

Bariatric

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Fall 2020

Celebrating 13 Years & Tons of Weight Loss

By Teri Spain, Bariatric Clinic Administrator

On September 10, 2007, North Mississippi Medical Center's Bariatric Clinic saw its first patients. We had prepared for months and months for this exciting day!

Starting out, EVERY patient was a new patient. On board were Dr. Terry Pinson, medical director and bariatric surgeon; Cherri Cox, RN; Laura Mills, R.D.; Melissa Boatman, admission/discharge specialist; Niki Pumphrey, financial specialist, and me as clinic administrator. Though we were small, we were mighty!

This was all new to us, but we all had a passion to improve people's lives. We all knew every patient's name. We were their personal cheerleaders. We were so excited to see their progress – not only their weight loss but also their improved health and quality of life.

Our first surgeries were in October 2007. Each month we saw our post-operative patients changing right before our eyes. Some patients began to wear their clothes more fitted, more colorful. Some began to change hairstyles and hair color. Most became more outgoing and self-confident with the changes they were experiencing. Many began to be more active – walking/running in 5Ks and half-marathons, swimming, snorkeling and scuba diving. Several joined gyms and participated in weekly classes. Many were able to play with their children and/or grandchildren. Patients were excited to be able to work in their flower garden again and enjoyed being outside.

Thirteen years later, some things have not changed. Every new patient that we see comes with hope – hope that he or she will be successful with weight loss surgery. Successful by reducing/eliminating the number of medications taken. Successful by reducing knee and joint pain – possibly delaying knee or hip replacement surgery. Successful by lowering blood pressure or blood sugar or increasing chances of having a baby.

In these 13 years we have seen some changes. We have added a second surgeon, Dr. Will Cauthen, and a nurse practitioner and program director, Vivian Rogers. We are seeing more and more insurance companies recognizing bariatric surgery as a covered benefit.

To those of you who have had surgery, we applaud you for taking that big step to improve your quality of life. To those of you who are considering the journey, we encourage you to do your research and talk to others who have had surgery, then schedule an appointment to see if you are a candidate and begin your own "Journey to a New You!"



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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www.nmhs.net/weight-loss-surgery

Slow Cooker Country Chicken

(Serves 6)

1 lb. small white potatoes, halved
2 tsp. dried mixed herbs
8 oz. baby carrots (half of a 16 oz. bag)
1 (14.5 oz.) can crushed tomatoes
1 medium onion, sliced
½ cup fat-free, low-sodium chicken broth
2 large ribs celery, sliced
8 oz. sliced mushrooms
1 ¼ lbs. boneless, skinless chicken breasts,
cut into pieces

Coat the inside of a 4- to 5-quart slow cooker with non-stick cooking spray. Place vegetables in base of slow cooker. Sprinkle with dried herbs. Add chicken pieces, then finish with canned tomatoes and broth. Cook on low for 6-8 hours, until vegetables are tender and chicken is cooked.

Note: 220 calories, 26 grams protein, 2 grams fat, 25 grams carbohydrate, 5 grams fiber
– NMMC Bariatric Bites cookbook

Roasted Okra

(Serves 6)

18-20 fresh okra pods, sliced 1/3-inch thick
1 tsp. kosher salt
1 T. olive oil
2 tsp. black pepper

Preheat oven to 425°F. Line a cookie sheet with aluminum foil and spray with cooking spray. Arrange the okra slices in one layer on foil lined cookie sheet. Drizzle olive oil over top of okra and sprinkle with salt and pepper. Bake in a preheated oven for 10 to 15 minutes.

Note: 34 calories, 1 gram protein, 2 grams fat, 3 grams carbohydrate
– NMMC Bariatric Bites cookbook

Benefits of a Sleep Study/ Treatment of Sleep Apnea

By Darrick Whitfield, TH.D., M.DIV, BS, RRT, RPSGT
Director of NMMC Neurophysiology and Sleep Disorders Center

If you ask people the Top 3 things they consider important, most would say that money is important to them. Most would say that living in a nice home is important. Some would even say that driving a nice automobile is important to them.

You might notice that nothing was said about having great health. While it has been overlooked for years, proper sleep will lead to better health. There is a popular slogan that says, “Milk does the body good.” While that might be true – good, restful and undisturbed sleep will leave a positive impact on your body and overall health.

Most people don't realize the importance of a good night's sleep. Adults need seven to eight hours of quality sleep each night. When that is cut short, people miss out on crucial sleep stages that help the brain and body function optimally. Chronic lack of sleep can lead to long-term physical and mental health issues. If you're one of the millions of Americans with sleep problems, you may benefit from a sleep study.

Sleep studies help doctors diagnose sleep disorders such as sleep apnea, periodic limb movement disorder, narcolepsy, insomnia, nighttime behaviors like sleepwalking and REM sleep behavior disorder.

Sleep apnea is a serious sleep disorder in which breathing repeatedly stops and starts. Untreated, sleep apnea can cause high blood pressure and other cardiovascular disease, memory problems, weight gain, impotence, headaches and many other medical conditions. Moreover, untreated sleep apnea may be responsible for job impairment and motor vehicle crashes. Fortunately, sleep apnea can be diagnosed during a sleep study and proper treatment can be initiated.

One of the most successful treatments for moderate to severe obstructive sleep apnea is CPAP, or continuous positive air pressure. During a sleep study, one of the most obvious effects of CPAP therapy is reduced snoring, elimination of frequent awakenings, reduction of trips to the restroom, and the ability to fall into a deep restful sleep. During a sleep study, it's amazing to witness how CPAP therapy restores a person back to normal breathing patterns. CPAP therapy also helps the heart function better, lowers blood pressure and improves oxygenation levels within the body. Symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Observed loud snoring
- Observed episodes of pauses in breathing
- Abrupt awakenings accompanied by gasping or choking
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty concentrating during the day
- Falling asleep while driving

If you are experiencing these symptoms, it's time to talk to your doctor. After a sleep evaluation, your provider will schedule you for a sleep study if necessary.

Why It's Important to Exercise after Bariatric Surgery

By Regina Beyer, Exercise Specialist
NMMC Wellness Center

It's always important to exercise and keep your body healthy. After bariatric surgery, exercise is must for success. Walking after surgery circulates blood to help prevent blood clots, boost your spirits and help reduce the stress of lifestyle changes. The first six weeks after surgery you will be limited to light walking, so this is a great time to slowly work into an exercise routine. You will be encouraged to work up to walking a mile a day.

At six weeks after surgery most patients are released to start doing more types and varieties of exercise. Make sure your exercise routine contains cardiovascular exercise, strength training and flexibility. A balanced exercise program will help you achieve the healthy feeling you are looking for.

Cardiovascular exercise is an exercise that elevates your heart rate. You will want to perform cardiovascular exercise like walking most days per week for 20-30 minutes. You may not be able to do 20-30 minutes when you begin but set a goal and work up to it. Cardio exercise will help to strengthen your heart and muscles, burn calories, boost your mood, improve your sleep and reduce joint stiffness. It also prevents or helps manage high blood pressure and diabetes.

Strength training is also important after bariatric surgery. Often because of calorie restriction, patients will feel weak when they return to doing normal daily chores. The calorie restriction may cause some muscle loss. Strength training is recommended at least two times per week per muscle group. By doing this you will obtain more muscle, boost your resting metabolism, help prevent osteoporosis and improve your balance. Strength training will also help with the loose tissue appearance that many patients worry about.

Flexibility is also an important component of physical fitness. For instance, it improves mobility, posture and muscle coordination, and reduces the risk of injuries and muscle soreness. It is important that you stretch some at the end of every workout. Yoga is a great example of a flexibility exercise that many post-surgery patients enjoy.

By having bariatric surgery, you have made the decision for a healthier life. Make it successful by being consistent in a good exercise program.

Remember to start slowly and make gradual increases as you become more fit. Don't put pressure on yourself to change overnight; this is a lifestyle you want to last the rest of your life. Exercise will not only help with weight loss, it's also an important part of weight maintenance. Get started today!

Slow Cooker Italian Beef

Patient Submitted Recipe

3 cups water
1 tsp. garlic powder
1 tsp. salt
1 bay leaf
½ tsp. pepper
1 package of fat-free dry Italian style
1 tsp. oregano
salad dressing mix
1 tsp. basil
5 lb. beef roast, all visible fat trimmed
1 tsp. onion salt
1 tsp. parsley

In medium saucepan over medium-high heat, combine all ingredients except meat. Stir well and bring just to a boil. Place roast in slow cooker and pour mixture over roast. Cover and cook on low setting 10-12 hours or on high 4-5 hours. Remove bay leaf and shred meat with a fork.

Note: Per 3 oz. serving: 160 calories, 21 grams protein, 8 grams fat, 1 gram carbohydrate

– NMMC Bariatric Bites cookbook

Best-Ever Coleslaw

(Serves 10 (1/2 cup servings))

One small or ½ large head cabbage
2 T. prepared horseradish
(about 2 lbs.)
1 T. fresh lemon juice
½ cup fat-free mayonnaise
½ tsp. dry mustard
½ cup light sour cream
1/8 tsp. cayenne pepper
2 T. sugar substitute such as Splenda®
1 clove garlic, minced
2 green onions with green tops, chopped
½ tsp. celery seed

Remove the outer leaves and core of the cabbage; chop the cabbage into large chunks. Place several chunks in a food processor fitted with steel blade. Chop fine, using on/offturns; transfer to a large bowl. Repeat with the remaining cabbage; do not wash the bowl of the food processor. Add the remaining ingredients to the food processor; process until well combined. Pour over the cabbage; cover and refrigerate at least 8 hours or overnight.

Note: 30 calories, 2 grams protein, 1 gram fat, 3 grams carbohydrate

– NMMC Bariatric Bites cookbook

Spark Your Own Motivation

By John Young, Ph.D., Delta Autumn Consulting, Oxford

Everyone who has tried to lose weight understands the importance of motivation in that process. What might be less apparent, though, is how you create motivation in the first place.

You can't just produce motivation on demand because it is a constantly changing state that is strongly influenced by your emotions. For example, if you start a new diet and workout program, stick to it for a couple of weeks and lose five pounds, you're probably going to be excited (and rightly so!). This makes it easier for you to continue to put in work during the third week, which builds momentum for the fourth week and beyond. If you continue to lose weight, you will feel good about your efforts, think positively about yourself, and your motivation will build.

Alternatively, if you work hard but don't see results, it can be dejecting... and that can give you a negative impression of the whole process, making it much easier to stop.

The current pandemic also provides lots of opportunities to think negatively, which can easily result in less healthy behavior. Most of us are staying home much more and have become less active, which makes it easier to feel sluggish and tired, which in turn contributes to negative thoughts about trying to be healthy. Before you know it, you've been sitting around inside for two months and have slipped into some bad habits. You might pay less attention to your diet and develop a routine of going from desk to table to couch and back, day-in and day-out... but it doesn't have to be like that!

Simple shifts in your mindset and creativity for how to remain active can go a long way toward building healthier habits. One great place to start is by reminding yourself of why your life has been different these past six months. You're trying to keep yourself, your family and your community safe, and it has demanded changes. Those changes don't have to become sacrifices, though, if you instead think about them as reasons to build motivation for different activities. If your work involves a lot of desk time, look into a standing desk (or even better a standing desk with a mini treadmill).

Maybe you can't get to the gym, but you can do a set of push-ups or crunches once an hour no matter where you are. Stream a YouTube or Amazon Prime workout video (Yoga with Adriene and Redefining Strength are great, and free!). If you have kids at home, you can make it a family activity to play active video games like Ring Fit, Zumba, or Dance Dance Revolution (or if you don't have kids it's still okay to dance, jump, stretch, squeeze, and hop with other grown-ups or even all by yourself). The point is to look for things to keep you active and emotionally healthy during this difficult time so that you can emerge stronger than before and ready to continue your weight-loss journey with the support of your health care team.

Upcoming Support Groups

Oct. 1

Emotion, Behavior & Weight Management
John Young, Ph.D.

Nov. 5

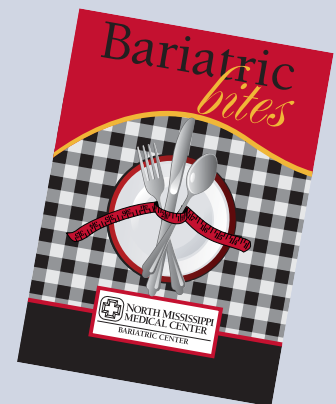
Exercising after Weight Loss Surgery
Wellness Center Staff

Dec. 3

Healthy Holiday Food Options
Bariatric Center Staff

The Weight Loss Support Group meets at 6 p.m. the first Thursday of every month. During the pandemic, all meetings are online only. 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.



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.