



Weight Management Center

Y Weight?

Support for Surgical & Medical Weight Management Solutions



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

**Winter
2020-2021**

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Do You Have a Plan?

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Weight Management Center

Best ways to keep you on track with your goals



We plan out what we are going to wear, we plan who is going to pick up the kids, we plan trips (though not as many these days), we plan so there is gas in the car so we are able to reach our destination, we make plans for our days off.

Do you plan out your meals and snacks? Planning can involve spending a few hours in the kitchen one day a week preparing various recipes to freeze or put in the refrigerator for quick meal prep the rest of the week. Although it is quite tempting to just snuggle in warm jammies on the couch for some self-care as the darkness comes quicker in the evenings now and the temperatures drop with the changing season, I'd encourage you to spend 15 minutes to plan for tomorrow's nourishment instead. You deserve that bit of self-care! Using what you already

cooked earlier in the week, it really only takes 15 minutes to pack meals and snacks for the next day to be able to grab and go in the morning. Taking the time to think about your schedule, when you are going to eat, as well as what you are going to eat, is one of the best ways to keep you on track with your eating goals. A few tips:

1.) Have food in your house that is easy to prepare.

Frozen chicken breasts
Canned tuna
Eggs
Cheese, yogurt, cottage cheese

Frozen vegetables
Nuts
Peanut butter
Cut up vegetables and salad greens

Fruit
Protein supplements

2.) **Have reusable containers that are freezer and microwave safe** – we use a lot of mason jars at our house for soups because they can go straight from freezer to microwave. Tupperware and glass Pyrex storage containers work well, too.

3.) **Eat three meals daily and 1-2 planned snacks.**

4.) **Planning doesn't have to be fancy or time consuming.** If freezer meal marathons and Pinterest worthy weekly meal calendars bring you joy, go for it! If the thought of thinking beyond tomorrow is overwhelming, make sure you have a snack in your car and a lunch packed the night before. Success!

Check out Pinterest or do a Google search to get additional recipe ideas. The list on the next page can help you get started.

The point of planning is to be purposeful of what you are eating. Don't leave it up to chance. It is incredibly difficult to make a good decision in a gas station when you are hungry. It is fairly easy to make a good decision when packing a lunch the night before.



Breakfast

- Overnight oats or chia pudding
- Greek yogurt – add frozen berries and/or granola (there are many high protein options) for variety
- Cottage cheese with fruit
- Egg cups – spray muffin tin well with oil, mix eggs, ham, cheese and vegetables together, pour into muffin tins and bake
- Crustless quiche

Snacks

- Whisps or Moon Cheese
- Dried chickpeas/garbanzo beans
- Beef jerky
- Celery, carrots, apple slices with peanut butter or other nut butters
- No bake energy bites (look online and find a recipe that is high protein – add flax and chia seeds to increase protein)
- Hummus and veggies
- Pumpkin seeds (Pepitas), sunflower seeds, peanuts, almonds, cashews, pecans, walnuts, edamame

Meals

- Grill chicken breast so you have left overs in the fridge to put on salads, make into soup. Rotisserie chicken can be used in the same way
- Canned tuna or hard boiled eggs
- Lunch meat – roll-up with turkey, small amount of cream cheese, pickle
- Frozen fish (tilapia, cod, salmon)- drizzle with olive oil, season and bake for 15-25 minutes depending on thickness
- Quinoa is a higher protein grain alternative in place of rice or pasta
- Soup- chili, white chicken chili, split pea, hamburger vegetable, ham and bean

Emotional Eating & Stress

Emotional eating is a response to stressful or difficult feelings where the person eats, even when not feeling hungry. Emotional eating often results in a craving for high-calorie or high-carbohydrate foods. We often refer to these foods as “comfort food”. They can include ice cream, chocolate, french fries, pizza, etc. Reducing stress can have a big impact on being able to maintain a healthy lifestyle and lose weight.

If you need help managing emotional issues...ASK! Your medical team can help with issues such as stress, anger, depression or any negative emotions affecting your health.

Stress Reduction Techniques

- Exercise: Regular physical activity helps you manage stress. Walk, run, ride a bike. It really doesn't matter as long as you're moving and enjoying it.
- Avoid drug use and limit alcohol: Many of these substances can actually make stress harder to manage. Drugs and alcohol can also block you from being able to think of ways to cope with difficult emotions. Your stress will still be there when the effects have worn off.
- Take breaks: Avoid adding more than you can take on. Take regular days off at intervals that are right for you. It's not selfish to need some time for yourself, your health depends on it.

Helpful Pointers to Avoid Emotional Eating

- Ask yourself why you are eating: Are you really hungry?

We can oftentimes feel hungry when something else is going on. Ask yourself: Am I bored? Am I sad? Am I worrying about something? Then rate your hunger on a scale from 1 to 5. If you're at a level 3 or above it's time to eat.

- Take away temptation: Don't keep those “comfort foods” in the home. Avoid or postpone going to the grocery store if you are feeling negative emotions.
- Prepare! Instead of eating from a big package, make smaller portion snacks ahead of time. Even healthy snacks can become unhealthy quickly if eaten in large portions.
- Don't deprive yourself: Don't eat too few calories or cut carbs too much when trying to lose weight. This may increase cravings and lead to binge-eating.
- Fight your boredom: Instead of eating because you're bored, try distracting yourself with a walk, reading, listening to music, or spend time with a friend.
- Get support: Ask family or friends to help you stay on track. You may also find a support group. Support can be very beneficial to staying on track and avoiding emotional eating.



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Vitamin A

Plays a Vital Role in YOUR Health



Vitamin A is one of four fat soluble vitamins. It has a wide range of functions. Vitamin A plays a part in maintaining health of the retina. This is how our eyes pass on light. Vitamin A also plays a role in moving iron into hemoglobin of red blood cells. Hemoglobin is the protein of red blood cells that carry oxygen throughout the body. Vitamin A helps maintain the mucous linings of the lungs, bladder, uterus, eyelids, sinuses, and GI tract (mouth, stomach, intestines). It also plays a role in our immunity.

For someone who has not had bariatric surgery, deficiency (or not having enough) of vitamin A is rare. A person's liver can store nearly 1 year supply of vitamin A! For that reason, deficiencies take time to develop. However, we see Vitamin A deficiency every day in those that have had bariatric surgery. One of the first signs of vitamin A deficiency is night blindness. It may be more difficult to drive after dusk. A severe deficiency can lead to total blindness. Low tear production and extreme dry eyes can also be caused by vitamin A deficiency. Skin can become rough, dry, and scaly. Low protein intake, along with low zinc, can

cause, or make worse, vitamin A deficiency. Not absorbing enough fat can also result in not absorbing enough vitamin A.

*Recommended Daily Allowance: 3,000 IU (International Units) or 900 mcg (micrograms)

After bariatric surgery, it is important to take all recommended vitamin supplements. Getting labs checked regularly helps find low levels of vitamin A before it becomes a major problem!

Call us at 218-732-2915 to schedule a follow up to review vitamin needs and get your labs checked!



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NOW OFFERING Virtual Visits

The Center for Weight Management has transitioned to offering virtual visits to all patients who do not feel comfortable coming into the clinic during the COVID-19 pandemic. For some of you, it has maybe been years since your last bariatric follow up and you are long over-due to have vitamin levels checked. For others, long distance travel to Park Rapids and work schedules can be challenging. All that is needed to schedule a virtual appointment is to be signed up for MyHealth and to have the Zoom app downloaded. The appointment schedulers can assist you. If this may be an option for you, please contact Essentia Surgery Department to schedule a virtual appointment today. Your health is important to us!



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Safe Exercise

Physical Activity benefits your health and well-being



If you haven't been told by a member of our Weight Management Team that any amount of physical activity benefits your health and well-being, then you've most likely heard it from an outside source. It is true that increasing your movement and decreasing sedentary times can improve one's health, no matter what changes in life present to you. Some experts even agree that sitting is the new smoking, avoid it. However, some people might even go to extremes to increase their activity, which can be dangerous if your body just isn't ready. How do you know what and how much is safe to do? The rule of thumb for total amount of exercise per week is 150 minutes of moderate intensity. What does moderate intensity mean? One of the easiest ways to determine your effort when exercising is to rate your work load on a 0-10 scale, with 0 being very light and 10 being maximum effort. Below is the complete scoring criteria:

Score of 0-2: Indicates a very light to moderately-light intensity (stretching, sweeping, walking, slowly riding bike on a flat road).

Score of 3-6: Indicates moderate intensity (such as brisk walking, jogging, vacuuming).

Score of 7-10: Indicates vigorous intensity nearing

maximal effort (playing basketball, doing interval training).

Prior to beginning any exercise session, you should spend 5 minutes warming up, which allows your body to prepare itself for the exercise session. Your body will be able to perform better if you warm it up. Think about starting your car on a very cold winter day and allowing it to warm up for 10 minutes before driving it. Warm up exercises can be walking, lunges, squats, arm circles, jumping jacks, or slow jogging. After your session, you need to cool down which brings the body back to a resting state. Walking or stretching are appropriate cool-down exercises.

Considering these components during exercise can save you from harm or even burnout. If you are still unsure of what type of exercise to do or need ideas for exercise, don't hesitate to consult a credible exercise professional. We'd love for you to reach your goals and achieve better health, well-being, and happiness!



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Outreach Near You

The option to join support 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. Pre-surgery patients in the program are also welcome to join any of these groups. Call 218.237.5757 to get added to our reminder email list!

Y Weight? Support Group

Y Weight? support meetings are held at 5:00 pm on the second Thursday of the month. Please call Alicia at **218.237.5757** for more information.

Fargo Support Group

Virtual Fargo Support Group continues to meet at 10:00 am on the first Tuesday of the month. Invite will be emailed.

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 6:00 pm. Please call Alicia at **218.237.5757** for more information.

Post-Op Nutrition Support Group

Support meetings are held weekly on Wednesdays at 11:00 am virtually. Invite will be emailed.



Knowledge is Power

Change is natural and not always smooth, as we move from one phase of life to another. The season of fall brings us a change of seasons: The warmth of summer gives way to mornings with a touch of chill in the air; the evenings come earlier as the days shorten in the rhythm of the season. Change means letting go and accepting what will come: we must allow the comfortable to be replaced by discomfort. Without the season of fall, summer's growth would never become the harvest; it is now time for seeds to begin the process for the next life cycle.

Life struggles and change can take us out of our routines, which in turn can lead to some less healthy choices. Less movement, more snacking, replacing our plentiful, flavorful produce with processed foods and fast food are some of the things I see patients experience this time of year. These small, gradual changes can increase the anxiety many feel around "regaining weight." That anxiety, when not recognized and addressed, can result in a downward spiral of emotional eating.

Arm yourself with knowledge. Research tells us the following:

- "Successful surgery" is often defined as over 50% weight loss at 2 years (losing 50# of your 100# goal).
- Weight regain after surgery is normal, expected and treatable.
- Weight regain is defined by most as over 5% gain of initial

- weight loss from surgery (ie. 15# if you originally lost 100#).
- 25-35% of bariatric surgery patients have weight regain in the first 2-5 years after surgery.
- Less than 50% of bariatric surgery patients in the US are still taking their recommended vitamins at 2 years post-surgery.
- Highly effective, evidence based strategies exist to help patients stay healthy with weight regain.

Evidence-based weight management strategies are available, without judgement or blame. Patients who commit to life-long program follow-up have better health, maintain more weight loss and avoid reacquiring the other health conditions they successfully rid themselves of by choosing surgery in the first place. Call us at **218.732.2915** to get "back on track" or updated on our ever evolving treatment plans for your best health.



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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!

Reactive Hypoglycemia

Do you ever feel like you are experiencing low blood sugar?

Do you ever feel weakness, nausea, extreme hunger, headaches, dizziness, or sweating? Ever feel like you are going to pass out? Do you ever feel like you are having low blood sugar? You may actually be experiencing low blood sugar! You say, "I've never had diabetes before, how can I have a low blood sugar?!" It is called Reactive Hypoglycemia.

This typically is felt as you get further out from weight loss surgery, not that it can't happen in the first months after surgery. In essence, what happens is that a person ingests a higher carb or sweet food or drink, the blood sugar spikes, the pancreas produces a surge of insulin, which goes out into the blood stream, the insulin pulls too much glucose into the cells and causes a low blood sugar. This process results in shaking, sweating, fast heartbeat, or a feeling like one is going to pass out, and sometimes a person can actually pass out.

So, how do we prevent this?

First: Remove alcohol from your life and avoid high carb food and sweets. Include high protein foods with each meal and snack.

Second: If you are avoiding these foods and the low blood sugars are still occurring, please make an appointment with our team. We would love to help you feel better. There are a variety of medications we can use to prevent low blood sugars from occurring.

Give a call to schedule, **218.732.2915**.



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Follow-Up Care

Because **your health** is important to us!



Follow-up appointments after bariatric surgery are 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, celebrate your success or work through any difficulties you may be experiencing.

Some 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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Strength in Numbers
20 Year Celebration

20 Years

We Celebrate YOU

Thousands of Success Stories!

We are having a Strength in Numbers celebration this season as we celebrate you as well as 20 years of caring for our weight management patients. Thank you for choosing us for your health and putting your trust in us to deliver the best care for you and your journey forward!



Please remember to follow-up with us regularly. To schedule an appointment, please call 218.732.2915. We look forward to hearing from you!



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

CHI St. Joseph's Health Weight Management Center
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