

Bariatric Benchmark



Carolinan Medical Center
NorthEast

FEBRUARY AND VALENTINE'S DAY

February and Valentine's Day have been linked together since we were in elementary school making valentines. As adults, we also think of February as **heart** month. You will see ads and articles about taking care of your heart! When you make the decision to have bariatric surgery, you are making the choice to be kinder to **your** heart. It is your life line. To have it have to work on an extra 100 pounds or more is to overwork it. To eat high fat foods, is like putting grease in your kitchen drain. This plugs up the arteries that lead to and leave your heart. To choose to sit and not exercise is to choose not to strengthen your **heart** and keep it in good physical condition. Diabetes affects your heart, so if you choose to eat sweets and simple carbs; you are choosing to affect your **heart** (your lifeline) in a negative way. Think about your **heart** this month as you choose to eat less, eat healthy and exercise your body. Think about the **heart** of those that love you and how they want your heart to keep beating for a very long time. Take care of yourself and do that by taking care of your lifeline – your **heart!**



JOE MILLER'S NEW LOCATION

Joe Miller can now be found in Suite 102 at the new CMC-NorthEast Health and Fitness Institute. The address is 1090 NorthEast Gateway Court, Concord. Joe's new telephone number is 704-403-9259. If you have not met with Joe and you are 6 weeks or more post op, please call and make an appointment to see him. If you have met with Joe, go check out the new facility and see what it has to offer!

EXERCISE TIPS

It is **Never** too late to use exercise to become healthier. Think of it as your prescription to better physical health and better mental health – and you do not have to pick it up at the drug store, pay a co pay, or pop a pill. You can do it in the comfort of your own home, or walk around your neighborhood, or walk during lunch at work, etc. You may not like to do it, but you can not ignore the fact that it will make a difference in your health and in your quality of life. You will feel better, you will have more energy, you will have better balance (which as you get older becomes very important). You will lose the weight you want and need to lose **and** you will keep it off.

Strength training – Resistance bands are popular for a home or office strength training option. If you have not seen Joe Miller yet, make an appointment and he can show you the bands, and teach you how to use them - and they are not expensive!

Flexibility – Stretching is one of the easiest exercises to incorporate into your daily routine. Google flexibility and Mayo Clinic and find 7 quick stretches you can do at home or at work.

Balance – Strength training can help with balance as can basic Yoga poses.

Aerobics – Walking may be the best solution for improving your health, as you lose weight and maintain a healthy weight. Get your heart rate up when walking to exercise your heart. Start with the number 220 and subtract your age. Multiply that number by .75 and then by .80 to see what you need to get your heart rate to 75-80 %of your age predicted heart rate maximum.

Example - Age 62: $220-62 = 158$ ($158 \times .75 = 119$) ($158 \times .85 = 134$) If you are 62 years of age you would need to get your heart rate between 119 and 134.

Again, you have a wonderful resource in Joe Miller at the New Health and Wellness Center at Gateway. Have not seen him? Call 704-403-9259!

Check out tinyurl.com/d96pfco and see 7 tips to stay motivated to exercise with the Mayo Clinic.

BARIATRIC SURGERY AND ROMANTIC RELATIONSHIPS

Dr. K.L. Applegate and Dr. K. E. Friedman published an article in the **Bariatric Nursing and Surgical Patient Journal** titled “*The Impact of Weight Loss Surgery on Romantic Relationships*”.

In the article it says there are many exciting and challenging issues couples, family members and close friends will face during the years that the bariatric surgery patient is making the necessary lifestyle changes. Many patients have expectations before surgery on how their lives and relationships will change – in regards to weight loss, body shape and how their daily life will be different. Patient and family expectations may be different. There may be disappointment if the expectations are not met. It is very important for the partner, or family member, or close friend to be educated about Weight Loss Surgery – specifically the type of surgery the patient will be having and the changes necessary after surgery. This is why it is advised to attend appointments and Support Group meetings with the patient when ever possible. The patients’ postoperative appearance will be affected by their age, race, gender, fitness level, genetics, skin elasticity, and various other factors that they might not be aware of. Does the patient have support in the choice to have surgery? Is the partner concerned the patient will lose interest as they feel better and look better and become more confident. It is very important to discuss all of these factors before surgery, and continue open communication after surgery. After surgery the patient will have renewed energy and want to participate in activities they were unable to do or had lost interest in doing. This change in routine may be looked at as “a change in personality” which may be threatening to the partner/family/friend. They may be resentful of the new activities or feel neglected if they choose to not partake. Couples can be encouraged to use this opportunity to improve the physical health of both partners/family members and become more active together – strengthening their relationship. As the patient feels better physically and mentally, they become more confident which leads to a growing sense of assertiveness in having their own needs met – which can be a contrast of their former self.

Again this can be perceived as a personality change or selfishness. Patients who may have tolerated relationships in their lives that were unsatisfying or abusive – may be less willing to allow this after weight loss. They realize they have alternatives to emotionally draining relationships. They are learning to take care of their mental health and their physical health – and this is not selfish – it is what we are meant to do. We slowly learn that the only ones we can control, are ourselves – so the patient may let go of relationships that are not positive in their lives.

Before surgery – patients may have been “eating buddies”, which enabled them to eat large amounts of unhealthy foods and not feel guilty. Partners may feel they lost their “eating buddy”, but hopefully it will be realized that they can still socially enjoy eating out etc., and can choose to join the patient in healthy eating, sharing meals, etc. The health benefits, and the cost benefits, will be seen. Partners/family members may feel they need to be the “police” in making sure the patient follows the instructions of eating and exercise given. The partner/family member needs to be educated by the patient or the medical team on helpful ways to assist without taking on the sole responsibility of adherence to the protocol. The person who provides support is important – and as each of us is different, it is important for the patient to communicate what will help them and what will not. Relationships that were not strong before surgery, can become more strained after surgery because of the changes associated with the Weight Loss experience. With good communication, contrary to early findings – patient and their partners generally report improved relationship satisfaction.

Communication – it is encouraged that there be open and direct communication with partners/family members about concerns, fears, or needs that may currently exist or may arise. Some spouses will lose weight after surgery as they exercise with their partner and share healthy meals with them. More have been found to gain weight (especially if they were already overweight) - possibly from eating the food the partner does not eat. Encourage partners/family members to attend appointments and meetings, to read the Newsletter, see the calendar, to stay informed of the healthy changes the patient will be making and that they are welcome to add into their lifestyle also.

HEALTHY SNACKS

Planning and being prepared are vital in making sure you have healthy snacks available. You may pick Sunday afternoon to prepare for your work week of snacks. Here are a few that are healthy and easy.

- **Hummus with Whole Wheat Pita** – 2 ounces of your favorite hummus, ½ whole-grain Pita cut into pieces – dip in hummus.
- **V-8 Juice and String Cheese** – 8 ounces of low sodium V-8 juice and 1 piece of string cheese
- **Sugar Free Chocolate Pudding** – 3 ounces of low fat sugar free pudding with a Graham cracker square crushed on top and a teaspoon of sugar free cool- whip
- **Apple and Peanut Butter** – ½ of an apple sliced, dip in a tbsp. of peanut butter
- **Chips and Dip** – Mix one can rinsed mashed black beans with 4 ounces of salsa, squeeze ½ lime and mix together. Dip 6 baked tortilla chips or toasted pita
- **Cereal and Yogurt** – 2 ounces Greek yogurt plain with 2 tablespoons Kashi crunch cereal on top. Add some berries also if you wish.

Make up a low fat dip with low fat sour cream and salsa. Each day fill a 2 ounce container with the dip, and bring slices of veggies (slice on Sundays) or Fiber Select wheat thins, or 6 baked chips – as a workday snack. Veggies are great to use, filling, very low calorie, and full of vitamins!

SUPPORT GROUP

Support Group meets Tuesday, March 6th at 6 PM in Classrooms 1-3, downstairs in the Medical Arts Building located on the campus of CMC-NorthEast. The program is “**Plastic and Reconstructive Surgery**” presented by Dr. David Klein.

FEBRUARY RECIPES

Oven Baked Sweet Potato “Fries”

1 small sweet potato, peeled and cut into long ½-by-1/4 inch thick fries

1 teaspoon olive oil

1 teaspoon mild curry powder; ¾ tsp Ms. Dash; ¼ teaspoon finely grated lime zest, plus a lime wedge.

Preheat oven 425, combine all ingredients in a large zip top bag; toss until fries are well coated. Spread in a single layer on a foil lined baking sheet; bake until fries are golden brown, about 20 minutes. You can reheat in the oven or toaster oven, as you can only eat a few with some protein (chicken, fish, etc.) Dip them in salsa for even more flavor.

Marinated Broccoli

2 cups broccoli florets, 2 minced scallions, 1 tablespoon olive oil, 2 teaspoons red wine vinegar, small pinch of red pepper flakes Combine all ingredients in a plastic container, shake well. Marinate at room temperature for 2 hours. Serve or refrigerate for up to 3 days. Measure and bring to work for snack or to have with protein.

Valentine Desserts

Chocolate Pudding with Raspberries

Make sugar free chocolate pudding and use low fat milk. Measure into 3 ounce ramekins or small bowls. Put 1 tablespoon of sugar free cool whip on top, and add 3 fresh or frozen raspberries. Enjoy!

Chocolate Pudding Pie

Make sugar free chocolate pudding and use low fat milk. Spread in pie plate, spread sugar free cool whip over it and place a small fresh carton of raspberries (or strawberries or blueberries) over. Crumble a Graham Cracker over and serve.



Easy Crock Pot meals

Barbecue Chicken – place boneless skinless chicken breasts in crock pot – cover with bottle of your favorite Barbecue sauce. Go to work while it cooks and come home to moist flavorful protein. Measure and add an ounce of vegetable.

Slow Cooker “hamburger” Soup

1 bag of Boca crumbles or Morningstar crumbles; ¼ tsp each of pepper, oregano and basil; ¼ envelope of Dry natural onion soup; 3 cups boiling water 8 oz can no salt added tomato sauce 2 tbsp of low sodium soy sauce 1 cup sliced carrots, 1 cup sliced celery Add crumbles to the slow cooker. Add in spices and onion soup Add in water, tomato sauce, and soy sauce. Cook 6-8 hours Add ¼ cup grated parmesan cheese and serve your measured amount.

Slow Cooker Pork Roast

2-3 pound pork loin; 1 ½ cups salsa; 1 ¾ cup low sodium chicken or vegetable broth; 1 medium onion sliced; 1 teaspoon ground cumin; 3 plum tomatoes sliced thinly; Sliced carrots; ½ cup chopped fresh cilantro divided; ½ cup low fat sour cream. Place Pork in slow cooker - cover with salsa, broth, onion, cumin and tomato. Mix gently and cook while you are at work (8 hrs or so) Slice and serve with sauce it cooked in, a dollop of sour cream, and some cilantro – in a bowl. Bring to lunch next day and eat cold with veggies

Savory Bean and Spinach Soup

Ingredients

3 14-ounce cans vegetable broth
1 15-ounce can tomato puree
1 15-ounce can small [white beans](#) or Great Northern beans, drained and rinsed
1/2 cup uncooked brown rice
1/2 cup finely chopped onion
1 teaspoon dried basil
1/4 teaspoon salt; 1/4 teaspoon black pepper
2 garlic cloves, chopped
8 cups coarsely chopped fresh spinach or kale leaves
Finely shredded Parmesan cheese

Savory Bean and Spinach Soup continued...

1. In a 3-1/2- or 4-quart [slow cooker](#), combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic.
2. Cover; cook on low-heat setting 5 to 7 hours or on high-heat setting 2 1/2 to 3 1/2 hours.
3. Just before serving, stir in spinach or kale and sprinkle with Parmesan cheese.

Nutrition facts per serving: 150 calories, 9g protein, 31g carbohydrate, 3g fat (1g saturated), 8g fiber

Beef Vegetable Soup

Ingredients

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces
3 medium carrots, cut into 1/2-inch-thick slices
2 small potatoes, peeled and cut into 1/2-inch cubes
1 medium [onion](#), chopped
1/2 teaspoon salt
1/2 teaspoon dried thyme
1 bay leaf
2 14-1/2-ounce cans diced tomatoes
1 cup water
1/2 cup loose-pack frozen peas
Fresh parsley sprigs (optional)

Directions

1. In a 3-1/2- or 4-quart [slow cooker](#), combine beef chuck pieces, sliced carrots, cubed potatoes, and chopped onion. Sprinkle with salt and thyme. Add bay leaf, tomatoes with their juices, and water. Stir until all ingredients are combined.
2. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
3. Remove and discard bay leaf. Stir in peas and garnish with parsley if desired. Makes 4 servings.

Nutrition facts per serving: 269 calories, 28g protein, 29g carbohydrate, 4g fat (1g saturated), 4g fiber.

