

Y Weight?

Support for Surgical & Medical Weight Management Solutions



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

Winter 2020

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218.237.5757
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Enhanced Recovery

Helping reduce opioid pain medication after surgery

As an accredited center for bariatric surgery by the American College of Surgeons (ACS) and American Society for Metabolic and Bariatric Surgery (ASMBS), patient outcomes are reported to the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) database. With this program, there are opportunities to participate in a number of quality improvement projects.

Enhanced Recovery, Employing New Enhanced Recovery Goals to Bariatric Surgery, also called E.N.E.R.G.Y., is a care pathway that is designed to decrease nausea, pain, and stress after surgery and is also used to decrease the amount of narcotic pain medication used after surgery. The E.N.E.R.G.Y. protocol was the second National Improvement Project designed and implemented by MBSAQIP and was launched in November 2016.

The E.N.E.R.G.Y. protocol was implemented at CHI St. Joseph's in

July 2017. Since implementing the E.N.E.R.G.Y. protocol, there has been an 89% reduction in narcotic use. Patients are now using oral tylenol and celebrex after surgery for pain control, almost eliminating the need for narcotics after surgery. There has also been a decrease in readmissions and length of stay and a quicker return to normal activity after surgery for patients. Patients and providers response to the implementation of the E.N.E.R.G.Y. protocol has been positive, many patients are thankful that our program no longer routinely uses narcotics.

Our program is looking forward to participating in the next National Quality Improvement Project, which will be launched this year. This quality improvement project, called Bariatric Surgery Targeting Opioids Postoperatively (BSTOP), will focus on the reduction of opioid use and prescriptions after bariatric surgery. With the increased attention and concern for addiction in recent years,

there is a greater community need to decrease opioid use. There are a number of programs and resources available if you would like to learn more about the U.S. opioid epidemic. A good resource is the U.S. Department of Health and Human Services (<https://www.hhs.gov/opioids>) or the Substance Abuse and Mental Health Services Administration (www.SAMHSA.gov).



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Breathe In. Breathe Out.

We may not think much about the breathing process, but our breath can tell you a lot about your body. CHI St. Joseph's Health Weight Management Center provides professional metabolic rate measurements. The metabolic test is a simple 10-minute breath test that provides detailed information about a person's caloric needs, metabolic rate, and body composition.

Taking your age, height, weight and gender into consideration, the machine analyzes your breath and determines:

- How many calories you need to maintain your weight
- The ideal range of calories you should eat to lose weight
- How your metabolic rate compares to others with similar characteristics
- How much energy you expend while resting

- How many calories you burn doing daily activities
- How many calories you burn during 30 minutes of moderate exercise

Measuring your metabolic rate will allow the weight management team to construct the most effective weight loss plan based on the individual's caloric needs. Each patient is provided with their own personalized printout of results and interpretation at the end of each test. To learn more or to schedule a metabolic test, call **218-616-3377**.



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How Winter Affects Our Eating

The weather outside is frightful — but the food is so delightful! If that's the tune that runs through your head from November through March, you're not alone. As temperatures fall, our winter appetites can spin out of control. Cooler temps, fewer daylight hours, and more time spent inside can all affect our hunger and have a significant impact on when, how much, and what we want to eat. For many, food-focused holidays and potentially spending more hours at home, can also contribute to different eating patterns.

To satisfy both your body and mind, seek out comfort foods that fill your belly, warm you up, and make you feel good — but are also good for you.

- **Soup.** A great way to get more fiber-filled vegetables into your winter diet, since you can toss just about anything into a soup pot —

greens, beans, lentils, whole grains, and veggies. Add a lean protein, like chicken or shrimp, and you're set. Consider choosing a broth-based soup over a cream-based option, to avoid unhealthy fats and calories.

- **Citrus Fruits.** While most fresh fruit is in short supply, winter is the time for citrus to shine. Keep mandarin oranges on hand as a snack, and consider a salad with some fresh citrus.
- **Broccoli, cauliflower, carrots, and brussel sprouts.** They are incredibly good for you, and great for roasting. Just toss them with a little olive oil and a little salt and pepper and stick them in the oven until they start to get brown.
- **Salmon.** Vitamin D is a vital nutrient in winter. Limited daylight hours and less time spent outdoors means most of us aren't absorbing as much vitamin D from the sun as we do in

warmer weather. The top dietary sources are fatty fish, like salmon.

Despite the winter factors, you can take control with a little bit of planning. Try these suggestions to stay on track: choose high protein / high fiber snack options, make a winter activity plan, spend some time outdoors, keep treats out of direct eye view, and drink plenty of low calorie fluids.



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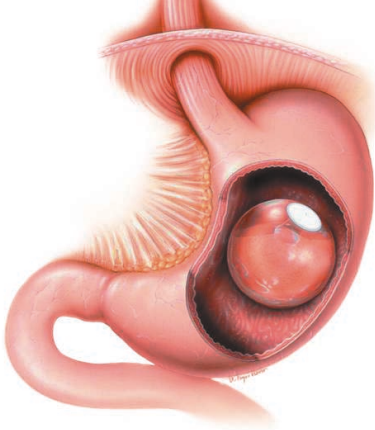
Commitment to Quality Care



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.

NEW Non-Surgical Weight Loss Solution COMING SOON...



A new non-surgical weight loss solution will be offered soon at CHI St. Joseph's Health. The Orbera™ solution is FDA approved safe and effective. This comprehensive, two-part program takes a holistic approach to weight loss, combining the use of an intragastric balloon with an individually tailored support program designed specifically for you and will tackle dietary, psychological, and exercise strategies to assist adult patients in losing and maintaining a healthy weight.

How does it work? A gastric balloon is inserted orally through your esophagus and placed directly into your stomach during a quick, non-surgical procedure. There is no need for any incisions, stitches or scars. The balloon is then filled with a sterile saline solution to the approximate size of a grapefruit, which will take up space in the stomach to help adapt to healthier portion sizes. The balloon is removed 6 months later with a non-surgical procedure.

CHI St. Joseph's Health is committed to our community and is excited to provide this solution as an option for successful weight control, increase health benefits and promote a healthy lifestyle. CHI St. Joseph's Health Weight Management team of experts work with you to create a personalized weight loss plan combining medical treatment, nutrition, exercise and psychological support. Together, they can help you lose weight and stay healthy for life.

The procedure will be offered as a self-pay solution. Some patients may be able to save on the total cost by using their tax-free savings accounts (HSA / FSA).



For more information, please contact our Medical Weight Management team at **218.237.5757**.



YOUTH Weight Management Program

CHI St. Joseph's Health Weight Management Center in collaboration with Essentia Health are recharging the Pediatric Weight Management Program to help families find ways to become healthier together.

Team members for the program include Beth Hirt, PA-C in partnership with RaNae Doll, MD, a Registered Dietitian and Exercise Physiologist / Health Coach.

It is never too early for a family to make changes that will help a child keep or achieve a healthy weight.

For more information regarding the Youth Weight Management program, please call **218-237-5757**. Appointments can be made by calling **218-732-2915**.

Be The Change...

You are the driver of your own energy bus!



If you change the way you look at things, the things you look at change. As a lifestyle coach and exercise physiologist, change is a word that is spoken so often that it can rarely be said without being accompanied by an eye roll or a cringe. But change [insert eye roll] does not need to be feared. Yes it is difficult, takes time, patience, and discipline, and requires your own hard work with no help of a machine or piece of technology. But if you ask anyone who has sustained positive change, they will most likely tell you they wished they had made a change sooner!

If you continue to hesitate making changes, reach out for help and encouragement. Join a support group, reach out to a friend or neighbor, download a tracking app that you will use, or connect with a health or life coach to discuss change. But be realistic. Be the driver of your energy bus and fill that bus with passengers and people you want on that bus and who will be a positive influence. You're the driver! If you can't work with a passenger, ask them to leave the bus at the next stop, you don't need that negativity. As the bus driver, also realize that you choose your destination and your speed. If one direction suddenly stops working, take the detour. Detours might make you uncomfortable and doubtful of your destination for a brief time, but trust the process and be patient that you will get there. If you find yourself becoming overwhelmed by the

speed of the changes, slow it down. It is also helpful to engage in a positive attitude as well as positive language. Words have as much power as attitude. Believe in you!

During the holidays, maintain your energy bus as you approach food filled functions. If you are trying to eat a better diet for your health and wellbeing, don't be frustrated at all the foods around. Take a deep breath and focus on your words and be truthful for the reason you are present. Because it's truly not about the food. It's about the occasion that brings people together and it encourages conversation, it creates laughter and connections, you can have a great time, and your bus won't crash!

We all have choices and we are in charge of our own bus. Just realize that it's about doing what works for you, and your family, and the people you love in your life. Focus on the positive and the road ahead!



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Outreach Near You

The option to join these groups virtually through an app is available. You will receive an email invite from CHI St. Joseph's Health Weight Management Center the week of the group.

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.

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.



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



Life is a Series of Actions

Life is a series of actions that determine an outcome, some positive and some negative. One has the ability to create different outcomes by breaking the pattern. However, due to negative thinking, it is often difficult to make lifestyle changes and enjoy life to its full potential. Learning to break these chains of any negative thoughts can lead to a more fulfilling life.

A negative thought process stunts our ability to grow and reminded me of a story about an elephant and a rope. A bystander was passing elephants and stopped confused as to why these huge creatures were being held by only a small rope tied to their front leg. There was no chain, no cage and it was obvious to the bystander that the elephants could at any time break away from the ropes, but for some reason they did not. The bystander noticed a trainer nearby and asked why these strong animals just stand

there and not attempt to get away? The trainer replied “when they are young and much smaller, we use the same size rope to tie them, and at that age the rope is enough to hold them. As the elephants grow, they are conditioned to believe they cannot break away. The elephants believe that the rope can still hold them, so they can never break free. The bystander was amazed. These elephants could break free at any time from their bonds, but because they believed they could not, they were stuck there bound.

Like the beautiful elephants how often do we avoid change because we don’t believe we can? How often are we bound by beliefs that no longer serve us? How often are we being bound by others beliefs in our ability to make change? It is time to make the choice not to accept false boundaries and limits and to break the chains that

keeps one stuck in the same pattern of behavior.

I encourage everyone to ask yourself what rope is holding you back? Then ask what can you do to break free. Consider our invitation by reaching out to the weight management team by making an appointment, phone call, or email to break the chains that can lead to the lifestyle change you envision.



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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!

Weight Management Center

We will help you throughout the entire process

One in three Americans is impacted by obesity and, as any individual affected by obesity knows, obesity is a complex chronic disease. It is not simply a condition caused by overeating. Obesity-related conditions such as diabetes, high cholesterol, high blood pressure, heart disease, sleep apnea, and cancer are often experienced by individuals. In the Weight Management Center, our kind, compassionate care team recognizes obesity as a disease and listens to individuals with obesity struggles.

Our patients receive education about the disease as well as its complications, treatment options and participate in tailoring a plan that supports goals to live a full and active life. No matter where you are in your journey to better health, we will meet you there and walk along with you.

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 involves a well-rounded team including; Registered Dietitians, Health Coaches, Social Workers, registered nursing staff, Physician Assistant 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!



Follow-up appointments after bariatric surgery is extremely important. No matter what procedure you have had or your outcome, follow-up care is essential! We would love to see you back at least annually to help track your progress and work through any difficulties you may be experiencing.

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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Let's Talk!

Gain social support from the comfort of your own home.

Don't feel like driving 60 miles after work or leaving your warm house to scrape ice off your car windshield in order to attend support group? We don't either! Which is why CHI St. Joseph's Health Weight Management Team has implemented an online mode of group communication that allows you to ask questions or gain social support from your peers from the comfort of your own home. Patients will receive an email invitation during the week of the support group that contains details and a link that allows you to join the group at a specified time. You may need to download the free program before your first session. You can choose a computer video option if you have the right setup at home or you can call in to the meeting via telephone. Research shows that participating in real life support groups instead of online forums results in greater success for better health. We welcome anyone at any stage of their weight journey, whether you have had surgery twelve years ago or twelve weeks ago. Some feedback we have heard from our group members can be found below. We would love to hear from you, so let's talk!

"I learned that I am not alone."

"My worries disappeared."

"I lose weight after I take part in the support group."

"I'm relieved to be living again."

"It was great that we eat the same food."

"Talking gave me confidence."



To learn more about our online support group or to be added to our email reminder list, please call **218.237.5757!**



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

CHI St. Joseph's Health Weight Management Center
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