

YWeight?



Summer 2022 edition

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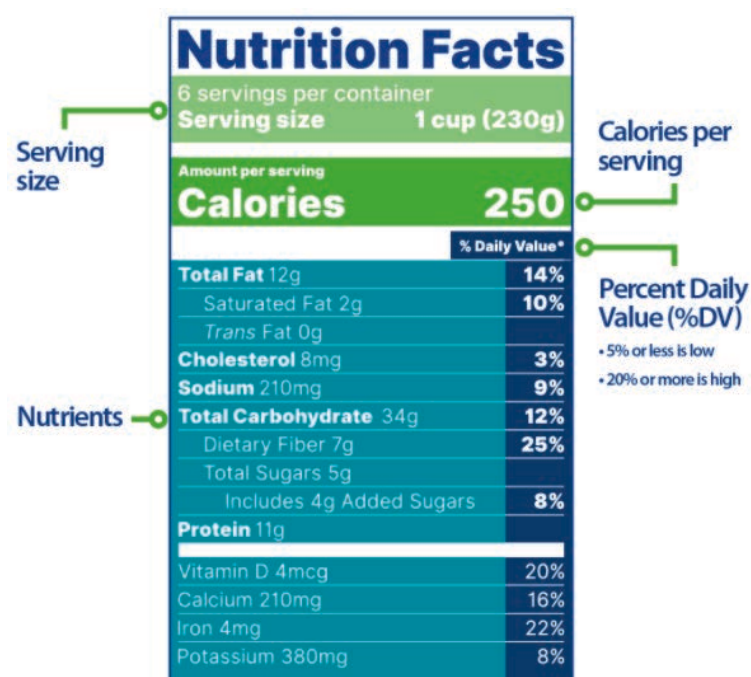
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Welcome: new leadership.



Welcome Alicia Reardon into her new role as the Director of CHI St. Joseph's Health Weight Management Center. Alicia is an Exercise Physiologist and Registered Nutrition and Dietetic Technician. She is a familiar face at CHI St. Joseph's Health and started in 2013 providing personal training and exercise class instruction in our Physical Therapy and Rehabilitation department. Alicia accepted a role as a Lifestyle Coach in 2016 and expanded her passion and expertise by supporting non-surgical and surgical weight loss patients. Alicia is looking forward to her new role as she continues to help people reach their health and wellness goals!

Deciphering a nutrition facts label.



Nutrition labels, while they provide great information, can be easily overlooked in today's busy world. We are bombarded with information while grocery shopping, and sometimes it can be daunting to try to find the best food choices! Here is a quick guide to help understand some of the key parts of a nutrition facts label. Depending on your health goals and medical history, you may want to understand more features of the label. Reach out to our Registered Dietitian in the Weight Management Center at **218.616.3055** for individual suggestions or to make an appointment!

Outreach near you.

CHI St. Joseph's Health Weight Management Center continues to offer virtual support groups. Attendees will receive an email invitation from our Weight Management Center the week of the scheduled support group with instructions on how to join. 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.

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.



Exercising with certain health conditions.

Regular exercise is important for everyone, but it is especially important if you are an adult living with a chronic health condition. While you may have physical limitations or different needs than someone without certain health conditions, there are ways you can make regular exercise part of your lifestyle. Focus on exercising to improve your quality of life rather than attaching it to weight-loss or punishment for eating something. There are always ways to modify an exercise or adjust it to meet your needs and physical ability.

We recommend getting as much exercise as you can, but at the very least, adults with chronic health conditions should get at least 150 minutes of moderate-intensity aerobic activity a week and at least two days a week of muscle-strengthening activities. If you are unable to meet these recommendations, be as active as you can to avoid inactivity. Without regular movement, the body is bound to grow weaker and deteriorate. Special tips/considerations for chronic conditions:

Hypertension: Avoid heavy lifting to the point of straining. If you feel dizzy or lightheaded stop immediately and consult your primary care provider. Prolonged, rhythmic activities using large muscle groups (i.e. walking, cycling, swimming, rollerblading) are great choices.

Peripheral Neuropathy from Type 2 Diabetes: Consider appropriate footwear and complete foot self-exams routinely.

Foot Wounds: Consider non-weight bearing activity such as biking, swimming, seated stretches, seated strength-training, a rowing machine, or seated elliptical.

Autonomic Neuropathy: Monitor your heart rate, blood pressure, glucose levels, exercise in a climate controlled environment, and plan for additional time to warm up and cool down. Discuss with your primary care provider if completing a stress test prior to starting an exercise routine is necessary.

Arthritis or fibromyalgia: Try not to stop all activity. During days/moments of more intense flare-ups, do gentle joint movements and light exercise. Try to be more active when pain levels and stiffness are lowest, such as late afternoon. A few short sessions may be easier on your body than one long session and 10-minute warm-ups and cooldowns are also essential.

Crohn's and Colitis: During a flare-up, modify your activity (i.e. decrease your intensity or choose a different mode of exercise), or start again when you've got control of your symptoms. It's important to stay hydrated—drink plenty of fluids throughout the day and during exercise. If you experience occasional diarrhea, plan ahead and know where the bathrooms are so you can get there quickly. If you have an ostomy you can definitely exercise! Just make sure the bag is secure with waterproof tape. If/when starting new medications, be sure to discuss your routine with your primary care provider, as some medications can impact your ability to exercise.

Pregnancy: Being physically active during pregnancy offers women many health benefits, among them a psychological boost, better aerobic fitness and a lower risk of excessive weight gain. For most pregnancies, mild to moderate physical activity benefits mom and won't negatively affect your unborn child. These forms of exercise are safe during pregnancy: walking, swimming, cycling on a stationary bike, strength training and low-impact aerobic training. Stay away from these forms of physical activity: contact sports (soccer and basketball), heavy weightlifting that involves straining, hot yoga, hiking at high altitudes, kickboxing, downhill skiing or snowboarding, horseback riding, roller skating, ice skating and bike riding. If you experience dizziness, chest pain, difficulty breathing, contractions or vaginal bleeding while exercising, stop immediately and contact your health care provider. Remember to eat a balanced diet and drink plenty of water a day to maintain caloric and fluid needs to support your growing baby.

No matter what your health status is, when it comes to an exercise routine, try not to compare yourself to others! Here are some things to consider instead: your current physical fitness level and abilities and your health condition, being realistic, being safe, following your personal goals, and finding enjoyment out of your routine. - Alicia Reardon, EP, NDTR



Protein first.

We talk about protein A LOT in this program. We certainly want you to keep prioritizing protein at meals and snacks. Now, how are you incorporating fruits and vegetables into your meals and snacks? Produce contains vitamins, minerals, fiber, is low in calories and fills you up. As important as produce is to your health, it can be difficult to balance protein and fruits and vegetables in your diet when your pouch or sleeve is small and you are aiming for a minimum of 65-75 grams of protein daily. Here are some tips to add more fruits and veggies in your diet.

- Do a quick Google search and you will find many higher protein dip alternatives. All varieties of hummus, cottage cheese dip (blend/puree if you aren't a fan of chunks) and dips made with Greek yogurt are a few examples.
- Make nachos with mini sweet peppers as the base instead of tortilla chips.
- Prepare a salad at night so you have lunch ready for the next day. Try fresh spinach, spring mix or romaine lettuce varieties. Add protein such as cheese, hard boiled eggs, black beans, sunflower seeds or leftover meat.
- Make an ice cream alternative by blending frozen bananas with milk, or a protein shake. There are many recipes online for variations.
- Charcuterie boards are a fun way to present food. Change up the size of the board for how many people you are serving. Add a variety of fruits, veggies, dip, cheese, meat, crackers, etc. The options are endless.
- Add vegetables into your soups, stir fry, sandwiches or egg bake.
- Chickpeas, lentils, split peas, lima beans, etc. are high protein vegetables. Bring a pot of calico beans to your next potluck.
- Nut butters make an easy dip for apples, pears, carrots and celery.
- Grab fruit when you are craving sweets.
- Find a high protein pancake mix and add in blueberries. Top with applesauce or peanut butter instead of syrup.
- Fresh, frozen and canned are all good options. Season your food so you enjoy eating it! Salt, pepper, garlic and parmesan cheese are good options to start. Roasting vegetables brings out their sweetness. An air fryer can cook veggies in a hurry.

Are you spending your food budget on options that nourish you, make you feel good and help you reach your health goals? Here are ideas to help:

- Check out your local grocery store ad and make your grocery list based on what is on sale that week. It is ok to eat similar foods all week, next week a new variety of foods will go on sale.
- If there is an Aldi close to you check it out. Produce can be significantly cheaper at this store.
- Stock up when frozen or canned fruits and vegetables go on sale.
- Be mindful of portion sizes. Smaller portions saves you money.
- Consider growing your own vegetables. Maybe there is a community garden in your area?
- Some food pantries host produce drops in the summer. These are often available to all, regardless of income.
- Prioritize produce. Are chips, fast food stops, sweets, etc. eating into your food budget?

Summer is an excellent time to get into the habit of eating more fruits and veggies. Say "yes" when a neighbor wants to give you zucchini (or any extra garden veggies), try out a local farmers market, make a family outing to a strawberry farm, or challenge yourself to new varieties of lettuce in your salad. Bon Appetit! - Marya Willie, RD

Mindful eating.



Mindfulness is a lifestyle trend that also involves eating and a subcategory of the original Buddhist based practice, which aims to improve eating behaviors through the art of self-calming. This approach pinpoints the why, when, what, and how much you are eating by bringing awareness to your thoughts, emotions, and physical sensations.

You may be asking yourself, how can I start to eat mindfully and does this practice work? Well. . . the answer is YES! Research suggests that a slower, more thoughtful way of eating can help to improve weight challenges and redirect people away from more processed food items and less-healthy choices (Harvard Medical School, 2011). This approach can look vastly different from one person to the next. However, a few practical ways one can include mindful eating is by putting your fork down in between bites, disconnecting from technology (iPhone, tablet, TV, computer, etc.) while eating, eat-

ing meals at the dinner table versus the couch, chewing your food thoroughly, picking the smaller plate and identifying in the present moment how the food you are consuming makes you feel.

Mindful eating can also help us to better identify if we are eating because we are hungry or eating because we have an appetite. What sets these two apart is that eating because we are hungry is a physiological occurrence whereas the latter is simply a desire to eat.

Mindful eating gives us the tools to listen to our body's signals through engagement of our senses and by recognizing foods colors, smells, sounds, textures, and flavors. This practice shifts our mindset from living to eat to eating to live, which emphasizes how we can nourish and improve our bodies, but also taste, smell, enjoy and savor our food. Oftentimes eating is placed on autopilot and is simply something we do every day to stay alive, but what if we changed that? And instead, we could make eating a deliberate choice where we evaluate in the present moment what we are eating and whether or not it is "good" or "bad". Simply identifying these thoughts/feelings can help us be intentional with how we choose to fuel ourselves.

We encourage you to work with one mindfulness eating strategy and try to implement it within the coming week. It may feel odd at first, but remember that you are building a new habit and all habits take time. Think of this new habit of mindful eating like compound interest . . . just as money multiplies via compound interest, so do the effects of your eating habits when you consistently repeat them. - Alyssa Ploof, Spring 2022 Dietetic Intern



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!

Life after bariatric surgery.

Weight-loss surgery can start you on the path to a healthier, longer and more fulfilling life. It is not a cure for obesity but rather a tool to help you lose weight. Long-term success depends on your ability to follow guidelines for diet, exercise and lifestyle changes. Below you will find some common concerns and solutions following your weight-loss surgery.



Constipation:

- Drink 80 oz. water/day
- Eat fruit and veggies
 - Exercise 10 mins/day
 - Take Senokot 8.6 mg at bedtime OR drink 17 gm Miralax in bottle of Gatorade Light or Powerade Zero

Fatigue:

- Get at least 7 hours of sleep/night
- Exercise daily
- Eat protein FIRST at every meal
 - Women: AT LEAST 65 gms
 - Men 75 gms per day
- Take B12, B Complex, calcium, multivitamin and Vitamin D EVERY DAY!
 - Get iron levels checked

Nausea:

- Avoid strong food smells/tastes
- Take 20 minutes to eat – chew thoroughly
- Don't consume high-sugar foods or drinks.
NO JUICE & NO CARBONATED BEVERAGES!
- Ask PA/surgeon for anti-nausea prescription
 - Try Beano, Gas-X, or papaya enzyme
 - Avoid liquids at least 30 minutes after eating solid food

Difficulty Swallowing:

- Take small bites; chew thoroughly
- Meats must be moist
- Avoid breads, pasta, rice, potatoes
- Use papaya enzyme tablets or meat tenderizer
- Raise arms; move around after eating

Dizziness:

- Drink 80 oz. water/day
- Do not skip meals – 3 meals/day; protein, fruits, and veggies
 - May be a sign of low blood sugar
 - Get blood pressure checked
 - Get potassium checked if on a diuretic

Hair Loss:

- It is common and peaks 3-6 months post-surgery
- Eat protein and take vitamins EVERY DAY
- Try Biotin: 5-40 mg tablets daily for deficiency
- Avoid processing, e.g., coloring, perms
- Consult stylist about hair products

Maladaptive Coping Skills:

- There is limited clinical evidence which propose some people with obesity may have a food addiction. After a weight loss procedure, it has been suggested that, when people with this addiction are unable to overeat, they may seek maladaptive coping behaviors such as:
 - Alcohol consumption
 - Gambling
 - Excessive shopping
 - Excessive exercise
 - Food starving/bingeing
 - Unhealthy sexual relationships/behaviors
 - Caffeine use
 - Tobacco use
 - Prescription/recreational drug use
- **Please note:** An unhealthy relationship with food is **not** resolved by the physical changes that take place during weight loss surgery and **anyone** may resort to maladaptive coping skills, not just those with food addiction.

Think you have a problem with maladaptive coping skills?

1. Admit you are struggling with a problem.
2. Talk to someone you trust and break the secrecy surrounding your behavior.
3. Work at making changes, one step at a time.
4. See a therapist who can help you develop new coping skills.

5. Participate in a support group. Options are available, such as, but not limited to:
 - 12-step programs, for example: Alcoholics Anonymous or Narcotics Anonymous
 - Faith-based groups, for example: Celebrate Recovery
 - Self-help groups, for example: Rational Recovery
 - Other group therapy

When to call us:

1. There is cloudy or smelly drainage from your incision site.
2. The incision site is red, painful or there is swelling.
3. You have a fever of 100.4°F or higher or shaking chills.
4. Your pulse is unusually fast.
5. You experience night sweats.
6. You are having difficulty breathing and/or are experiencing chest pain.
7. There is swelling or pain in the calves of your legs.
8. You are experiencing persistent pain, nausea, or vomiting, especially after eating.
9. Diarrhea begins or continues beyond the first week after your discharge from the hospital.
10. There is pain in your upper back, chest, or left shoulder.
11. You persistently have the hiccups.
12. You notice confusion, depression or unusual fatigue.
13. There are signs of bladder infection: urinating more often than usual; burning, pain, bleeding, or hesitancy when you urinate.
14. You have no bowel movements for 3 days and/or you are feeling constipated.



If you are experiencing any of the above symptoms, please call CHI St. Joseph's Health Weight Management Center at **218.237.5757** or in an emergency, call 911.



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 CHI St. Joseph's Health Weight Management Center at **218.237.5757** to schedule a virtual appointment today. Your health is important to us!

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 218.237.5757 to discuss your concerns.

- 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 **218.237.5757**

CHI St. Joseph's Health Weight Management Center

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If you have comments or suggestions, please contact:

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