Bariatric surgery is not a *cure* for obesity, though that can be a common misconception. Battling the bulge long term is not without effort, even with surgery. Bariatric surgery is a tool for weight loss – and a very effective tool with commitment to lifelong success and a healthy lifestyle.

According to research studies the success rates for bariatric surgery are very high and those who do regain the weight they have lost are those who revert back to unhealthy habits that resulted in obesity in the first place.

Lifelong successful weight loss and weight maintenance requires that you pledge to make lifelong changes. Once the surgery is done, the success is ultimately in your hands. You must learn to use the tool you have been given, to achieve the desire goal.

What are the Keys to Success?

Becoming Your Own Star: Keys to Success

When patients first enter the bariatric program, they are usually both excited and nervous about the surgery but optimistic that this will be the answer to their weight problems. Weight loss surgery is a very effective means to lose excess weight and improve health. In the months after surgery, patients experience rapid weight loss. They reduce or eliminate medications. Their bodies shrink in size and their energy and confidence expand. Many patients will think “I got this beat. I will never be fat again!”

But what happens 2-3 years out? What happens when you hit a plateau or life throws you a curve ball? What do you do when you start to backside into old, unhealthy habits?

It happens. You will not be perfect at maintaining your habits all the time. It’s normal. What you want to establish and maintain are some key habits to success so you can weather life’s storms.

When it comes to successful weight management I take a page from Hollywood and divide healthy habits into two categories: leading roles and supporting roles.

Starring Roles:

- **Eat protein first.** 60 - 80 grams a day is needed for optimal nutrition status.
- **Eat three scheduled meals** with 1-2 snacks/day. This helps avoid grazing and keeps you fueled throughout the day.
- **Eat vegetables and fruits** for your complex carbohydrates. Avoid processed carbs such as bread, noodles, rice, cookies, pastries, etc.
- **Drink up.** Aim for 64+ oz of fluids a day; non-caloric, noncarbonated fluids. Lack of water can lead to fatigue & tiredness as the day goes on.
- **Separate your fluids** from your meals. Wait one hour after meals to drink fluids again. This will keep you fuller, longer.
- **Food records** can help you determine what proteins/foods keep you fueled, energized, and satiated. When you keep them consistently and honestly you see unsupportive patterns and make adjustments accordingly. Success leaves clues – find out what works for you.
- **Exercise.** Exercise helps burn off the excess calories you can't cut through diet alone. It makes you fitter, trimmer, reduces stress, and helps prevent or minimize future weight gain.
- **Take your daily vitamins and supplements.** After bariatric surgery, you will need to take supplements for the rest of your life. If you don’t, nutrition deficiencies and health problems will occur.
- **Sleep.** Sleep deprivation has been linked to weight gain and obesity. Lack of sleep may affect appetite hormones, lead to increased hunger and food consumption, decreased calorie burning, and increased fat storage. Make sure to caught sufficient ZZZs every night.

Supporting Roles:

- **Rely on planning not willpower.** Eating healthy takes planning and the willingness to change your routine. Stock your home, car and work with a variety of lean proteins and lots of fruits and vegetables for easy access. To avoid temptation, change up your routine: avoid the pastry-laden breakroom; drive a route home that steers clear of fast food chains, and keep tempting foods out of your home, or at least out of sight.
- **Eat mindfully.** Give your full attention and intention to what you are eating. Savor each bite. Pay attention to what foods you like and keep you full. Studies suggest that that the more mindful you are, the less likely you are to overeat in response to external cues.
- **Identify emotional triggers.** The surgery changes the size of your stomach, not how you deal with your emotions or stress. If you are eating when you are not physically hungry, there is a need asking to be met. Find out what it is and meet it in nonfood ways.
- **Tracking progress.** Regularly weighing, taking measurements, and snapping photos are great ways to track your journey. It will increase self-awareness and can provide motivation when the numbers are going in the right direction. It will also encourage you to get back on track if you notice an upward trend.
**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.kp.org/bariatric-patients/](http://www.kp.org/bariatric-patients/) web page. Last update: 12-1-2016

- **Interested in a Walking Group:**
  Olympia:
  Contact: Carrie Hoesing
  [eyeshewawa@yahoo.com](mailto:eyeshewawa@yahoo.com)
  Charolotte Hoesing
  [mackie_doodle_dandy@yahoo.com](mailto:mackie_doodle_dandy@yahoo.com)
  Join the fun!!

- **Facebook:**
  Bariatric Facebook: This Facebook is *not* an official Kaiser Facebook page. This was started by patients for patients. Kaiser staff do not participate or moderate the group. This is a closed group, meaning you must be one of our patients and request to participate. The Administrators will respond fairly quickly to your request.

  We do ask that patients report any information or posts that you are concerned about to our staff. While we don’t participate or have access to this Facebook, we want our patients to know that they can come to us for clarification of questionable information or posts.

  *Second Chancers* link:
  [https://www.facebook.com/groups/285256815001402/](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!!

**Program Updates**

**Kaiser:**

As you all know, Group Health is now officially Kaiser. We want to assure you that there will not be any immediate changes to our program or your benefits. We do anticipate that any future changes to our program will be positive ones. This is an exciting time for us, to become a part of a much larger health care system. We will keep you informed of upcoming changes in the future.

**Group Visits:**

We are beginning to do the group follow up visits again. We did a few of these last spring and they were got good reviews by patients who attended.

How the group works:

All patients will be at least one year post op.

You will complete a questionnaire to return to us in advance of the group follow up meeting.

The group will include about 12 fellow patients.

It will last for two hours.

You will have your vitals taken with the medical assistant.

You will then meet with a bariatric PA for a brief (about 5 minute) physical exam.

Lisa (dietitian) will be facilitating the group, while the medical assistant and PA are filtering through all 12 patients. This will take up the first hour.

The PA will then facilitate the group for the second hour.

Topics covered will include things that Lisa and the PA feel are common questions or concerns, as well as things that may have come to our attention from your returned questionnaires.

What we have found from our previous group follow up visits is that patients get the benefit of the PA expertise, the dietitian expertise as well as the comradery of their fellow patients.

If you are at least one year post op and would like your next follow up to be in the group format, please email or give us a call (425-502-3454). We will provide details of the upcoming group visit options.
Recipes

**Ranch dip/dressing**

- 1 pint nonfat or low fat (1%) cottage cheese
- 1 packet Uncle Dan’s Ranch or Hidden Valley seasoning
- Nonfat milk

Place all of ingredients in blender or food processor. Add enough milk to your desired consistency. It can be used as dip, sauce or dressing.

**For ¼ cup***

45 calories
7 protein grams
*based on 1% fat cottage cheese

**Note:** you could also substitute the cottage cheese with nonfat plain Greek yogurt, light ricotta cheese or tofu; though cottage cheese will provide the best calorie to protein ratio.

**Avocado Egg Salad**

1 small ripe avocado, dices
5 hardboiled eggs, chopped
1 Tbsp. Dijon mustard
½ tsp. salt
¼ cup minced green onions
2 Tbsp. chopped chives

In a medium bowl, combine half of the avocado, the mustard and salt and then mash until smooth.

Add remaining avocado, eggs and onions. Gently mix together.

Place plastic wrap tightly over top and press down to remove any air pockets.

Store in refrigerator for up to 3 days.

Delicious as a lettuce leaf sandwich.

Upcoming Event

**Making A Difference: Portland**

**May 19-21**

[www.WLSFA.org](http://www.WLSFA.org)

(this is from their web page):

The Weight Loss Surgery Foundation of America (WLSFA.ORG) invites you to join us in Portland Oregon! Your participation at this annual fundraiser allows the WLSFA to make a difference in the lives of people with no access to the medical treatment they need to overcome the disease of obesity. Dollars raised at this event fund grants and saves lives! We anticipate the largest gathering of weight loss surgery patients ever assembled. Together we can look forward to an event that will be life changing for attendees and those that benefit from the gathering our grant recipients!

- Friday Night Opening Reception & MAD Hatters Weird Tea Party
- 2017 Grant Recipients Revealed and *Special Carnie Wilson Grant Awarded!*
- Saturday Sparkle & Shine Making Lives Brighter & 7th Annual BLING Off
- Full Slate of Speakers and Workshops
- Product and Services EXPO & Attendee Goody Bags
- Bariathlete® of the Year & Community Service Awards
- 2nd Annual WLSFA 5/10K Walk/Run
- 3rd Annual Bari-friendly CHOPPED competition hosted by Carnie Wilson
- Special Event Fundraisers to be announced!

**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@kp.org](mailto:bariatricpatients@kp.org)
Patient Secure Messaging: Through My Group Health / My Chart
Consulting Nurse: 1-800-297-6877

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