

Bariatric Benchmark



Carolinan Medical Center
NorthEast

EMPOWER YOURSELF

Release negative thoughts/ideas and begin a new positive way of thinking. This new positive thought process will empower you in making healthier decisions. Foods do not have power, you do. Your scale does not make the decision which foods you will eat or if you will exercise that day. YOU alone make that choice. A busy schedule does not dictate whether you exercise or not, you make that choice. How you handle that busy schedule is your choice. You have the power to figure out how to work exercise in your schedule. If you have difficulty with that decision then you have the power to seek out help to learn how to make the right choices. Stress and problems in your daily life do not cause you to make the wrong choices, if you learn to change how you react to them. Let go of the old thoughts you had before surgery, and replace them with new positive thoughts. The positive thoughts will assist you in being in charge of your new lifestyle. If you see old thoughts and habits creeping back into daily routine, call us for help. Get the support you need to get back on track and stay positive.

SUPPORT GROUP

Do you attend Support Group? If not, you may not be as successful in your journey to a healthier lifestyle. Ongoing support after surgery leads to a greater level of success. WHY?

- Identifies issues that arise from surgery or from history of obesity.
- Allows opportunity for discussion of personal or professional issues.
- Allows you a support system of individuals who understand your goals.
- Encourages you to develop realistic expectations and understand hurdles that may exist.
- Keeps you focused to stay on track for a lifetime healthy lifestyle.

Support Group meets Tuesday, September 6 at 6 PM in Classrooms 1-3, downstairs in the Medical Arts Building located on the campus of CMC-NorthEast.

May the dreams of your past, be the reality of your future. - Unknown

2011 CONCORD WALK FROM OBESITY

This September and October more than 75 cities throughout the United States will host an annual Walk from Obesity. Concord is one of the cities that will join forces with those affected by the disease of obesity. Join with loved ones, friends, colleagues, healthcare professionals and others to raise awareness of the growing obesity epidemic. The Walk from Obesity is the single most important obesity awareness event focusing on those affected that takes place each year. The Walk symbolizes the many nationwide efforts in the fight against obesity, morbid obesity and childhood obesity. We encourage all those battling obesity and anyone else who would like to participate to locate their Walk city and sign-up today. Proceeds from the Walk benefit educational and research initiatives for the treatment of obesity. You may join the Concord Walk from Obesity by registering online at www.walkfromobesity.com or you may pick up a brochure at CMC-NorthEast Surgical Weight Management or Carolinas Weight Loss Surgery office. If you have questions or need additional information, you may call Sue Rutland at 704-403-1380. This is the fifth year CMC-NorthEast and Dr. Roc Bauman has participated in the Walk from Obesity. **Please join us for this fun event!**

- Walk from Obesity – Concord Mills, Entry 1 AMC Cinema Theaters
- Saturday, September 24, 2011
- Registration: 7:30 a.m. Walk begins at 8:00 a.m. - (3 laps around Concord Mills)
- Registration fee: \$25.00 includes T-Shirt

SODIUM

When you are reading labels before you buy a product, check the sodium content. Processed foods are very high in sodium and the ingredients will list other sources of sodium. Watch for words ending in **ites** or **ates**, like nitrates. Sodium in excess can cause high blood pressure, fluid retention, and is just not healthy for us. Do not add salt to your food – try other spices, or get the different Ms. Dash salt substitutes.

VITAMIN TIPS

- Do not buy your vitamins from dollar stores or stores that are closeout stores.
- Check your vitamin label for expiration date, and for serving size.
- No Gummy Bear vitamins and No children's vitamins.
- Do not take your multivitamin with dairy products.
- If you have had kidney stones or renal problems, take Calcium Acetate (Bariatric Advantage Powders) to decrease risk of stones.
- The tannin in teas can decrease your iron level – if you are anemic avoid tea.
- The importance of following vitamin protocol was discussed at the ASMBS Conference. Deficiencies are now being seen in those who do not take the vitamins as prescribed. Please take your vitamins daily as advised.

FOR YOUR CONVENIENCE

Carolinas Weight Loss Surgery offers vitamins and protein products in the office for your convenience. You may purchase products when you visit the surgeon or come for a nutritionist appointment. Please call 704-786-5700 if you have questions or need additional information. The following products are available.

BARIATRIC ADVANTAGE VITAMINS

- VitaBand Multi-Formula Chewable
- Multi-Chewable Vitamin
- Biotin
- Devrom
- Chewable Iron

PROTEIN PRODUCTS

- Unjury
- Isopure

More products are available online from the E-Store. Go to www.carolinaweightlossurgery.com and click on E-Store.

STRATEGIES FOR SUCCESS

- Attend monthly visits with the nutritionist.
- Keep scheduled appointments with surgeon.
- Attend monthly Support Group.
- Schedule and keep your appointment with Joe Miller at the Fitness Center.

EXERCISE

- If you have 20 minutes you can burn 150 calories by walking briskly for 5 minutes, alternate running and walking, 1 minute each for 10 minutes – cool down 5 minutes.
- You have 30 minutes you can burn 215 calories by walking briskly for 5 minutes and alternate running and walking, 1 minute each for 20 minutes –cool down 5 minutes. Try to get up and move at any chance you get!

QUICK TIPS

- Reorganize your pantry!
- Group related foods together.
- Use turntables & tiered wire racks to maximize the space.
- Get rid of expired products.

SIMPLE SUBSTITUTIONS

- Chips and dip – use Hummus and Fiber Select Wheat Thins
- Croutons – use almond pieces
- 2 Tbsp butter for sautéing vegetables – 2 Tbsp low sodium broth or fat free Italian dressing
- White bread crumbs – crushed Fiber Select Wheat Thins
- 1 cup oil for baking – 1 cup applesauce, low fat yogurt or low fat sour cream
- Peanut butter and jelly – less peanut butter and fresh or frozen berries
- Heavy cream – fat free cream
- Sugar & brown sugar – Splenda

DID YOU KNOW???

- Wendy's Chicken Club sandwich has 25 grams fat and 540 calories.

AUGUST RECIPES

Mediterranean Chicken Salad

½ cup Fage or Oikos Greek Yogurt
 1 tablespoon lemon juice
 ¼ teaspoon ground cumin
 ⅛ teaspoon crushed red pepper
 1 ½ cup chopped cooked chicken
 (or canned white meat chicken)
 ½ cup chopped red bell pepper
 ¼ cup diced red onion
 1 ounce chopped fresh cilantro
 ½ can no salt added garbanzo
 beans rinsed and drained
 Combine first 4 ingredients in a
 small bowl and set aside
 Combine chicken and next 4
 ingredients - and add yogurt mixture
 Place slice of tomato on a lettuce
 leaf and put 2-3 ounces of chicken
 mixture on leaf.



Spicy Shrimp Ceviche with Cilantro

1 lb large peeled shrimp, cooked
 ¼ cup fresh lime juice (from 2 limes)
 ¼ cup chopped fresh cilantro
 1 minced garlic clove
 2 chopped scallions
 1 diced red bell pepper
 ¾ cup orange sections
 1 jalapeno pepper, seeded and minced
 Combine ingredients and chill at least 1 hour.
 Serve cold. 3 ounces = less than 1 gram fat
 60 calories, 16 g protein. (Serves 8)

Honeydew Melon Shake

½ cup low sugar vanilla yogurt
 2 tsp Splenda
 1 cup chilled honeydew melon chunks
 Blend in blender and Serve. (You may add protein
 powder if desired)

Portobello Parmesan

½ Tablespoon Olive oil
 2 firm Portobello mushrooms (stems and gills
 removed)
 3 ounces fat free ricotta cheese
 2 ounces shredded low fat mozzarella
 1 minced garlic clove
 1 thinly sliced tomato
 ½ teaspoon fresh thyme
 1-1/2 Tablespoon grated Parmesan cheese
 Heat large ovenproof skillet and add olive oil, swirl to
 coat pan.
 Lay mushrooms cap side down and cook 10 minutes.
 Turn and cook on other side 10 minutes.
 Turn back. Mix ricotta and mozzarella and garlic in
 bowl. Season with black pepper to taste.
 Spoon 3 Tablespoons into each mushroom cap,
 spread gently, into place and leave in pan.
 Preheat broiler. Place a few tomato slices over
 mushroom, sprinkle with thyme and Parmesan.
 Broil about 5 minutes or until top turns golden brown.

Baked Tomatoes au Gratin

2 lbs tomatoes
 ¾ tsp ms dash
 ¾ t oregano leaves crushed
 ¼ t ground black pepper
 2 tablespoons grated Parmesan cheese
 ¼ cup wheat bread crumbs
 Preheat oven to 350 degrees. Cut tomatoes into 1-
 inch cubes and place in medium bowl. Add ms dash,
 oregano, and pepper – mix well. Place in a shallow
 1quart casserole sprayed with Pam. Cover and bake
 for 20 minutes. Combine breadcrumbs, cheese and
 sprinkle over tomatoes. Spray with Pam. Bake
 uncovered until breadcrumbs are browned, about 10
 minutes.

Crunchy frozen banana

On a plate roll ½ of a banana in ½ cup low fat low
 sugar vanilla yogurt. Sprinkle with
 1-tablespoon whole oats and cover with wax paper.
 Freeze at least 4 hours, unwrap and enjoy!

QUICK TIP

Keep frozen fruit in your freezer to add to oatmeal,
 yogurt, cottage cheese, etc... It may be less
 expensive than fruit in the produce section, and is still
 high in fiber, antioxidants, and low calorie.