



Y *B a r i a t r i c s* Weight?

November, 2004

A support group newsletter for gastric bypass patients

† Catholic Health Initiatives

St. Joseph's Area Health Services

The mission of the Y Weight gastric bypass support group is to provide a supportive learning environment for pre- and post-surgical patients and their families and friends. We exist to help, with kindness and compassion, those who have completed or are contemplating gastric bypass surgery (GBPS).

Knowing that GBPS is a life-changing operation, Y Weight promotes lifestyle changes which enhance the holistic health of its members. Through meetings where education, affirmation, inspirational and socialization occur, the following personal growth tools are provided:

- ▶ Open forum discussion
- ▶ Supportive relationships
- ▶ Special guest lectures
- ▶ Success celebrations
- ▶ Small group discussion



St. Joseph's Area Health Services
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On the Web:
www.sjahs.org

I prayed my husband would tell me not to go through with the surgery

By Lisa

My name is Lisa Hanson, and I had gastric bypass surgery on Nov. 12, 2002. It is one of the best things I have done for my family and myself.

I, like most of us, tried every diet out there. I struggled with my weight most of my life, but it wasn't until I had children that I really gained weight.

I have two children, and I couldn't play on the floor with them, my legs hurt too badly. By the end of the day, I didn't have the energy to do much.

I think my decision to have gastric bypass was not how big I was then, but how big I would get. If I weighed 250-pounds at 36 years of age, what would I weigh at 46 or 56? How heavy would I be by age 66?

So, my journey started.

I read everything I could about the surgery. I talked to people who had good and bad experiences, then I called Dr. Dan



Lisa

“...my decision to have gastric bypass was not how big I was then, but how big I would get.”



Before

Smith at St. Joseph's Area Health Services.

I thought for sure Dr. Smith would say I wasn't big enough to qualify for the surgery, but I was a candidate.

The day of my surgery I prayed that my husband would tell me not to do it. I was so scared. But now I am so happy!

It is *not* easy. I try very hard to do everything we are supposed to do, but with two small children, I have trouble finding time to exercise. This is not for everyone, and it is not the easy way out. I hope anyone contemplating gastric bypass surgery understands the life-long commitment involved.

Happy Thanksgiving  Happy Holidays



Group notes

► **Dec. 9:**
Vitamins & Supplements: "I take good quality vitamins each day to ensure my good health."

Your attendance and participation is greatly encouraged!!

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed no hope at all."

Dale Carnegie

Everyone will probably encounter plateaus, perseverance will be rewarded in the end

Everyone knows about them; everyone dreads them--it doesn't matter what the method of weight loss. So, how does one become "master of the stall" and get on the losing track once more?

In the June, 2004 eNewsletter published by Bariatric Support Centers International, Ken Miller, President, offers suggestions for "blasting" through a plateau. They are summarized below with St. Joseph's Area Health Services (SJAHS) recommendations noted:

1. Eliminate refined carbohydrates. Miller recommends eating only protein and vegetables in an effort to get off a plateau. **It is the recommendation of SJAHS that your weight-loss food plan consist of 40 percent protein, 30 percent carbohydrates (from fruits, vegetables and whole grains) and 30 percent fat.**

It's imperative that you count calories. Consuming too many calories will result in a plateau or weight gain.

2. Increase fluid intake. Fluid means water. Patients should be drinking at least 64 ounces of water every day. During a plateau (or if you want to help avoid or shorten plateaus), drink twice that much each day. Sip, sip, sip all day long, except when eating a meal and during the 30 minutes before and the 30 minutes after your meal. SJAHS recommends you don't drink fluids 15 minutes before, during the meal, and 15 minutes after a meal.

3. Increase exercise. If walking a mile each day, walk farther each day until the plateau breaks. If you are doing three days of cardio each week, increase it to five or six days each week during the plateau. If not exercising, *start now!* "Exercise builds muscle mass and additional muscle mass will burn more calories each day just to keep the additional muscle mass alive. You'll not only burn more calories through the work you do while you are actually exercising, but you'll also burn more calories throughout the rest of the day."

"Never give in, never give in, never, never, never, never, in nothing, great or small, large or petty, never give in except to convictions of honor and good sense."

Winston Churchill

4. Measure volume of food. Review recommended food volume guidelines. Count calories. Investigate *all* snacking. Do not skip meals.

"Eliminating meals will only prolong your plateau since your body will go into starvation mode and attempt to hold on to, and store, every calorie it can. This will result in decreased energy, which results in less physical activity, which results in fewer calories being burned, which results in a longer plateau, and so on..."

"Break a plateau by giving your body everything it needs to be assured that its potential supply of food and water is limitless, while at the same time, giving it additional work to do. It will respond by increasing your muscle mass and stepping up its fuel burning systems.

"If your body knows that plenty of food and water is available, it won't insist on saving every bit of energy you take in, but will freely use its energy stores (fat) to meet the increased workload you are asking it to do today."

When you hit that plateau and want to revert of old habits because this weight loss lifestyle just feels too hard, remember the words of Winston Churchill: "Never give in, never give in, never, never, never, never, in nothing, great or small, large or petty, never give in except to convictions of honor and good sense."



Autumn's reflection rejuvenates motivation

Golden leaves framed by spires of deep green spruce - autumn beckons me, woos me to abandon all my food preservation and venture out into leaf-smothered trails.

As a teacher, fall is always a beginning for me, and I cherish this opportunity to recommit to moving myself, body and soul, through Minnesota seasons of "slow down."

It seems every fall my body goes into hibernation mode; eating and sleeping tons to prepare for a long, cold winter.

This year is different.

This year I will eat myself healthy and exercise myself heartily.

I have a new horse, her name is Winnie Tin Tin (how silly), but she motivates me to set positive growth goals to prepare for spring.

God gave me the gift of weight loss.

Once I accepted this gift, it

From the Outside In



By Cheryl Mickunas

"God gave the gift of weight loss. Once I accepted this gift, it has become my responsibility to care for it and use it wisely."

has become my responsibility to care for it and use it wisely.

Like a cherished gift, I want to share it with others and display it for everyone to see.

Join me in preserving not only our garden surpluses this fall, but in preserving our weight loss, so that others can see and be blessed.

Nutrition Nugget

Chicken Stir Fry

- 6 oz. chicken breast cubed (1 breast)
- 1 c. mixed Chinese vegetables
- 1 green onion
- 2 Tbls. soy sauce (lite)
- 1 pkg. Ramon noodles (baked)
- 1 pkg. seasoning
- 2 cups water

Saute chicken and onion in water (2 T). Add soy sauce, water, and vegetables. Add seasoning and noodles. Simmer 5 to 8 minutes or until veggies are tender/crisp. Makes 4 servings.



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

George Carlen

We appreciate your input

Y Weight invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlys Hess, social worker, at 218-237-5588. Or write her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470. Or e-mail: arlyshess@catholichealth.net

† CATHOLIC HEALTH
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For more information about bariatric services call 218-237-5588.

If you choose to no longer receive this newsletter please call 218-237-5711 or 1-800-566-3311 ext. 588 and ask to have your name removed from the mailing list. Thank you.

St. Joseph's Area Health Services

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Y Weight?

B a r i a t r i c s

Mark your calendars!

We've scheduled the new year's Y Weight Support Group meetings

- ▶ **January 13:** "Relationship Changes" / open discussion
- ▶ **January 27:** Special guest: Representative from St. Joseph's Area Health Services' pharmacy, Topic: "Post-surgical Medications / Absorption Issues"
- ▶ **February 10:** "The Dangers of Grazing" / breakout groups
- ▶ **February 24:** Clothing exchange / open discussion
- ▶ **March 10:** "The Skinny on Fat" / open discussion
- ▶ **March 24:** Special guest: Dr. Joel Kirchner, Topic: "Addictions and Addictive Behaviors"
- ▶ **April 14:** "The Dangers of Caffeine" / breakout groups
- ▶ **April 28:** Special guest: Patty Chiodo, Topic: "Low-Impact Exercise for the Bariatric Patient"
- ▶ **May 12:** "Target Heart Rate" / open discussion
- ▶ **May 26:** Cooking demonstration by Monica Foster, RD, LD
- ▶ **June 9:** "Annual Blood Work" / breakout groups
- ▶ **June 23:** Special guest, to be announced
- ▶ **July 14:** Lesson / open discussion
- ▶ **July 28:** Panel discussion: Post-surgery patients
- ▶ **August 11:** Lesson / breakout groups
- ▶ **August 25:** Clothing exchange / open discussion
- ▶ **September 8:** Lesson / survey
- ▶ **September 22:** Special guest: Dr. Joel Kirchner, Topic: "The Impact of Bariatric Surgery on Relationships"
- ▶ **October 13:** Lesson / breakout groups
- ▶ **October 27:** Special guest: Representative of St. Joseph's Rehab. Department, Topic: "Safe Rehabilitation for the Bariatric Patient"
- ▶ **November 10:** Lesson / open discussion
- ▶ **December 8:** Lesson / Holiday Surprise!