

Bariatric News February 2017

Group Health Bariatric Surgery

February

This Month's Topic

Dealing with Weight Plateaus Regain and Maintenance

Weight loss plateaus can be very frustrating.

You're cruising along, doing so well, eating all the right foods, exercising and losing weight – then all of the sudden, for no reason at all, the scale is stuck.

Weight maintenance can prove to be a bit difficult.

Weight loss is relatively easy in the immediate post op period, but as time goes by it becomes harder.

And then there is weight re-gain. You can eat more volume of food. The hunger pangs may return – and the honeymoon is over.

These post bariatric surgery phases are not abnormal or even unexpected, but all can present certain challenges. Life is ever evolving, so we wouldn't really expect that fact to change. The challenges are now a just a little different. Eating and caring for ourselves is a lifelong, ever changing journey. Read on.

Support Group Meetings

Bellevue	Wed	2-15-17	6:30–8:15
Central	Wed	2-8-17	6:15–8:15
Everett	Wed	2-22-17	6:15–8:00
Fed. Way	Wed	2-1-17	6:30–8:00
Olympia	Wed	2-8-17	6:30–8:00
Silverdale	Thurs	2-23-17	6:00–7:30
Tacoma	Tues	2-28-17	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

February: Bariatric Team: Everett Support Group

March: Bariatric Team: Olympia Support Group

Upcoming Topics

March: Body Image: Mind / Body Connection

April: What are the *Keys to Success*?

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

Plateaus

Let's start with plateaus. There are two very important things to remember about plateaus: Not to panic & they are typically temporary. Plateaus happen either when your metabolism needs a little shake up or when what you are taking in is just what your body needs to sustain its self.

If you are eating the same things day in and day out and doing the exact same exercise day in and day out, you may simply need to increase your daily exercise (either time or intensity or both) or decrease the number of calories you are getting each day. Either should be enough to bump you off of the plateau – without a lot of effort. Both increasing exercise and decreasing calories will shake up your metabolism that much more.

Weight Maintenance

Now you've past that honeymoon period and things are getting a bit stickier. That initial excitement and motivation is losing its glow. The more you work to instill lifelong life style changes and habits early on, the less work weight maintenance will be for you. Knowing that many of you are well beyond that initial phase, there is still hope!

It's important to not think of bariatric surgery as a diet or temporarily making changes in order to prevent symptoms or because you simply had to (as in the inability to eat more a ¼ cup of food).

Learning the foods to eat that will not only help you to the loss the weight in the first place, but will keep the weight off and keep you healthy is the only way to maintain your weight loss.

There are certain rules to follow that will help you to maintain your weight long term. These are called the *keys to success*. Our April newsletter will be entirely focused on what these are and how to make them work for you – but very simply, the keys to success are remembering that this is not a diet. Eating healthy, staying active and taking care of yourself will keep you headed down this path that you've worked so hard to walk!

Weight Re-Gain

Some might wonder how on earth it's possible to re-gain weight if the size of that little stomach pouch doesn't increase over time. First of all the body has this amazing ability to adjust. Over time your pouch will accept a little larger volume of food (though not much). Over time some may be able to tolerate foods that they couldn't initially, such as sugar, fat and carbs. You may have taken to grazing throughout the day, or in the evening while watching TV. Exercise is pushed aside for something *more important*. And – life just gets in the way. We forget the little things, like not drinking with meals and take tiny bites.

If you think of surgery like you would like of Atkins – something you will follow until you loss the weight. Then you will experience the same result as if you were on Atkins – you go back to old habits and you will experience weight re-gain.

Some weight re-gain is not entirely unexpected. But it's important to be aware of when it's happening. It's easier to shed 5 pounds then it is to shed 25 pounds.

Your Answers

Last month we printed answers to questions that were asked in support groups in December. We had more responses that we could put in last month's newsletter. I wanted to share more of your very honest, enlightening and encouraging answers.

Here's what you had to say:

What are you most proud of this last year?

"That I've kept coming to support groups this year. It would have been easier to stay away because of the frustration over feeling out of control regarding food and exercise."

"That James and I work really well as a couple – 3 years now!"

"The relationship with my wife and stepdaughter."

"I'm proud that I decided to do more for myself in 2016 and began riding my bike again."

"What I'm most proud of is – surviving the year."

"Graduated from grad school and got a "big girl job" as a midwife! I'm finally working doing what I love and have had the honor of delivering multiple babies so far!"

"I have recaptured my health profile by losing 95 pounds. My blood pressure is greatly reduced, the swelling in my ankles is gone, my energy level is much higher, my mood is greatly elevated and I feel very proud of my weight loss."

What was your biggest let down or disappointment?

"My biggest let down is I didn't get into this program sooner. My biggest challenge is time management."

"Still single and pretty lonely. Moved cross-country after grad school and haven't made friends like I'd hoped."

"I am currently stuck for the last month at my current weight loss. The easy weight is gone and now it's tough going to lose my last 40 pounds."

"Feeling frustrated about falling into old emotional patterns regarding food and exercise."

"Dealing with elderly parents with dementia and poor health issues. Very stressful!"

"Not being satisfied with how far I've come, but rather working harder on last 40 pounds."

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

"Continued health improvements and restraining my weight loss."

"I am looking forward to getting married!"

"Feeling more in control, stronger, healthier – 2016 being over!"

"Putting myself as a priority and my health. Feeding my body the right foods, exercising and moving."

"Looking forward to new eating habits, weight loss."

What changes will you be making to make that happen?

"Just do it, don't think (or else I will think my way out of it.) For example – just drive home after work and not stop at the drive thru. Use the emergency snacks in the car for time like this when I'm hungry. In this moment I want "cheat food", but what I deserve is healthy food."

"Learning to eat to fuel my body instead of my emotions."

"Get back on track with regards to food and exercise. Start logging and tracking food much more consistently."

"Support groups help. I'll probably make some appointments with a therapist I've seen in the past."

Program Updates

The new nurse (Prudence) that we hired to fill the role of Bariatric Pre-Op Nurse is longer working for Group Health.

We will be hiring a new nurse to fill this position, but that might take a little time.

The bariatric pre-op nurse will primarily be responsible for getting new patients started in the program and then helping them to maneuver through all of the pre-op requirements.

In the meantime – we continue as we always have and don't anticipate any disruptions to patient flow.

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
(eyesheawa@yahoo.com / 360-402-5556)
and Charolotte McLaughlin
(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/>
- **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!!

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

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.

By: Julie Grimm, RN CBN

Recipe

Chilled Cod with Gazpacho Sauce

8 ounces fresh or frozen cod, ½" thick

1 lemon, halved and sliced

¼ cup marinated cucumbers (see below)

¼ cup chunky salsa

2 cups torn mixed greens

Thaw fish, if frozen. Rinse and pat dry. In a large skillet or saucepan, place a large open steamer basket over ½" of water. Bring water to boil, reduce heat. Carefully place the fish fillets in the steamer basket. Top with half of the lemon slices. Cover and steam fish about 6 minutes or until fish flakes easily when tested with a fork. Discard lemon slices.

Remove fish from steamer basket. Carefully immerse the fish in a bowl of ice water. Let the fish stand in the water about 5 minutes. Remove fish from water; drain on paper towels (or cover and refrigerate for 2 hours).

Meanwhile, for the sauce, stir cucumbers with salsa.

Arrange mixed greens on 2 dinner plates. Place half of the chilled fish on top of each plate of greens. Spoon salsa mixture over fish. Garnish with remaining lemon slices.

Serves 2. Each serving: 136 calories, 19 grams protein, 4 grams carbohydrates

Marniated Cucumbers

1 english cucumber, sliced very thinly

¼ cup rice or white wine vinegar

2 tablespoons olive oil

¼ teaspoon salt

1 tiny pinch of sugar (if desired)

1 pinch pepper

Stir all ingredients together, until well coated.

Let sit for at least 15 minutes or up to a few hours before eating.