

Ricotta Cheese Pumpkin Custard
www.chefdave.org

ingridents:

1 cup part skim ricotta cheese
4 tablespoons canned pumpkin pulp
1 teaspoon pumpkin spice
½ teaspoon vanilla extract

Directions:

Place ingredients into a small bowl, mix well.

Serves 4

This can be made in multiple batches and stored refrigerated in an air tight container for up to 3 days.

Per serving: 90 calories, 7 grams protein, 5 grams fat, 20 mg cholesterol, 4 grams carbohydrate, 1 gram fiber, 80 mg sodium

Recipe web sites and other sites to help you with your weight loss journey:

www.chefdave.org
Chef Dave Fouts the world's first Bariatric Specialty Chef

www.LAPBAND.com
Click on Healthy Recipes on right side of page

www.bariatriceating.com

www.fitday.com
Track your intake and get rec

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A NEW BEGINNING

 **Midwest Institute of Advanced Laparoscopic Surgery™**
Wheaton Franciscan Healthcare

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GREETINGS EVERYONE!

One of the least understood and perhaps most significant changes occurring after weight-loss surgery is the emotional impact of significant weight loss on self-image and self-esteem and the mechanisms by which each individual patient develops to cope with this process. The objective changes after surgery are easy to identify and the progression of resolution of underlying medical problems is easy to chart. We measure weight, draw labs, document vital signs, and monitor the disappearance of high blood pressure and diabetes to state a few examples. The information and subsequent conclusions are right there in black and white.

J Matthew Glascock, MD FACS

There are a few instruments which attempt to quantify the impact of weight-loss surgery such as the Moorehead-Ardelt Quality of Life Score. My impression is that these instruments are more for attempting to objectively demonstrate the positive impact of weight-loss surgery, but fail to meaningfully explore the affect of weight-loss surgery on the individual and provide us with a systematic means of helping patients cope with the changes that take place following the operation. Unfortunately, we live in a society that discriminates against, and often looks down upon persons with a serious weight problem.

All of our patients have experienced this phenomenon, to some degree, from the time the weight problem developed. A common final result is that many of our patients have lived with a sense of isolation and exclusion. This process can begin in early childhood and its impact plays a major role in the development of personality and self-esteem. Being excluded from high school activities, work-place discrimination, difficult social life, rare or unsatisfying romantic encounters, and abusive relationships are not uncommonly seen in weight-loss surgery patient populations. As unfair as it is, these difficult life situations are often a direct result of being significantly overweight. Following massive weight loss, the patient may now be perceived differently.

Happily, routine daily activities can become much easier. They may experience a new attractiveness to members of the opposite gender. The quality of a preexisting loving relationship may be enhanced and new or lost abilities are reachable. This, of course, is ideal. For some patients, the metamorphosis may be very difficult. Control issues within a relationship may come to the fore. Thoughtless people may attempt to undermine a patient's progress. Patients may even develop resentment for people now finding them attractive based on the notion of "what was wrong with me before". Dating can be awkward, difficult, or frightening for a 25 year-old woman who has never been on a "real" date before. Some patients have become accustomed to the social isolation of morbid obesity and find it comfortably predictable. The new manifestation of social interaction can be a troublesome paradigm shift to make.

As much as we hope that a patient's self-esteem and self-image are positively impacted by significant weight loss, we know that in some instances the opposite effect is realized. While we strive for excellence in surgical care, we by no means report expertise in helping patients with the psychosocial impact of weight-loss surgery. For this, we highly recommend seeking counseling for any patient developing difficulty coping with these post-op effects. If any of these concerns apply to you or a loved one, bring it to our attention immediately so that we can facilitate appropriate expertise brought to bear on the problem.

To your good health,

J Matthew Glascock, MD FACS
Medical Director, The Midwest Institute of Advanced Laparoscopic Surgery

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Please join us in learning more about topics critical to your success following weight loss surgery, and those contemplating weight loss surgery.

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Getting Through the Flu Season after Weight loss Surgery Dr. Cameron Hodges

"Bariatric surgery does not increase the likelihood of developing the flu or a cold and actually probably decreases the likelihood of acute illness by improving over all health and immune function."

Dr. M. Cameron Hodges

This is the time of year when many of you will experience cold or flu like illnesses. With the swine flu epidemic the chances of having a flu like illness this season will be increased somewhat. Bariatric surgery does not increase the likelihood of developing the flu or a cold and actually probably decreases the likelihood of acute illness by improving over all health and immune function. That being said, many of you will become ill this fall and winter and the anatomic changes of bariatric surgery can present a few challenges during an acute upper respiratory tract or gastrointestinal illness.

With both gastric bypass and lap band surgeries, patients have a significant reduction in the functional size of the stomach. The "pouch", while excellent for reducing intake of calories, can at times make dealing with a respiratory illness more difficult. The primary complaint I hear is the accumulation of mucous and secretions in the pouch causing nausea and sometimes even vomiting. The outlet for a gastric bypass pouch is a little larger than the lap band which makes bypass patient a little less susceptible to this problem than lap band patients. Controlling the secretions is the best way to control the symptoms, however if the vomiting or nausea become too much of a problem, a de-fill of the band can be done to help with pouch emptying.

Most of the upper respiratory illnesses are caused by viruses making antibiotics of limited usefulness. The best relief of symptoms actually comes from over the counter medications. I will discuss several medications for

secretion control that are over the counter however you may need to check with your primary care physician before taking pseudoephedrine.

During a respiratory illness it is important to stay well hydrated. Hot teas can also help keep your pouch clear and decrease symptoms. If you become very weak or light headed it is best to be checked by your doctor for dehydration. As a bariatric patient, you are a little more susceptible to dehydration. This is especially true if you are with in the first 6 months of surgery.

Gastrointestinal illness can also be challenging for weight loss surgery patients. While the vomiting will typically be less in volume, the chance of becoming dehydrated is higher. The 6 month rule applies here as well. If you are less than six months from surgery be aware of becoming dehydrated. There aren't really any good over the counter medications for nausea and vomiting. Fortunately most gastrointestinal illnesses are short lived lasting less than 48 hrs.

If you are having trouble controlling nausea and vomiting a prescription medication like **phenargen** or **zofran** can be used to help with this. Occasionally a lap band patient that has been doing well can become too tight after vomiting associated with a gastrointestinal illness. If you are having

Guafenesin - (Robitussin) - This expectorant medication will help thin the secretions. This can help secretions clear your pouch more easily. The over the counter bottle will typically have 200mg pills. To get the best effect a dose of at least 600mg every 6 hrs is needed.

Nasal spray Afrin, Afrin (oxymetazoline) - This often under used medication works in a similar fashion as pseudoephedrine by decreasing blood flow to mucous membranes and drying up secretions. The difference is that the effect is more localized and powerful in the nasal passages where the medicine is delivered by spray. It can be taken at the same time as pseudoephed and usually will work within a few minutes. There is some concern with developing dependence on the medication, however I rarely see patients having this problem with short courses over 4-7 days. **Neosynephrine** is another nasal spray that produces a similar effect however doesn't last as long and can produce a rebound effect as it wears off.

Pseudoephedrine - This decongestant medication does an excellent job of decreasing the amount of secretions. It works by decreasing blood flow to mucous membranes and therefore dries up secretions. When you see a medication with a D after the name like allegra - D or Zyrtec - D, the D refers to the decongestant pseudoephedrine. While Pseudoephed does not require a prescription, it can only be purchased at a pharmacy and you will need to show a drivers license to obtain the medication. Do not be fooled by pseudoephed -PE. This is not pseudoephed, it is phenylephrine and does not work as well as pseudoephed. A typical dose of pseudoephed would be 120mg every 12 hrs or 60 mg every 6 hrs. This medication can keep you awake at night so be careful taking it within 4 hrs of bedtime. Also, if you have heart arrhythmias or difficult to control blood pressure, you will need to check with your primary doctor before taking this medicine.

One Day of Surgery for Lifetime of Emotion Changes. By Kim Millard, LPN

"I changed, people changed, and my outlook on life has changed."

As I look into the mirror I have to ask myself who am I. I had Gastric Bypass surgery 11 months ago, and I thought I knew who I was until the weight loss happened so quickly. I changed, people changed, and my outlook on life has changed.

I went through the same sadness, loneliness, depression, discrimination, prejudice, and hardest of all the guilt. I remember it all. As difficult as it is to admit, I hope I never forget those feelings. It is still so very hard to talk about. Just writing these words makes my heart beat faster, as if I am that person again today.

This is a life changing surgery emotionally. I didn't realize how it had affected my family and friends. Until one day I'm hearing whispers on how I as a person has changed. I didn't let it bother me at first, then the gossip hit me and made me wonder have I changed, am I that different person they are talking about. My feelings go up and down like a teeter totter. Some days I cry and some days I laugh to avoid the emotions of the non encouraging words that are said about me. The same people that said they were going to support me in this decision have abandoned me. I feel the jealousy there when my presence is around. I'm more confident in myself then ever. I want to tell them allow me to enjoy the new healthy me. I can't allow food be my outlet any more for stressful situations like this.

Abdominal or Stomach Pain Following Weight Loss Surgery

Abdominal or stomach pain in a patient who has had gastric bypass surgery or a gastric band must be evaluated quickly and very carefully. If at any time in the future, whether it is 10 days or years from the time of your surgery, you experience the following symptoms, please contact our office or come to the Sartori Emergency Room.

- Pain that is not relieved by normal measures
- Pain that is accompanied by nausea or vomiting and cramp-like stomach pain
- Severe pain that develops suddenly
- Anytime bilious (yellow-green fluid) vomiting occurs

If you are admitted to a different hospital with abdominal or stomach pain, please inform your physician that you have had weight loss surgery and ask him/her to contact us for management guidelines.

Newsletter in E-mail Version!

Soon we will be sending our Quarterly Newsletter out by e-mail instead of direct mail. As our population of weight loss surgery patients has increased, now over a 1000 patients, our cost has gone up as well. We plan to increase the frequency of education from our program to keep you up to date on the latest changes.

If you have not already done so, please send us your e-mail address. Also include your name and date of surgery, your primary care physician name and address in the e-mail. For those of you who do not have e-mail, we will still have a supply of newsletters in the office that you can pick up during your clinic appointments.

Send this information to sherri.greenwood@wfhc.org. We promise not to share this information with anyone else because for goodness sake, we all get more than enough junk mail already!



Are You an Emotional Eater? Tips to Cope With the Cravings

By Lois Gitchell, RD, LD

“Be aware of what triggers your eating, and if you reach for food when stressed”

In our society food is a part of almost every activity: watching TV, sports events, weddings, funerals, parties, holidays, business meetings, play dates, basically any social get together has become an excuse to serve food. Major life events – such as unemployment, health problems and divorce – and daily life hassles – such as a stressful work commute, bad weather and changes in your normal routine – can trigger emotions that lead to overeating. But why do negative emotions lead to overeating?

Sometimes the strongest longings for food happen when you're at your weakest point emotionally. Many people turn to food for comfort – consciously or unconsciously – when they're facing a difficult problem or looking to keep themselves occupied.

Emotional eating happens any time you eat not because you are physically hungry but because you have feelings of boredom, depression, loneliness, fear, stress, anger or frustration. Eating takes your mind off the feelings. Eating comforts you. Eating in response to emotions and not hunger can result in overeating, unwanted weight gain, health problems and even greater stress.

Often, emotional eating leads to eating high-calorie, sweet, salty and fatty foods. Some foods may have seemingly addictive qualities. For example, when you eat enticing foods, such as chocolate, your body releases trace amounts of mood elevating hormones. That “reward” may reinforce a preference for foods that are most closely associated with specific feelings. Related to this is the simple fact that the pleasure of eating offsets negative emotions.

Be aware of what triggers your eating, and if you reach for food when stressed, consider the following:

- Keep a food diary. In your diary record data under these column headings: time, place, food eaten, amount, and your feelings. Identifying any stress, negative thoughts or emotions you're having at the time will help you determine why you are eating.
- Identify patterns of emotional eating. Many people find that overeating tends to occur at specific times and in specific places. For instance, you may over eat in front of the TV in the evening after a stressful day.
- Plan alternatives and change routines. Instead of sitting down in front of the TV with a bag of chips after a stressful day you could take a walk, take a long bath, call a friend, write in a journal, or read a book. Do something that removes you from the situation that results in overeating.
- Remove tempting foods. Don't buy the foods you crave when stressed! Having them in your house or at your work site is a disaster waiting to happen. If you really want to watch a favorite TV show in the evening

yet, find something to occupy your hands while you watch: give yourself a manicure, iron clothes or exercise.

- Know when and how to give in. It's all right to occasionally give in to cravings. When you really do want to eat chips, buy a single serving instead of a whole bag, or take a small portion out of the bag, put in a small cup, and put the bag away before you eat.
- When you eat, focus on the task at hand. Do not watch TV or read. Sit down at the table and leave when you are finished. Consciously eat slowly to give your stomach time to tell your brain when it's full. It takes 20 minutes before your brain signals your stomach that you're full.
- Plan nutritious meals and snacks. If you wait until you are ravenous, you're more likely to reach for the wrong foods and to overeat. You may also find yourself nibbling all the way through meal preparation.
- Reward yourself when you eat in a healthy way. Buy yourself a novel or a new journal, go see a movie or get a massage. Rewarding yourself will increase the likelihood that you will maintain your new healthy habits. Making dietary changes, and especially those centered on emotional eating, is tough. Changing eating habits that have been ingrained for years takes time. Take it one meal and one day at a time. You will be successful in combating overweight, obesity, and stress when you combine both diet and exercise. Treat the whole you and you will feel better about yourself.

Adapted from The Stress Owner's Manual: Meaning, Balance & Health in Your Life (2nd Ed.), by Ed Boenisch, Ph.D., and C. Michele Haney, Ph.D. Available at online and local book-stores or directly from Impact Publishers, PO Box 6016, Atascadero, CA 93423-6016, by phone at 1-800-246-7228, or www.bibliotherapy.com.

Weight-loss help: How to stop emotional eating – MayoClinic.com

You are an emotional eater if you answer “yes” to any of the following questions:

1. Do you ever eat without realizing you're eating?
2. Do you feel guilty or ashamed after eating?
3. Do you eat alone or at odd locations, such as parked in your car outside your own house?
4. Do you eat after an unpleasant experience even if you are not hungry?
5. Do you crave specific foods when you are upset?
6. Do you feel the urge to eat in response to outside cues like seeing food advertised on TV?
7. Do you eat because there is nothing else to do?
8. Do you eat when you are feeling sad or worried?

Get started:

1. Keep a food and emotion diary.
2. Eat as a single activity.
3. Deal with your triggers.



Sherri Greenwood
MHA, BSN, RN

Changing Our Mental Focus

By Sherri Greenwood, RN, BSN, MHA

Change is difficult but not impossible. Begin to think “Healthy Choices” in everything you do. Getting Healthy is the whole objective behind weight loss surgery. Making healthy choices happens one decision at a time.

- Whole grain or whole wheat bread instead of white
- Grilled instead of fried
- Walking instead of hunting for the closest parking spot
- Baked instead of smothered in a creamy sauce
- Water instead of beverages with calories

Making meals at home allow for better portion control and selection of ingredients. When selecting ingredients from the grocery shelves, don't just grab the same old favorite items. Select several similar items and then compare labels, choosing the one that is the most nutritious. Anytime we eat out, the menu choice generally contains a gazillion calories, not to mention the excess fat and salt added. Recently I pulled up the Appleby's on-line menu and about fell over when I looked at the number of calories and fat content in the choices. Even the salads were loaded!

Decreasing the frequency of eating out automatically decreases the number of calories we consume or are tempted to consume. Remember that we eat with a fork, not a shovel. This is my problem. I eat everything in about 5 minutes and then feel overly full as I have not given my stomach time to say ENOUGH! Strive to eat over at least 20 minutes to allow your brain to get the message that the stomach is full.

Changing the focus from “I can't eat this” to “I am choosing to eat healthy” can lead to long term health improvements and maintenance of weight loss. The same thing applies to exercising. Choose the activities that are fun to do. Include your friends or family. The adage of “no pain...no gain” does not need to be applied. Consistency and variation of activities is what matters. A great trick to increase the duration of exercise is to listen to music while you walk or run. If you are concentrating on what your body is doing-time will drag. Select the music that speaks to you and then vary the beat and tempo. Most individuals will find themselves working harder and faster with the quicker beat and then catching their breathe with something a little less intense. Focus on building strength and endurance.

Improvement of overall health is what we are all striving for. Make the changes one decision at a time, leading to a lifetime of feeling great, with more energy and spirit to enjoy every day to the fullest!

Getting the Most Out Of...

Steam Vegetables or spray them very lightly with olive oil and roast them in a 400 degree oven until tender but still firm (approximately 10-15 minutes). Use as little water as possible when cooking vegetables in a microwave or boiling in a pan, since nutrients are lost in water.

Strawberries are high in fiber, vitamin C, and disease-fighting antioxidants. Buy strawberries that still have the stem attached, store in the refrigerator as soon as you bring them home, and don't wash them until you're ready to use them. Dark colored berries like blueberries and blackberries are also loaded with antioxidants.

One Serving Looks Like...

In this day and age of supersizing everything, it can be a challenge to know what a single serving looks like. The American Dietetic Association provides a helpful comparison for us to judge if we are eating one or multiple portions.

One Serving:	Looks Like:
3 oz meat/poultry/fish	Deck of playing cards or the back of your closed hand
1 oz hard cheese	4 dice
2 Tbsp. peanut butter	Size of a golf ball or a large marshmallow
1 medium apple/pear/orange	1 tennis ball or baseball
1 bagel	Size of a hockey puck
1 cup cereal with milk	A tight fist
One small baked potato	Computer mouse
One cup raw vegetables, yogurt,	Will fit into an average woman's hand or fruit



Effect of My Changed Eating Habits on Those around Me By Zinka Samardzic, PA-C

Zinka Samardzic, PA-C

Now that fall is finally here and the hectic summer schedule is behind us, we all have more time to reflect on who we are and how what we do impacts the people around us. I have heard quite a few of our patients mention the hardships they face day to day to make people in their lives accept the drastic life changes after bariatric surgery. This is especially true when it comes to eating habits. According to some patients, it is hard for them to stick to dietary guidelines when everybody else around them eats unhealthy. They report that in the beginning their family members and friends are very supportive, but as time goes on the support fades away in some instances. The surgical procedure is stressful physically and emotionally for patients, but it is important to know that weight loss surgery can be stressful to the family members also.

The balanced and healthy diet is a major factor for a successful weight loss. If you are not able to follow the dietary guidelines due to lack of support from family this could sabotage your weight loss. It is very important to involve your family and friends in this process. Things are always easier when done in pairs. It is important to realize that your family and friends have known you a certain way for majority of your life, and that they may need the time to adjust to the new healthier you. It might be intimidating for your family and friends to accept all the drastic changes after bariatric surgery. If this is the case, you will have to allow them the time to adjust to the changes. However, you should stay firm and focused on your weight loss journey. It is imperative to keep a positive attitude about your weight loss even when the support is not provided. Negativity will sabotage your weight loss. You need to be a positive influence on those around you. If you approach your weight loss program in a positive way, it will motivate those around you to eat healthy.

Trying to make the family members accept your new eating habits can be a challenge for some bariatric patients. Lack of understanding from family members and forcing your eating habits on your family members can lead to needless conflicts and resentment. It is important to approach this subject in a positive manner and come to a mutual understanding, so that both you and your family feel comfortable with the changes. Also, the significant weight loss that occurs after a bariatric procedure may lead to the changes in relationship dynamics. In some cases this is a good change, but unfortunately in some cases these changes can have a negative impact on the relationship.

It can cause the relationship to deteriorate. I have had patients report that their family members become jealous of them as they lose the weight to the point where they even start isolating them. Some patients have reported being on the verge of divorce as their partner is unable to accept their new image. Everybody has their little insecurities and sometimes they become even more pronounced after the surgery and weight loss. Spouses can feel threatened by his/her partner's new body image and new found confidence. This can make them unwilling to continue to be supporting to their partner. This can cause a lot of stress and depression for both partners.

So how can you make your eating habits stress free for you and your family? There are many ways to keep your family healthy without making them feel like you are imposing the strict dietary guidelines on them. One way to do this is by buying healthy food choices, and not buying junk food. Instead of the junk food snacks, buy fruits and vegetables and have them available at home for your family. Also, prepare the favorite family foods ahead of time and store them in the fridge. This is usually a healthier option than dining out. If you do eat out, urge your family members to share the meal with each other to prevent overeating and consumption of unnecessary calories. If you are going to eat out, look up the restaurant menu ahead of time and choose what you want to order before you get to the restaurant. This will allow you to choose healthier options and avoid the last minute temptations. If your family just does not want to cooperate then maybe it is time to seek additional support from your providers, friends, or professional support groups. There are many lifestyle and behavioral changes after bariatric surgery and patients need the support of their peers, friends, family, and healthcare providers to help get through those hard times. It is important to remind those close to you of the reason why you had the surgery. Dr. Glascock and Dr. Hodges do these procedures because they save lives. The procedures get rid of many diseases such as, high blood pressure, sleep apnea, acid reflux, and high cholesterol just to name a few. By the time patients come to our office, they have tried everything possible to lose weight on their own, but unfortunately most of diet plans do not provide them with the tools to keep the weight off. Our patients have the surgery to be healthier and have a better quality of life. I would like to take this opportunity to remind you to stay on track and do not lose the sight of your weight loss goals and the reason why you had this surgery. Our door is always open for each and every one of you. If you are experiencing difficulties in your relationships please know that it is OK to talk about these issues with your health care provider. We are here to serve you, and help you as you achieve your weight loss goals.

I am Losing Weight and People are Talking! By Lori Rasmussen, LISW - Covenant Clinic Psychiatry

“As you work to gain a healthy body on the outside, be sure to give your “inside” just as much attention.”

– Lori Rasmussen

“How much have you lost?” “You look great!” “What’s your secret?” “I wish I could lose a few pounds. “Isn’t weight loss surgery a bit extreme?”

These are just a sample of the words you may be hearing. Everything from positive encouragement to funny looks. Maybe, even some whispers or talking behind your back!

So now what? You are losing weight, getting healthy and everyone seems to have something to say! As you work to gain a healthy body on the outside, be sure to give your “inside” just as much attention. Paying attention to what you are doing with the words and responses of others is one way you can care for your inner self and keep that self-esteem in good condition.

Here are a few tips to help you manage what others have to say while you are working toward your goal.

1. Know that you CAN NOT control what others are going to say! Please do not even try! People will talk. Some more than others. You can learn to manage the words of others.
2. How did the comment make you feel? Ask your self this question. Take some time to come up with the answer. Be honest!

3. Consider the source. Is it a trusted friend, a stranger off the street, a co-worker, family member? The type of relationship you have with the person will determine how much you really need to pay attention to what was said. Pay more attention to the comments from people you trust and who care about you. Pay little attention to everyone else.

4. Wonder why they are commenting in the first place. Our culture pushes people, especially women, to be very focused on weight, diets and body size. You will likely get a variety of interactions from people that include: being genuinely concerned and supportive, just being curious, or maybe projecting their insecurities about their own body issues. Some are rude and hurtful.

5. Remember that YOU are a part of the conversation. You get to CHOOSE how you want to respond when someone makes a comment about you. You can share as much or as little as you would like. Thank those that are being helpful and supportive. If you do not want to talk about it, kindly let them know your weight loss journey is a private matter and you would rather not discuss it. Remember, just because a question is asked, does not mean you have to answer!

Did you know?

According to a report in the journal Obesity, the average american takes in 458 calories a day from drinks such as juice or soda!