that obesity tends to be a family disease and weight loss surgery can provide the vehicle to improve the health of the entire family.

Arch Surg. 2011;146(10):1185-1190

Canadian Bacon Cups

From *Bariatric Bites*

Serves: 4 (1 each)

Ingredients:

1 cup Eggbeaters
4 slices Canadian bacon
1/3 green bell pepper, diced
1/3 red bell pepper, diced
1/3 onion, minced
Cooking spray
1 1/3 Tbsp fresh herbs of choice such as tarragon, chives or parsley, minced
Pepper to taste

Instructions:

Preheat oven to 400 degrees. Spray skillet with cooking spray and sauté onions to soften before adding in peppers. Cook, stirring often, until slightly softened but colors are still bright. Remove from heat and season to taste with pepper. Lightly spray 4 cups of a muffin tin and insert one slice of Canadian bacon into each cup. Divide bell pepper mixture among the 4 cups and carefully pour 1/4 cup of the Eggbeaters into each bacon cup on top of the peppers. Bake in center rack of oven for about 15-20 minutes, or until eggs are set. Season eggs to taste and carefully remove by gently scooping out bacon cups with spoons and rubber spatulas. Serve garnished with fresh herbs.

Nutritional Information: 80 calories, 12 grams protein, 2 grams fat, 2 grams carbohydrate

Vitamin Corner: Vitamins & Minerals

Vitamins and minerals do not provide energy or calories, but they maintain the function of cells in your body. A deficiency may occur within a few weeks after surgery. Routine blood testing is needed because a deficiency may not show any symptoms in the beginning. To prevent a deficiency, you should eat a variety of foods and take the required supplements.

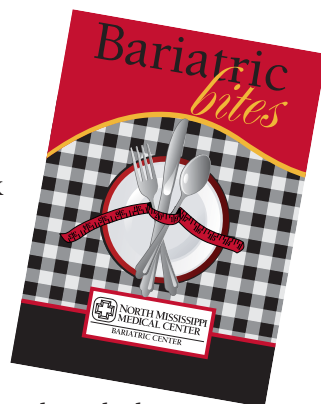
In the past, nutritional teaching has been that vitamins and minerals are contained in adequate amounts in a well-balanced diet; therefore, supplements should not be required. However, after bariatric surgery, the small sleeve does not allow you to eat enough to get the proper nutrition. In order to obtain adequate amounts of vitamins and minerals, supplements must be taken for the rest of your life. We recommend that you take an adult chewable or liquid multivitamin with iron or two children's multivitamins with iron daily. You will also need to take Calcium Citrate with Vitamin D and B12. After three months, if you are tolerating all liquids and solids well, you may begin swallowing whole pills.

Your Weight Loss Goal

To be effective after bariatric surgery, you will need to commit the time, thought and focus necessary to guarantee your success with your personal weight loss goal. You must look deep inside yourself; this will provide you with a key opportunity to recognize where you are in your life compared to where you want to be. Then, with what you have learned about good food choices, you can incorporate and maintain healthy eating habits on a daily basis for the rest of your life. Good luck with your new weight loss journey.

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.



Spinach Salad with Steak & Blueberries

Adapted from: <http://www.eatingwell.com>

Makes 8 servings (1 cup each)

Ingredients:

1 cup fresh blueberries, divided
1/2 cup chopped walnuts, toasted
3 T. fruity vinegar, such as raspberry vinegar
1 T. minced shallot
1 tsp. sugar substitute
1/2 tsp. salt, divided
2 T. walnut oil or canola oil
1 lb. sirloin steak or strip steak (1 - 1 1/4 inches thick), trimmed
1/2 tsp. ground black pepper
8 cups baby spinach
1/4 cup crumbled low-fat feta cheese

Preparation:

Preheat grill to medium.

Pulse 1/4 cup blueberries, 1/4 cup walnuts, vinegar, shallot, sugar substitute, and 1/4 tsp. salt in a food processor to form a paste. With the motor running, add oil until incorporated. Transfer the dressing to a large bowl.

Sprinkle steak with pepper and the remaining 1/4 tsp. salt. Oil the grill rack. Grill the steak 5-6 minutes per side. Let rest on a clean cutting board for 5 minutes.

Add spinach to the bowl with the dressing; toss to coat. Slice steak crosswise. Top the spinach with steak, feta and the remaining blueberries and walnuts.

Per 1 cup serving: 190 calories, 15 grams protein, 5.5 grams carbohydrate, 10 grams fat

Weight Loss Success Stories

Jody Long of Booneville has lost almost 200 pounds since having weight loss surgery at NMMC in November 2018. “Before my surgery, I was having trouble doing regular, everyday activities,” said Jody, who tipped the scales at more than 360 pounds. “As a college softball coach, one of the keys to a successful team is to be a leader and lead by example. I’m in the business of motivating young people, yet I was not taking care of my own body – I was abusing it.”

Since losing almost half his starting weight, Jody says he’s in the best shape of his life and able to do things he hasn’t done in years. “My life has totally transformed since the surgery and losing all the weight. Before I could barely move and would be out of breath before I made it out of a room,” he said. “Not only has my health improved, but my mental health has improved as well. Weight loss has given me the confidence to do and try things that I normally would not do. Just this week, I jogged in front of my team for a quarter-mile without stopping – which is huge being I was born with spasticity, a form of cerebral palsy that limits the use of my entire left side – and went a total of 1.5 miles to show them that if I can do it, they can do it as well. It has made me even more mentally tough than ever before.”

Jody encourages anyone considering weight loss surgery to consult a doctor and then go for it. “You have to be mentally and physically prepared, but there is not a day that goes by that I don’t wish I had the surgery earlier in life,” he said. “You must have a strong mindset and be committed to doing it the correct way. It’s not a quick fix; it’s a life-changing decision.”

Tonya Dillard of Smithville once weighed 525 pounds and suffered from high blood pressure, diabetes, and joint and back pain. Since having weight loss surgery in May 2016, she no longer has diabetes, her blood pressure medication has been cut in half and her pain has improved. Losing 342 pounds hasn’t been easy. “You have to do the work,” Tonya said. “You can’t just be lazy. You have to try to lose the weight.” For anyone considering weight loss surgery, Tonya urges, “Do your research, follow your instructions and be patient with yourself.”

Misty Dodds of Guntown has lost 115 pounds since having weight loss surgery in September 2017. When she weighed 250 pounds, Misty suffered with high blood pressure, high cholesterol, sleep apnea and depression. Now she no longer needs medication for these conditions, and she doesn’t have to sleep with a CPAP device. Misty says her quality of life has improved tremendously. “I started running after surgery and ran several 5Ks and 10Ks,” she said. “I am training to run a half-marathon by the end of the year. Before surgery I couldn’t run far at all without becoming short of breath.” She also has the energy to keep up with her 6-year-old and to do more activities with her family. “The decision to have weight loss surgery is one of the best decisions I’ve ever made,” Misty says. “I feel 20 years younger! I wish I would have done it sooner!”

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

