



Weight Management Center

Y Weight?

Support for Surgical & Medical Weight Management Solutions



**A CHI
St. Joseph's
Health
Weight
Management
Center
Newsletter**

Winter 2019

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Renew Spirit

"The greatest glory in living lies not in never falling, but in rising every time we fall."

-Nelson Mandela

Being from Oregon, forest fires were part of my summer as I lived in a town snuggled on a mountain. My first job was with the United States Forest Service maintaining trails. I was always amazed at how lush the forest was and how it recovered and came back healthier than prior to a fire. Sometimes life can feel like a wild forest fire that one has no control over. That may be true but much like a forest, we are also resilient. If the forest were to live in the past it would not grow for fear that it would burn again. If the forest lived in the future it would wonder when the next fire would be upon it. Instead the forest lives in the present and grows to its fullest potential.

So how do we grow after feeling burned out?

Self-reflection: Focus on your goals, behaviors, and state of mind. In self-reflection take the time to review your life starting with the "am I" questions. For example, "am I respecting my body in the way I should?"

Know your strengths: This is easier said than done. We all have strengths, but sometimes it is hard to identify them. Ask yourself what comes easy for you or what do you enjoy doing? This can assist with identifying strengths.

Work through your weakness: Much like strengths everyone has weaknesses. Reflect on what is difficult for you to resist or accomplish.

Engage in long term therapy: Therapy is a tool that will assist with coping skills and self discovery.

Meditate: This takes practice, try starting with short periods of meditation time and then work your way to longer sessions. Focus on the simplicity of breathing in and out slowly. This will allow your mind to come to a neutral state.

Exercise, diet and read: These are forms of self-care that assist with wellness and balance.

Give back to others: Acts of service are important for growth, as well as rewarding.



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New Weight Management Group

ReSync - 10 Week Accountability Group With Individual Coaching

- Education / Accountability
- Exercise Package Options
- Individual Metabolic Assessment
- Nutrition Plan

Meeting times will depend on need. Cost is \$80 for the 10 week program with scholarships available. For questions, please call **218.237.5757**.



Renew Balance

Develop a healthy relationship with food

Is getting back on track with eating habits a concern after the holiday season? Television, internet, and magazines will often promote fast weight loss methods. These approaches may work for a while because they cut calories in one way or another. However, many of these diets restrict certain food groups, limit you to specific "healthy" food choices, or promise unrealistic results. They are hard to maintain over time. They do not help you develop a healthy relationship with food. As soon as you return to your previous eating habits, the weight gain may return.

It is important to adopt the idea that what you eat affects your health. Each food group provides its own unique set of vitamins, minerals, and energy for the body. Try choosing sweetened beverages, packaged foods, and sugars

less often. Then try to implement changes that are compatible with your lifestyle, work schedule, and individual tastes.

Remember to reach out to us for support!

How can you spot a fad diet?

You can spot a fad diet by asking yourself a few simple questions:

- Does this diet make some foods completely off-limits?
- Does this diet promise that I will lose an unrealistic amount of weight in a short amount of time? For example: "ten pounds in one week".
- Does the diet refer to foods as "good" or "bad"?
- Do I have to buy certain foods for this diet at a special store?

- Does the diet claim I can lose weight without exercising?
- Is this plan temporary?

There is no magic formula for losing weight other than taking in fewer calories than you burn. The key is to find an eating pattern that keeps you feeling physically and emotionally strong and provides the right balance of calories and nutrition.



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Commitment to Quality Care



The American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS) combined their respective national bariatric surgery accreditation programs into a single unified program to achieve one national accreditation standard for bariatric surgery centers, the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

The Weight Management Center's accreditation is current through 2020.



Mindfulness

Renew the mind
Renew the body

Being mindful is about living in the present. Practicing mindfulness will assist in no longer being stuck with guilty feelings about the past or feeling anxious about the future. It is natural to spend some time in thoughts of the past or thinking of the future. However, too often our lives become driven by thoughts of past events or possible future outcomes. We have forgotten how to ground ourselves and just be present in the here and now. Time is a human concept.



"You must learn a new way to think before you master a new way to be."

-Marianne Williamson

One way to become more mindful and become present is through something as simple as breathing. Breathing! Something we do without even thinking about on average 23,000 times a day. By performing a simple mindfulness breathing exercise, you can reduce stress, anxiety, negative emotions, and sharpen your concentration.

The most basic way to do mindful breathing is simply to focus your attention on your breath. Simply observe each breath without trying to adjust it; it may help to

focus on the rise and fall of your chest or the sensation through your nostrils. As you do so, you may find that your mind wanders, distracted by thoughts or bodily sensations. That's okay. Just notice that this is happening and gently bring your attention back to your breath. Stay here for five to seven minutes. Notice your breath, in silence. From time to time, you'll get lost in thought. If this happens shift your focus back to your breath.

After a few minutes, once again notice your body, your whole body, seated there. Let yourself relax even more deeply and then offer yourself some appreciation for doing this practice. You only need a few minutes here and there to reduce your stress, minimize the noise from the world around you, and gain control of your life.

You have 1,440 minutes in every one of your days. If you take just 5 minutes at different times during the day, you can improve your health, wealth, and well-being, and nobody will even know. Think of this practice as a way to bring balance throughout your day. It can also make you more productive and better able to make the kinds of choices you need to guide your life in the direction you want it to go.



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Renovate your Practical Fitness

Hopefully you didn't wait for the New Year to arrive before adapting exercise into your routine – your health does not deserve to wait that long. If you feel stuck on how to get more movement into your lifestyle, keep reading for a few suggestions.

When it comes to a plan for physical fitness, two key points are consistency and priority. Adding more movement into your day may be as simple as wearing comfortable shoes to encourage you to get up and move! If you're driving, try to add in a few stops to stretch your legs, use the restroom, or walk around before continuing your drive. Including the family can also help you stick to an active lifestyle. Plan activities that focus on movement – ice skating, snow shoeing, broomball, or playing in the snow. You could also go for a walk as a family or take your four-legged friend out. Be sure to dress appropriately and invest in cold-weather clothes to make the activities more enjoyable!



If outdoor activities don't appeal to you during the winter months, hope is not lost! You can continue to be physically active indoors. Give your house a makeover and start early on your spring cleaning. Dusting, vacuuming, scrubbing walls, rearranging closets, and cleaning all the crevices of your home promotes movement and can even get your heart rate up. Consider setting up a little workout nook that is special to you and encourages exercise.

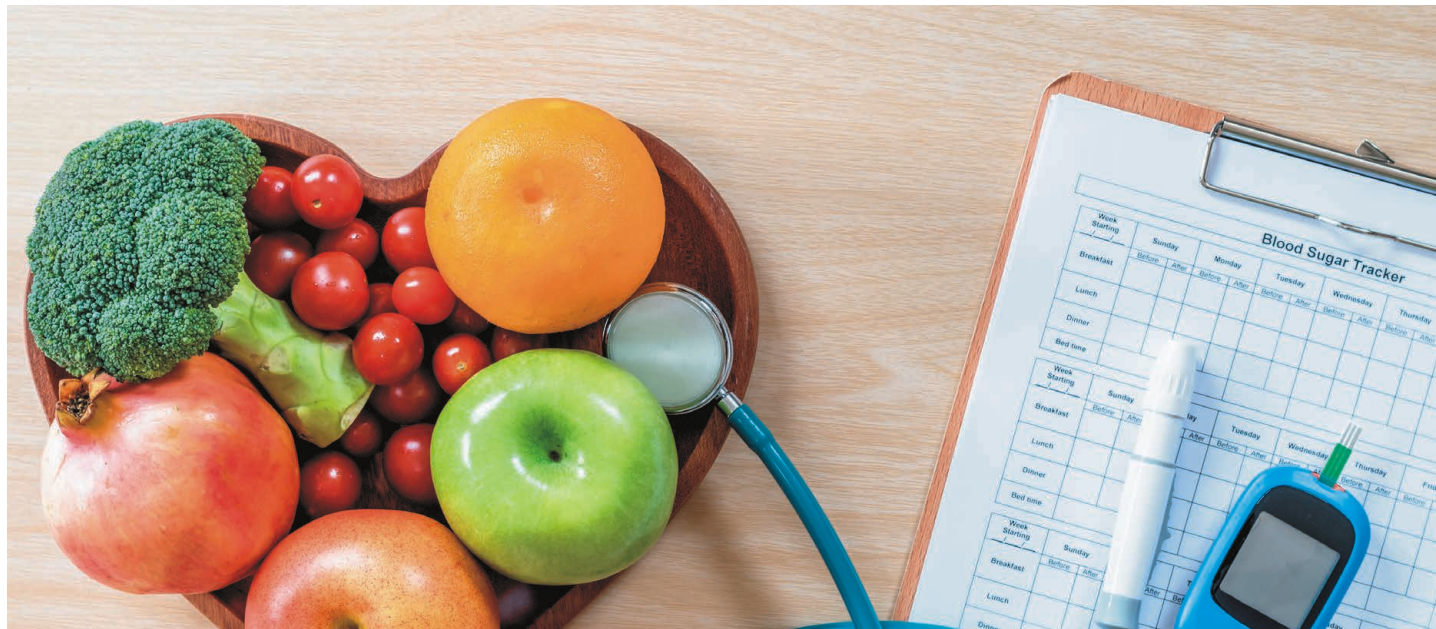
There are many fitness apps to help you get started with your exercise routine – Sworkit, Fitbit Coach, MyFitnessPal, or 7Minute Workout. You can choose to follow along with a workout DVD or YouTube fitness channel.

It is important to remember that healthy habits pave the way for long-term success. If you hit a wall, call us and we can help you work through any barriers! The most important point is to move daily – you don't have to squeeze in an hour at the gym every day after work, but you should try to move regularly. Strive for 150 minutes per week of moderate intensity exercise (30 minutes / 5 days a week or 20 minutes / 6 days a week). Exercise has proven to reduce stress, keep the mind sharp and the body healthy!

Don't forget to show yourself some love. Take time to relax, unwind with a good book, sleep in, or catch up and connect with a friend. You deserve it!



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Renew Health Improving quality of life

One of my favorite parts of working with the Weight Management Center is seeing our patients benefit from having surgery. Some of these positive results include reduction in medications, watching lab results improve, and seeing weight loss, which often helps to improve their quality of life.

Being able to be a part of a team that truly cares about our patients and walk with them through this journey is absolutely amazing! We see many patients go into surgery with elevated blood sugars and blood pressure. However, soon after surgery they need little to no medication for those conditions.

For both patients and staff, this is a huge win!

Talking with patients about reduction of their medications and improved blood sugars, brings tears of joy to my eyes. Many times I hear patients say, "the weight loss is great, I can move more easily, but the improvement of my blood sugars, blood pressure and cholesterol is what made having the surgery worth it."

One exciting success story is a patient who had been taking two cholesterol medications, two kinds of insulin and an oral medication for diabetes prior to surgery. As

you can see in the chart below, the patient had an improvement of blood sugars and cholesterol within just a few months after surgery and reduced the amount of medication needed.



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	Pre-Surgery	1 month post-op	3 months post-op
Cholesterol	145	143	115
HDL	18	24	30
Triglycerides	823	227	111
LDL	37	74	63
HgbA1C	8.0%	6.4%	4.8%
Medications	2 cholesterol meds 2 insulin, 1 oral diabetes medication	1 cholesterol medication, NO diabetes medication	1 cholesterol medication, NO diabetes medication

Weight Management Center

We will help you throughout the entire process

Our Weight Management Center works with patients to lose weight and experience better health. Our friendly, kind, compassionate care team develops a tailored plan so patients can reach their goals and live a full, active life.

From non-surgical, medically supervised nutrition and weight-loss programs to advanced surgical procedures, the center brings the latest technology, expertise and experience in successful weight control.

Conditions such as obesity, diabetes, high blood pressure, sleep apnea and more can be treated with our experienced bariatric team. We have a comprehensive list of surgeries to best match your health conditions and personal goals.

Even if you have had weight loss surgery in another location (in or out of state) and need a support team to follow up with, please come visit us in Park Rapids. We can

offer you that care. All are welcome!

The care that we offer is well-managed/facilitated via Registered Dietician, Lifestyle Counselors, Social Workers, medication interventions by a PA-C, registered nursing staff, and the surgeon himself.

We consider your physical, nutritional, and mental health in this process and can provide guidance throughout your entire journey.

Please call **218.237.5757** to schedule your appointment.



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Follow-Up Care

Because your health is important to us!



Scheduling and keeping follow-up appointments after bariatric surgery is extremely important. No matter what procedure you have had, follow-up care is essential. You should also continue to see your primary care provider for other health problems and any specialists you are seeing for chronic illnesses.

Several nutritional problems such as B12 or iron deficiency can occur following certain bariatric procedures. These and other mineral and vitamin issues require screening so that in the event they begin to occur, they can be treated as needed. Left undiagnosed, they can result in severe and irreversible problems.

If you have had bariatric surgery and have any of the following symptoms, please contact us at 218.732.2892 to schedule an appointment or to discuss your concerns with a nurse.

- Difficulty swallowing
- Intermittent abdominal pain
- Hair loss, fatigue
- Difficulty seeing at night
- Bruising easily
- Numbness and tingling in hands & feet
- Changes in bowel habits
- Nausea or vomiting
- Bone pain

If some long-term issues are not addressed in a timely matter, effective treatment becomes much more difficult. Patients who have undergone bariatric surgery require medical follow-up for reasons specific to the type of surgical procedure performed. Your health matters to us, so please call us today for a bariatric follow-up appointment at **218.732.2892**.

Experience better health.



Weight Management Center

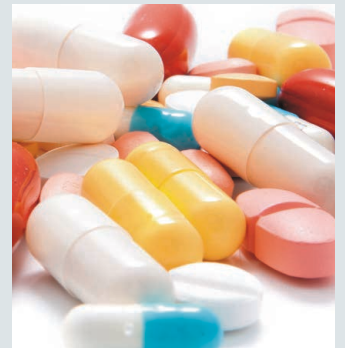
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Vitamin Reminder

Please bring all of your vitamins and supplements to your follow-up appointments so we can review what you are taking. This is very helpful because we make individual recommendations based on your lab work. Remember, taking your vitamins daily is a commitment for the rest of your life!



Outreach Near You

Y Weight? Support Group

Y Weight? support meetings are held at 5:00 pm on the second Thursday of the month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. Please call Alicia at **218.237.5757** for more information.



Call **218.237.5757** to add your info to our reminder email list!

Detroit Lakes Support Group

If you're looking for encouragement on your weight loss journey, we have a support group for you. The group meets the third Monday of every month at Essentia Health Detroit Lakes in the St. Benedict Conference Room at 6:00 pm. Please call Kasye at **218.616.3377** for more information.



MBSAQIP
METABOLIC AND BARIATRIC SURGERY
ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
ACCREDITED CENTER

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Essentia Health
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