

# Bariatric News January 2017

## Group Health Bariatric Surgery



### This Month's Topic

#### New Year: Improved You

The start of a new year is a great time to set goals. You've chosen to go on the bariatric journey and as a result, have an outstanding opportunity to create the *you*, which you have envisioned. We all know that even with surgery, if behavior changes aren't made, the opportunity to achieve the *improved you*, may be lost. Whether you are new to the pre-op program, have had surgery recently or many years ago, you have the opportunity to make positive changes.

What better time, than the start of a new year to start making behavior changes that will bring the *improved you* that you have been looking forward to. Notice we did not say *new you*. After bariatric surgery, you are still you. Surgery has just provided you with some assistance to meet those goals that you set out to achieve when you decided to have weight loss surgery.

Keep reading to find articles by our bariatric dietitian and bariatric nurse case manager.

### Support Group Meetings

Bellevue	Wed	1-18-17	6:30–8:15
Central	Wed	1-11-17	6:15–8:15
Everett	Wed	1-25-17	6:15–8:00
Fed. Way	Wed	1-4-17	6:30–8:00
Olympia	Wed	1-11-17	6:30–8:00
Silverdale	Thurs	1-19-17	6:00–7:30
Tacoma	Tues	1-24-17	6:00–8:00

### Support Group Announcement

Bariatric Team Members to visit all support groups in the first six or seven months of the year.

### Guest Speakers

**January:** Bariatric Team: Central Support Group  
**February:** Bariatric Team: Everett Support Group

### Upcoming Topics

**February:** Dealing with weight plateaus, regain and maintenance.

**March:** Body Image: Mind / Body Connection

### Group Health Bariatric Web Page

**\*On the GHC.org Web Site \***

<http://www.ghc.org/bariatric-patients/>

Copy and paste this URL to your favorites for easy access.

Monthly newsletter posted the 1<sup>st</sup> of each month (if the 1<sup>st</sup> is a weekend/holiday, it will be posted the next business day). About 2 years of past newsletter issues are also available.

## New Year – Improved You

By: Lisa Stariha

### New You...One Habit at a Time

The New Year is a time of fresh starts and dreaming about all the benefits new healthy habits will provide. But we are creature of habit and change can be difficult. Most resolutions die out with a few months if not a few weeks.

The best way to avoid the pitfalls is to go slow, be specific, create a do-able plan, and be consistent. Studies show that if you can repeat an action every day for 21-28 days it will become habit. If you keep going for 66 days the habit will become well deep-rooted.

The goal, “I want to lose weight,” is not really a goal but an *outcome*. Losing weight and successfully maintaining it is the result of integrating many healthy habits.

Below is a list of habits necessary to lose weight and keep it off.

- Keeping daily food records.
- Not skipping meals; never going more than 5 waking hours without eating.
- Making your home a haven of healthy foods.
- Choosing lean protein sources.
- Eating fruits and veggie daily.
- Daily exercise.
- Fluids (64+ oz) daily.
- Separating fluids from meals (post op).
- Taking daily vitamins & supplements.
- Planning and preparing healthy meals.
- Changing how you shop and prepare meals.
- Weighing and measuring food.
- Eating slowly and mindfully at meals.
- Honoring your body’s hunger and fullness signals.
- Asking & receiving support.
- Implementing stress management techniques to avoid stress and emotional eating.

### Where to Start

#### Assess Your Current Healthy Habits

Review the habits you already have working for you. Acknowledge work well done and reinforce your commitment to continue. So often we beat

ourselves up for what we are *not* doing and overlooking the healthy habits we *are* doing.

#### **Begin with an Easy Habit.**

If you try to change everything all at once you may quickly become overwhelmed, frustrated, and give up. Choose one habit and make it an easy one to help build **momentum and confidence**.

#### **Be Specific.**

Vague goals = vague results. Your energy will flow where your attention goes, so set clear, positive goals. For example say, “I will walk every day at lunch for at least 15 minutes” instead of “I need to exercise more.”

#### **Be Fully Invested in the Habit.**

The habit has to be important to you to make the change permanent. If you’re not serious about the commitment, it won’t happen. To help you get excited, list all the benefits you will experience with the new habit. For example: I will be able to climb stairs without being out of breathe. I will be able to ride bikes with my kids.

#### **Commit to 28 days.**

**No quitting. No excuses. This is happening! Hang a calendar on a wall you see daily. Mark the start and end dates. Check off each day as you complete the habit (gold stars are not just for kids). By the 28<sup>th</sup> day you will be over the hump and well on your way to a lifelong habit.**

#### **Get Support.**

Surround yourself with people who will inspire, support, and challenge you to stick with it. Outside encouragement helps you stay accountable and motivated. Explain to your family and friends what you are planning to accomplish, why you are making this choose, and how they can best assist you. Be clear with them what support looks like for you. For example: ask your spouse to eat tempting chips at work and not at home in front of you.

#### **Strive for Progress, not Perfection.**

Change takes time and old habits can die hard. If you fall back into old patterns, view the experience as feedback rather than failure. Learn from it and make changes to prevent the livelihood of it happening again. Be as gentle with yourself as you would be with a loved one.

*Celebrate what you want to see more of.*

~ Tom Peters

## Food for thought... or Thoughts are food

By Prudence Harris, RN



One way to feel new and improved in 2017 is to look carefully at the thoughts that routinely parade through our brains, and add a new happy one or recognize an old unhappy one. There are a lot of books, articles, and magazines that promote recognizing thoughts about ourselves that help versus harm. If we apply ourselves to small changes, the exercise described here is doable for anyone, can be done anywhere anytime, and costs nothing but our willingness to persist.

First step: examine how you think about yourself and pick one thought you recognize as hurtful to you—if you're not sure, imagine saying it to a friend about themselves and consider their reaction. If you're pretty sure they would be upset and hurt, then you can bet it is a thought that is not helping you.

Second step: Don't try to stop thoughts that are hurtful. Instead, apply yourself to filling your brain with a new thought you have chosen for yourself that feels good. The happier, kinder thought is called an affirmation. The best ones are short, simple, easy to remember, and cultivate a quality you admire: compassion, kindness, contentment. Make your affirmation a comforting friend that is soothing, versus a goal that might feel stressful. Good affirmations can comfort when times are tough, for example: I am enough, or, I feel full of compassion/kindness/patience (you can choose the one you like), or, I am strong and capable at all times. These types of affirmation can rescue you when you feel stressed and unhappy.

Third step: Practice your affirmation daily and plant little reminders you will run across in your day: set a daily phone alarm (or more) with your affirmation, put the phrase on a sticky note and stick it where you will see it often—on the car console, bathroom mirror, or in the corner of the computer screen. Set a number for the times you will say the affirmation. Practicing an affirmation is particularly helpful in the morning and before bed. It is said it takes 21 consecutive days of practice to make a habit—see if you can make that goal.

This exercise is about fostering self-love and making friends with our own being. Love grows all things straight and true and we can grow our dreams of a healthier happier life with simple daily exercises for our minds as well as our bodies. Best wishes for an amazingly good 2017 to you and yours.

## Your Answers

By: Julie Grimm, RN CBN

Last month I asked our support group facilitators to ask their group some questions. I found their answers to be honest, enlightening and encouraging.

Here's what they had to say:

### What are you most proud of this last year?

*"That I had surgery and that I am learning to use the tools to make necessary long-term changes."*

*"Using the material in the book, following the program and attending the support group meetings."*

*"I took up a new sport – golf. I ended up being the most improved in the group. I prefer to walk the course instead of ride in a cart."*

*"I have figured out how to eat better and healthier."*

*"I have kept up with my water consumption and regular exercise."*

*"My workouts at the YMCA."*

*"Learning new bariatric recipes."*

*"I finally decided to go for WLS and I am gung-ho for it now."*

*"I weigh less than my drivers license says I do."*

### What was your biggest let down or disappointment?

*"How long it took to get the surgery scheduled."*

*"Slipping back into old habits ."*

*"I stopped the mindful exercises."*

*"Lack of support group my nurse at GH."*

*"How many people stopped coming to the group. It makes me sad."*

*"The fact that we don't have a Back on Track group in Silverdale. We feel it would get people coming back to the group."*

*"We have to go all the way to Bellevue for appointments."*

*"That I didn't do this 20 years ago."*

*"That I haven't lost the rebound weight that I wanted to."*

*"That my body image hasn't improved."*

*"I quit going to the gym."*

### What are you most looking forward to in the new year?

*"Continued success with the program and getting back into shape."*

*"Going horseback riding!"*

*"Getting back on track - (from a few who are 5+ years out and have gotten a little careless)"*

*"Getting to my 3 year WLS anniversary."*

*"Getting back to the gym."*

*"Have WLS surgery."*

*"Going to Hawaii and not needing the seat belt extension on the air plane, wearing a bathing suit and walking around."*

### What changes will you be making to make that happen?

*"Several comments about "mindful eating" and being aware of what that required all of the time"*

*"Starting/continuing some sort of regular exercise program"*

*"I signed up for the 12 week course they have at the YMCA to get me kick started."*

*"Losing rebound weight – going to write down what I want this year for myself and read it to myself morning and night to bring it into my existence (the power of positive thought)."*

*"Find ways to learn to live with the stresses of life."*

*"More time for myself – People in my home are moving on soon, so I will have more time to focus on myself."*

As we reflect on the last year, we have an opportunity to be thankful and proud of all of the positives that took place. We can also see what didn't go as we had hoped and can analyze why that might be.

But more importantly, the start of the New Year is a perfect time to consider the possibilities and makes plans to make them happen. You are your own best advocate and cheerleader – and if you aren't - consider that as a worthy goal for the New Year.

## Announcements

- The Bariatric Step's to a Healthier Future is available online. As we update the booklet, we will post the most recent version on the <http://www.ghc.org/bariatric-patients/> web page. Last update: 12-1-2016
- **Interested in a Walking Group:**  
Olympia:  
Contact: Carrie Hoelsing  
([eyeshewawa@yahoo.com](mailto:eyeshewawa@yahoo.com) / 360-402-5556)  
and Charolotte McLaughlin  
([mackie\\_doodle\\_dandy@yahoo.com](mailto:mackie_doodle_dandy@yahoo.com) / 360-451-3443. Join the fun!!
- **Facebook:**  
Group Health bariatric Facebook page,  
*Second Chancers* link:  
<https://www.facebook.com/groups/285256815001402/>
- **Pre-Op Class:**  
All pre-op patients are required to attend the pre-op class prior to receiving consult appointments.
- **Consults:**  
You must call/email Julie or Prudence when your checklist is completed. Otherwise we won't know that you are ready for a consult!!
- **Support Groups:**

Required prior to surgery, but so very important after surgery. Take the time to attend the group nearest you. This is one easy thing you can do for yourself to help stay the course – long term!!

## Your Questions – Answered

### *Are kidney stones an issue after surgery?*

Not typically. Do make sure that you drink adequate amounts of water – long term!

### *Any suggestions to curb late night stress eating?*

Recognizing it, the first step! Keep unhealthy food out of the house or unavailable. See next month's newsletter for more tips and suggestions.

## Our Program

### **Surgeons:**

Dr. Landers

Dr. Gupta

### **PA's:**

William Young

Kathy Weltzin

Lynda Cresenzi

Kat Cozza

### **Bariatric RN's:**

Julie Grimm

Prudence Harris

### **Dietitian:**

Lisa Stariha

### **Medical Assistants:**

Robin Graham

Michelle Johnson

### **Phone Numbers:**

Bariatric Nurse: 425-502-3454

Appointments: 425-502-3450

**Consulting Nurse:** 1-800-297-6877

Post op patients, please call the Consulting Nurse line with any concerns after hours (past 4:00) and on weekends.

## How to Contact the Bariatric Clinic

Bariatric Nurse: 425-502-3454

General Surgery Nurse: 425-502-3450

Routine Appointments: 425-502-3450

Bariatric Team Email: [bariatricpatients@ghc.org](mailto:bariatricpatients@ghc.org)

Patient Secure Messaging: Through My Group Health

Consulting Nurse: 1-800-297-6877

Please email any medical concerns, pre or post op questions through My Group Health or call the bariatric nurse. Call the Consulting Nurse line if after 4:30 and weekends, with any post op concerns.