

Bariatric



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Spring 2020

Get Up, Get Moving & Good Luck

*Will Cauthen, M.D.
General & Bariatric Surgeon*

I have been a member of the Bariatric Center team for about four years, and I really enjoy helping patients achieve their weight loss goals.

Let's talk about exercise and just being 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. 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. This could be joining a gym and getting a trainer or just advice from a friend. I think sometimes someone 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 piece of advice I can give is to find something you actually enjoy doing. It sounds so simple I think most people overlook this obvious fact. If you don't like lifting weights, then don't try to 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 are not going to stick with it, period. 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? Who cares! Think positively about the three workouts you did make this week. Remember how far you have come. Along those same lines, try not to get 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.

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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/weight-loss-surgery

Upcoming Support Groups

April 2

Nutritional Advice for Bariatric Patients

Ginger Mark, RD, LD, CDE

NMMC Bariatric Center

May 7

Ask the Surgeon

Terry Pinson, M.D.

June 4

Ask the Surgeon

Will Cauthen, M.D.

The Weight Loss Support Group meets at 6 p.m. the first Thursday of every month at the NMMC Wellness Center, located at 1030 S. Madison St., Tupelo. If you prefer, you can watch live at www.nmhs.net/weight-loss-support-group.

*Please note that ALL patients are required to attend at least one support group prior to surgery.

Challenge yourself. Set goals and when you achieve those goals, reward 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 an obstacle course 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 also better for your body. 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.

There are three forms of exercise: cardiovascular, strength-building and flexibility.

- **Cardiovascular exercise** is also known as aerobic exercise. Aerobic exercise uses your large muscles and can be continued for long periods. For example: walking, jogging, swimming and cycling are aerobic activities. These types of exercises drive your body to use oxygen more efficiently and deliver maximum benefits to your heart, lungs and circulatory system. A simple definition of cardiovascular exercise is any exercise that raises your heart rate to a level where you can still talk, but you start to sweat a little. At least 20 minutes of cardiovascular exercise three or four days a week should be enough to maintain a good fitness level. Any movement is good, even house or yard work. But if your goal is to lose weight, you will need to do some form of cardiovascular exercise five or more days a week for 30 to 45 minutes or longer.
- **Strength-building exercises** are known as anaerobic exercise. Anaerobic exercise does not have cardiovascular benefits but it makes your muscles and bones stronger. Strength-building exercises require short, intense effort. People who lift weights or use any type of equipment that requires weights are doing strength-building exercise. Strength-building exercise makes your muscles and bones stronger and increases your metabolism. Strength exercises also make your muscles larger. Your muscles use calories for energy even when your body is at rest. By increasing your muscle mass you are burning more calories all of the time. If you strength train regularly, you will find that your body looks leaner and you will lose fat. Strength-building exercises should be performed two to three times a week for best results. Always warm up your muscles for five to 10 minutes before you begin lifting any type of weight or before performing any resistance exercises.
- **Flexibility exercises**, which are also anaerobic, tone your muscles through stretching and can prevent muscle and joint problems later in life. A well-balanced exercise program should include some type of exercise from each category.

Workout Eating Plans

The most important thing to remember is that you MUST be hydrated before, during and after workout. So first things first, always have water,

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Gatorade Zero or Powerade Zero on hand to sip on during all exercises. Here are some suggestions for pre-workout “meals” and post-workout “meals.”

Pre-workout:

- 45-60 minutes prior to workout, drink 1/2 of a protein supplement (i.e. Premier Protein, Ensure Max Protein, etc.) **OR**
- 45-60 minutes prior to workout, eat 1/2 of a protein bar that is high protein, low carb (less than 10 grams carb per serving), for example: Quest protein bars **OR**
- 1 oz. walnuts or almonds

During workout:

- Drink your fluids – water or Gatorade Zero or Powerade Zero or Vitamin Water Zero

Post-workout:

- 30-45 minutes after workout, finish the other half of your protein supplement or protein bar **OR**
- 30-45 minutes after workout, eat 1/2 a Greek yogurt **OR**
- 30-45 minutes after workout, eat 1/4 cup cottage cheese, sprinkled with walnuts or almonds

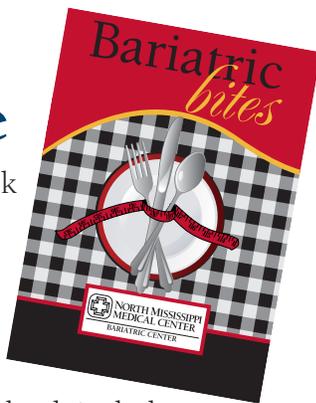
Getting Started on myConnection

Discover how easy it is to set up a myConnection account:

- Visit <https://www.myconnection.org/mychart>.
- Answer a few questions to verify your identity and find a matching patient record at North Mississippi Health Services.
- Once your identity has been confirmed, you can create a myConnection account and gain immediate access to your information.

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.



Book Your Grocery Store Tour

Are you having trouble navigating the grocery store? What is good for me? What's high in protein? Which liquids can I drink? Should I choose fresh or frozen foods? The questions can go on and on.

Our registered dietitian, Ginger Mark, can help! Call (662) 377-SLIM (7546) to set up an appointment for her to meet you at an area grocery store to walk you through and answer any and all questions. This can be one-on-one grocery shopping or a group outing with up to four individuals.

Easier than Ever

Now it's easier than ever to make your initial appointment with the NMMC Bariatric Clinic. Simply visit www.nmhs.net/journey and “Register for an appointment.” Someone from our office will call to schedule a time that's convenient for you.

“I enjoy finding new ways to get more and more active.”

Stay Connected with Us

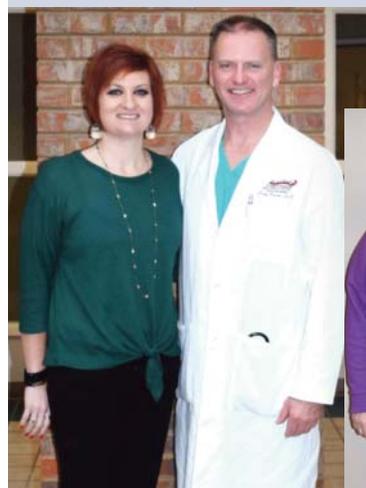
www.nmhs.net/medical-services/weight-loss-surgery
www.nmmcbariatriccenter.com

Weight Loss Success Stories

Jeremy Samples of Guntown has lost 125 pounds since having weight loss surgery at North Mississippi Medical Center in November 2018. When Jeremy tipped the scales at 345 pounds, he struggled with high blood pressure and sleep apnea. Since losing weight, Jeremy is off the blood pressure medication and no longer needs a CPAP device when he sleeps. Today he enjoys exercising, running, walking and hiking. “This is the best thing I could have done,” Jeremy says. “I would do it again. I have no regrets.”



Heather Timmons of Tupelo struggled with sleep apnea, joint pain and migraines when she weighed 276 pounds. “It was hard to keep up with life for my two children. I was always tired and never had motivation to do much of anything,” she says. “I never felt comfortable.” Since having weight loss surgery at NMMC in December 2018, White has lost 115 pounds. “No more sore back, no CPAP to sleep, no joint pain, no migraines, no seatbelt extenders,” she says. “It’s been great!” White says she’s much happier now that she can walk, run, bike, ride amusement park rides and do activities with her children. Two of her friends decided to have weight loss surgery after seeing her progress.



Justin King of Nettleton has lost 126 pounds since having weight loss surgery at NMMC in January 2019. When he weighed 337 pounds, King suffered from high blood pressure, sleep apnea, pre-diabetes and joint pain. Since losing weight, he’s off all his medications except one. “My quality of life has done a 180-degree turn,” King says. “Now I can run without my knees and ankles hurting. I fit into restaurant booths. I can shop for clothes wherever I want to. I’m able to be more active with my family.” King encourages anyone considering weight loss surgery to go for it. “It is a total lifestyle change, but so worth it, not only for your overall health but mental health as well,” he says. “I would do it every year if I thought that is what it would take to feel like I do today!”



To see if weight loss surgery might be right for you, visit www.nmhs.net/weight-loss-surgery.