

# Bariatric Benchmark



Carolina's Medical Center  
NorthEast

## RESOLUTIONS

If you are preparing to have bariatric surgery, write down all of the health and quality of life reasons that have encouraged you to change your life. If you have already had the surgery – review what your goals were before surgery and write down what you might do to make sure you achieve them this year. Are you exercising at least 5 days per week? Are you measuring your meals? Are you eating healthy meals, and healthy snacks? Are you getting in all of your fluids? Are you staying away from salt and fat and sugar and simple carbs?

## FYI

- Did you know that the more water you drink the less migraines you might have? Many of our patients have less or no migraines as they lose weight – and it could be that they are drinking more water – and not drinking diet sodas. Drink the recommended amount of water daily for many reasons!
- Chewing each morsel 40 chews will help you consume fewer calories – according to the American Journal of Clinical Nutrition. It will also make sure that your food is pretty much pureed in your mouth!
- Change happens somewhere between the acceptance of now and the anticipation of what is to come.
- Do not drink with meals! Fluid will push the food through faster, and you may not feel satisfied, or may get hungry before it is time to eat again.
- For any CMC-NorthEast employees, or anyone that lives near by – enter the Employee entrance at the hospital and walk to the Gold Elevators – 6 laps equals 1 mile. Temperature controlled and no rain or snow!

**HAPPY NEW YEAR**

*Dream beautiful dreams. Then believe in yourself and the perseverance to make them come true.*

## TESTS YOU MAY NEED IN 2012

- Mammogram – every two years if you are 50 or over – earlier if you have family history. Ask your physician at your annual exam if you are unsure. Do self exams monthly!
- Skin Check – check yourself once per month for new or suspicious moles, and have a yearly exam with a dermatologist.
- Eye exam – If you wear glasses or contacts, see your eye doctor yearly. If you do not, every other year is fine.
- Hearing test – Once a year, at the age of 50, you should have an audiogram.
- Periodontal Exam – once per year at your twice per year cleanings – you should have the dentist check the health of your gums.
- Pap smear – every other year starting at the age of 21 and every 3 years at 30 if you have had 3 consecutive normal Pap smears.
- Colonoscopy – Starting at the age of 50 every 10 years, unless polyps are found – then more often. If you have a family history, talk to your doctor about having one starting at 35. Let your doctor know if there is any unexplained bleeding or change in bowel habits.

## SODIUM

When you are looking for sodium on list of ingredients – look at words that end in **ite** and **ate** such as disodium inosinate – which acts as a preservative and flavor booster in processed foods. Remember for children, adults over 50, and people of any age that are African-American, have high blood pressure, diabetes, or chronic kidney disease – the USDA advised in 2011 that daily sodium limit be 1500 mg daily. Labeling should soon change as the daily sodium allowance is outdated. Start with getting rid of salt shakers, use pepper, and other spices. Next, stay as much as you can with fresh and frozen. If a frozen vegetable has a sauce or seasoning, look at the label for the sodium content; it will be high. Go to [BHG.com/lowsalt](http://BHG.com/lowsalt) for recipes that have less than 140 mg of sodium or less per serving (making sure you also look at fat and eliminate white simple carbs from recipes) less than 200 mg sodium per serving are considered low sodium. Sea salt has the same amount of sodium as regular salt – it is simply less dense.

## HEAVY IS NOT HEALTHY

Did you know **another** reason why heavy is not healthy? It can keep you from getting the same health care everyone else gets. You may have to pay more for your health insurance. You may be at risk of being miss-diagnosed or receiving inaccurate doses of drugs. If you are trying to get pregnant, it may be more difficult to find a fertility doctor who is willing to help you, unless you lose weight. You are less likely to have cancer detected early and get effective treatment for it. A doctor may be prone to blame a problem on your weight, rather than look at what else could this be than weight related? It is more difficult to hear heart and lung sounds in an overweight person. It may be harder to feel a mass – trickier to do a routine pelvic exam. Large patients may not fit into diagnostic scanning machines (CT's and MRI's) – and x-rays and ultrasounds may not be as effective. Obese women are 20% more likely to have false positive mammograms – which can lead to unnecessary biopsies and anxiety. Oncologists are concerned about chemotherapy and overweight patients as they could be under dosed, which could mean the difference between life and death. Many infertility clinics will not do IVF on a woman with a BMI higher than 39, and EKG and special blood tests if the BMI is over 34. There are higher anesthesia risks with obese patients. To make the choice to change your life, nutritionally and physically, will not only make you a healthier person – but will enable you to get good health care.

## EAT ORGANIC ON A BUDGET

If you can peel it, buy conventional – like avocados, kiwis, mangoes, grapefruit and oranges. If you can eat the peel, it is smart to splurge on organics. Skip bagged organics; you will spend less money if you buy heads of lettuce and fresh veggies. Buy store brand organic dairy products. Do splurge and buy organic eggs, grass fed meat, and organic chicken.

## SUPPORT GROUP

The Support Group meets Tuesday, February 7th from 6 – 7 P.M. Meetings are held on the campus of CMC-NorthEast in the lower level of the Medical Arts Building Classrooms 1 - 3. The program topic is: **“How Your New Life Affects Your Loved Ones”**.

## FOOD TIBITS

- The less you do to a food, the **more** that food has to offer you!
- A good snack is one that has less than 200 calories, at least 3 grams of fiber, at least 8 grams of protein, and less than 6 grams. Examples - 1 low fat mozzarella string cheese and 6 grapes, 1 Clementine and 3 walnut halves, 3 ounces kashi crunch cereal, 5 slices cucumber and 2 tablespoons Hummus, 2 ounces Greek yogurt and 2 tablespoons canned pumpkin + pinch of pumpkin pie spice.
- London broil or top round is a boneless cut that is lean. Marinate it in fat free Italian dressing.
- If you like curry, try adding 1 tablespoon curry powder and 1 tablespoon lime juice in 1 ½ cups low fat Greek yogurt. Season with pepper, chill, and use as a vegetable dip or dip Fiber Select Wheat thins.
- Cauliflower – white and yes you can eat it! Store unwashed and wrapped in a plastic bag up to 5 days in the fridge. Cut into small similar sized florets, and eat raw – dip in hummus or a healthy dip you might make, or salsa. Steam and put a little shredded low fat sharp cheese on top. Mash with skim milk and a little light butter and pepper and make mashed cauliflower.
- Recipes.health.com - get free healthy meal ideas and recipes

## HELP THE FAMILY EAT HEALTHY

Keep only healthy food options in your home. Know that your home is a healthy eating home. Your family members are not in the home 24 hours per day – if they choose to eat or drink something unhealthy, it will not be in your home. Use smaller plates for all of your family – salad size plates are the size they should be using – not dinner sized plates. Stop buying soda – buy more fruit and vegetables. Your family should be eating like you are learning to eat – except they can eat more. Of course, we can only change ourselves – but if we have small children – we are responsible for their health and what they eat and drink. Let your children help pick out fruit and vegetables at the grocery store. Ask if they would like carrots or peas, instead of do you want carrots.

## JANUARY RECIPES

### **Black Bean, Sweet Potato and Shrimp Soup**

½ can rinsed black beans  
 1 cup mashed sweet potato (plain)  
 1 ½ cups low sodium broth  
 1 tablespoon jalapeno pieces  
 ½ cup salsa  
 5-10 boiled shrimp  
 Mix all together in a small pot, bring to a simmer.  
 This is a tasty, a little spicy, high protein – high fiber – low sodium soup!



### **Red and White Hummus**

15 oz can cannellini beans – drained and rinsed with water  
 15 oz can kidney beans – drained and rinsed with water  
 ½ lemon, juiced; ½ tsp pepper; 1 oz. extra virgin olive oil; ½ tsp paprika  
 Pulse first 4 ingredients in food processor. Then with machine on add olive oil, puree and refrigerate. Sprinkle with paprika and serve with high fiber crackers or veggies.



### **Sweet and Sour Collards**

2 tsp minced garlic, 2 tsp olive oil, 1 lb collard greens – stemmed and chopped, pepper, 2 tsp white balsamic vinegar, 2 tsp honey. Brown garlic in olive oil, add collards, and ¼ cup water. Cover and cook, stirring occasionally and add water as needed, until tender – about 15 minutes. Add vinegar and honey, season with pepper.

### **One Pot Braised Chicken and Pear**

Use a pot that can be put into the oven.  
 Skinless boneless chicken breasts, 3 – each cut in half  
 Season with pepper and brown in 1 tbspn Extra Virgin Olive oil – transfer to plate  
 Add 1 ½ cups chopped onion, ¾ cup chopped carrots, ¾ cup chopped celery to pot and cook 3 minutes. Add 2 ½ cups chopped Bosc pear, 1 cup low sodium chicken broth, and 1 tbspn chopped fresh sage. Add chicken back to pot and bring to boil – transfer to 350 degree oven until cooked through for 25 minutes.



### **Sausage and Lentil Stew**

Low fat low sodium chicken sausage (1 lb)  
 1 onion chopped  
 1 cup chopped carrot  
 3 cloves garlic chopped  
 1 tbspn chopped fresh rosemary  
 8 ounces brown lentils, rinsed  
 4 cups reduced sodium chicken broth  
 1 head escarole washed and coarsely chopped  
 Brown sausage and as it cooks, cut it into small pieces. Add the onion and carrot and cook until slightly softened, about 3-4 minutes. Stir in the garlic and rosemary and cook until fragrant, about 1 minute. Add the lentils, broth and 3 cups of water. Bring to a boil, lower the heat and simmer until the lentils are tender, 25-30 minutes. Stir in the escarole, cover the pot and cook until the escarole is wilted, 3-4 minutes. Season with pepper. You can freeze cooled stew in a freezer container for up to 1 month.

***Today...we have the chance to create our life exactly as we want it. -unknown***

## January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day Happy 2012! Are you ready for a great, healthy, happy New Year?!	2 Back to work? If not, use today to plan for the week in regards to meal planning & exercise!	3 <b>Support Group</b> Now that 2012 is here, what are our goals and how do we achieve them? Planning & Prepare	4 Go to the after sales and get a great Calendar or Journal for ½ price or less!	5 Measure – if you don't do that daily, at least do it weekly to make sure your eyes are seeing the right amount!	6 Water – there is more and more being said about drinking tap water-Filter or use bottled! But drink!	7 Have you tried planning your meals and snacks for the week? Plan & grocery shop for your menu!
8 How is your 2012 Goal Plan working out? Are you exercising? Eating healthy? Getting in your fluids?	9 Journaling. Did you start one before surgery? Get it out and read it over – journal – it can help your plan.	10 Label Reading – watch calories, serving size, fat grams, sodium, sugar, fiber, protein – read labels always	11 Fitness Video games – Workout and nutrition Apps – internet websites with nutrition and fitness plans!	12 Cooking Light, Health, Whole Living, and Prevention – great magazines to subscribe to.	13 Not getting enough water can increase your risk of kidney stones, dehydration, and fluid retention. Drink!	14 Good fats found in avocados, olive oil, sesame seeds and almonds may help your body absorb certain vitamins...
15 To change the way you eat may be the most transformative action you can take!	16 Martin Luther King Day - Stop letting the mirror win – Take charge of your own reflection.	17 Blaming never fixes what you think it will. Don't blame anyone but yourself if you do not make time to exercise.	18 Do you have an exercise buddy? Do you want one? Ask around at work or Support Group.	19 Why is the brain like Velcro for remembering negative experiences and like Teflon for	20 Suffer from gout? Buy some dark tart cherry juice, and drink an ounce every morning – studies show it can help.	21 Feeling hungry? Is it for food? Or a Hug – alone time – physical comfort – less stress – get help to figure it out!
22 What do you do for exercise now that it is so dark in the morning and early evening? Make sure you <b>Just Do It</b>	23 If you do not take prescription Vit. D, then make sure you take over the counter at least 1,000 IU daily.	24 To walk faster, walk briskly for 2 minutes, then normal walk and repeat this 5 times- Try it!	25 Zumba – a great way to burn up calories and laugh and have fun in a short amount of time. Find a class!	26 remembering positive experiences. Write down all positive and let go of negative. Erase!	27 Energy begets energy. When you get moving, you want to stay moving.	28 Respect and take care of your feet. They will move you forward while keeping you grounded!
29 The true mark of confidence is to look someone right in their eyes – try it, you can do it!	30 Wellness is about making your <b>life bigger and better</b> – not smaller – you will and can do more each day!	31 <b>You</b> are responsible for choices <b>You</b> make – no one can change you but you			Diane.stout@carolinash ealthcare.org	