This Month’s Topic

The Power of Journaling

Journaling is most likely not something that patient’s look forward to or even enjoy – however it is something that will provide you with a path to successful weight loss.

Putting numbers down on paper can be eye-opening. It can assure you (and us), that you are getting the necessary nutrients or that there are numbers that need some tweaking. It can also help to determine the cause of symptoms that you may be experiencing.

Journaling is a very powerful tool, with many benefits. It may take time and attention to detail, but isn’t it worth it? Aren’t you worth the effort, if it’s one of those things that has research behind it to show that journaling increases the chance of short and long term successful weight loss, fewer deficiencies, symptoms and complications.

You’ve made a big investment in you, by doing surgery. Doesn’t it only make sense to do everything you can to make that investment pay off?

Support Group Meetings

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Bellevue</td>
<td>Wed</td>
<td>6-21-17</td>
<td>6:30–8:15</td>
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<tr>
<td>Central</td>
<td>Wed</td>
<td>6-14-17</td>
<td>6:15–8:15</td>
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<tr>
<td>Everett</td>
<td>Wed</td>
<td>6-28-17</td>
<td>6:15–8:00</td>
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<tr>
<td>Fed. Way</td>
<td>Wed</td>
<td>6-7-17</td>
<td>6:30–8:00</td>
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<tr>
<td>Olympia</td>
<td>Wed</td>
<td>6-14-17</td>
<td>6:30–8:00</td>
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<tr>
<td>Silverdale</td>
<td>Thurs</td>
<td>6-15-17</td>
<td>6:00–7:30</td>
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<tr>
<td>Tacoma</td>
<td>Tues</td>
<td>6-27-17</td>
<td>6:00–8:00</td>
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<tr>
<td>Skagit Valley</td>
<td>Thurs</td>
<td>6-15-17</td>
<td>6:00-8:00</td>
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Support Group Announcement

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

Guest Speakers

<table>
<thead>
<tr>
<th>Month</th>
<th>Visits</th>
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<tbody>
<tr>
<td>June</td>
<td>Silverdale Support Group</td>
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<tr>
<td>July</td>
<td>No Visits Planned</td>
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</tbody>
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Upcoming Topics

<table>
<thead>
<tr>
<th>Month</th>
<th>Topic</th>
</tr>
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<tbody>
<tr>
<td>July</td>
<td>Get Moving!</td>
</tr>
<tr>
<td>August</td>
<td>Eat Your Colors</td>
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Kaiser Permanente Bariatric Web Page

*On the KP.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.
The Power of Food Journals

“What gets measured gets managed.” ~ Peter Drucker.

Most people groan when I mention keeping food records. I get it. There are lots of reasons why people don’t want to keep them: too busy, time consuming, hard to calculate calories, don’t want to know what and how much they are really eating…the list goes on.

Often patients say they are keeping “a running total in my head.” The challenge is, when weight loss slows, stops, or you are having issues such as dumping or bloating, it can be difficult to remember exactly you have eaten and how it made you feel. By keeping track of food, it becomes easier to identify the problems and find a solution.

Benefits - keeping a food journal can help:

- Determine if you are meeting your nutritional needs.
- Pin point the proteins/foods your new stomach tolerates well and the ones that cause problems/distress.
- Show you how certain foods affect your energy level, fullness, and even moods.
- Identify emotional or situational triggers.
- Stay out of denial. Stop fooling yourself with the idea that “If I don’t write it down, it didn’t happen.” Your body always counts calories.
- Create menus and meal plans. When stuck in a “food rut” you can review your records and find some favorites you’ve forgotten.
- Give you immediate feedback on how your choices help or hinder your progress.
- Identify and celebrate your milestones.

How – how to keep food records:

- Choose what format works best for you. There are many options available to keep food records: food journal, plain notebook, website or an app. Find one that works for you.
- Determine how detailed you want to be. The minimum we recommend is: the time, food, amount/portions size, calories, protein grams, fluids, vitamins and exercise.
- For further exploration:
  - Track your measurements, weight, clothes size, improved physical abilities.
  - Hunger and fullness levels before and after eating

- Your feelings/emotions, location, and who you are eating with. All of these aspects can influence the type and amount of food you eat.
- Determine how often you will update your food records; update as you go or at the end of the day. Optimally, recording immediately after you’ve eaten will provide the most accurate records.
- Be accurate with portions sizes. Most people overestimate the amount of protein and other healthy foods they eat when “eyeballing” it and underestimate the amount of high fat/sugar/carb treats they eat. Reality vs. perception is quite the eye opener! Using a kitchen scale and measuring cups will help with the accuracy of your intake.
- Review and learn. One of the most missed parts of keeping food records is that they are not reviewed. This is a critical part to learn trends, challenges, and what works best for your body.

Things to look for:

- Compare work days to weekends. Any differences in protein or fluids intake or exercise?
- Note any food intolerances – are dairy products giving you gas? Does chicken breast feel like a rock in your stomach?
- Circle proteins/foods that are well tolerated and you enjoy. Make sure to notice foods that provide high protein/low calorie that satiate and satisfy you.
- Jot down any emotional connects with food. Do you head for the fridge when you are bored? When feeling anxious do you crave sweets? Identify the life situations that influence your eating helps you plan new strategies when they occur.

The process of self-monitoring - tracking and analyzing your actions and thoughts - helps you become more aware of how they impact your goal of long term weight management and improved health goals.

Food records may not be your favorite activity but they are necessary for long term success. Remember, this is a learning tool, not the food police. You will learn about yourself - your food choices, physical needs, even emotions – when you keep food records. It’s your recorded journey to better health and weight management. Write it down. Learn. Succeed. Celebrate.
**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/](http://www.ghc.org/bariatric-patients/) web page.

  Last update: 4-1-2017

- **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 Permanente Facebook page. This was started by patients for patients. Kaiser Permanente 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!!

  NO CHILDREN AT SUPPORT GROUPS

- **Research Project: BariFit**

  We are currently participating in a project with the Kaiser Permanente Research Institute. The study, called BariFit is a program being offered only to patients at the time of their initial post op appointment (7-10 days post op). Not all patients will qualify, so unfortunately if it wasn’t offered to you at the time of your post op appointment, you likely are not a candidate. If the program turns out to be successful, we hope to offer a version of it all bariatric patients.

  Please call our office (425-502-4351) with questions.

- **New Support Group**

  Skagit Valley Hospital
  Schuksan Room
  3rd Thursday of each month
  6:00-8:00

  No registration needed

  Facilitator: Susan Roughton
  [4dogs2much@comcast.net](mailto:4dogs2much@comcast.net)

**Our Questions For YOU**

- What topics would you like to see covered in upcoming newsletters (anything goes)?
- What would you like to see at the Support Group – what would keep you coming back month after month?
- If we wrote a newsletter with the topic: The Real Skinny on ________, how would you fill in the blank?
- Do you have a recipe or food product find that you can share with us to post in the newsletter?
- If you could have a guest speaker visit your group, who would you most like to see?
- If we held a Back on Track Group close to your facility, what day and time of day would you prefer?
- Are there any patients that would want to write their story for us to print in the newsletter?
- What ideas do you have for our team to help you be successful?
- Please email to: [bariatricpatients@ghc.org](mailto:bariatricpatients@ghc.org)
Follow Up Appointments

Please remember how important it is to make and keep your bariatric follow up appointments. Being seen by the specialists in this area will help you to have the healthiest and most successful outcome. Your bariatric team has a lot offer you in the way of insight, suggestions and expert advice.

We know that it can be a hassle to come to Bellevue, but please keep in mind how much you have gone through to get where you are. Let us help you to attain the best bang for your buck!!

Recipe of the Month

Lime & Cilantro Shrimp

1 lb. large shrimp, peeled and deveined
1 ½ Tbsp. fresh lime juice
¼ tsp ground cumin
¼ tsp ground ginger
2 garlic cloves, minced
Pinch of cayenne pepper
½ Tablespoon olive oil
¼ cup fresh cilantro, chopped (stems & leaves)
1 tsp lime, zest
¼ tsp salt, or to taste

Directions

1. Combine shrimp, lime juice, cumin, ginger, and garlic in a large bowl; toss well.
2. Heat oil in a large nonstick skillet over medium-high heat.
3. Add shrimp mixture and sauté for 4 minutes or until shrimp is done.
4. Remove from heat; stir in cilantro, lime zest, salt, and pepper & a pinch of cayenne pepper.

Nutrition:
Serving Size: 4 ounces
Calories: 115
Protein grams: 20

Avocado Tuna Boat

1 - 5 ounce can tuna (in water)
1 ripe avocado
Juice of half a lemon
1 big green onion, diced
1 garlic clove, minced
Salt & pepper to taste

Directions

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.
2. Add lemon juice, green onion, and garlic to the avocado in the bowl and mash together.
3. Add tuna, salt and pepper, and stir to combine.
4. Taste and adjust if needed.
5. Scoop mixture into avocado shell and enjoy!

Nutrition:
Serving Size: ½ avocado with tuna mixture
Calories: 170
Protein grams: 15

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 / My Chart
Consulting Nurse: 1-800-297-6877

Please email any medical concerns, pre or post op questions through the Kaiser Permanente member web site or call the bariatric nurse. Call the Consulting Nurse line if after 4:30 and weekends, with any post op concerns.