Program Under Construction:

Since our bariatric program is growing rapidly, we are combining months for the newsletters for a short time. We are sorry we missed sending out an August newsletter and we hope to get back to monthly newsletters very soon.

A few things we are currently working on:

- Adding more staff to provide you better access to our bariatric team.
- Creating a program that supports you from the time you are accepted into the program to the many years following surgery.
- Restructuring the bariatric notebook to be more user-friendly.
- Redesigning the KP bariatric patient web page to provide more resources.

Change can be slow so thank you for your continual patience during this transition.
We want to hear from you!

We continue to improve our program to meet your needs and we’d like your input. What resources would you like in the newsletters and on the KP bariatric patient website?

Email your ideas to us:

bariatricpatients
@kp.org

**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:

  [https://wa.kaiserpermanente.org/bariatric-patients](https://wa.kaiserpermanente.org/bariatric-patients)

- Kaiser Permanente Bellevue Pharmacy will now be carrying Bariatric Advantage Vitamins. Buy them at your convenience after the Bariatric Education class or your follow up visits!

- Celebrate Vitamins are also available at our Bellevue Pharmacy!

Kaiser Permanente Bellevue Quarterly Support Group:

**Upcoming:** Wednesday

October 17, 2018

RIGHT AROUND THE CORNER!

**Following:** Wednesday

January 16, 2019

**Time:** 6:00pm- 8:00pm

**Location:** Kaiser Permanente Bellevue, Conference Room E101/105 (right by the elevator on the first floor, follow the signs)

**Registration:** is not needed.
Support Groups Update

In our efforts to provide ongoing support, we are pleased to announce we have new support group options available for our bariatric patients to attend.

- All locations are open to all Kaiser Permanente bariatric patients (pre- and post-op) and no registration necessary.

Bariatric Support Group Locations

**Bellevue**

**Kaiser Permanente Bellevue Medical Clinic, Room E101/105**
Held quarterly, the 3rd Wednesday of the month
January, April, July & October, 6:00 - 8:00 pm
Please call 425-502-3454 for more information.

**Overlake Bariatric Support Group**
Held twice monthly: 2nd Thursday; 6:00 - 8:00 pm and 4th Saturday; 10:00 - 12:00 pm
October 11 at 6:00 pm
October 27 at 10:00 am
November 8 at 6:00 pm
November 17 at 10:00 am
December 13 6:00 pm
**Overlake Medical Center - PACCAR Education Center**
Insight Conference Room
1035 116th Ave. NE, Bellevue, WA 98004
Please call (425) 467-3957 for more information.

**Tacoma**

**MultiCare Center for Weight Loss and Wellness in Tacoma**
Held on the 4th Monday of every month, 5:30 - 6:30 pm
2202 S Cedar St. Suite 300 Tacoma WA 98405
Please call (253) 301-5280 for more information.

**Sumner (led by MultiCare Center WLW staff)**

**YMCA in Sumner**
Held on the 2nd Wednesday of every month, 5:30 - 6:30 pm
16101 64th St E Sumner WA 98390
Please call (253) 301-5280 for more information.

**NO OCTOBER MEETING.**
The ABC’s of Bariatrics

A - appointments. Keep your office appointments with the bariatric team; follow up is a critical part of staying healthy.

B - breakfast. Start your day off right with an energy boosting meal.

C - carbohydrates. Choose healthy, fiber-rich carbs such as vegetables, fruits & legumes.

D - don't drink with your meals and wait 45-60 minutes before drinking again.

E - eat at regular meal times (every 3-4 hours) to keep you fueled and energized throughout the day.

F - fiber is your friend. It fills you up and keeps your GI system happy.

G - get moving. Exercise is key to long term success, aim for 300+ minutes a week.

H - hydrate. Drink 64+ oz. of fluids daily; preferably water.

I - invest in a pedometer and track your steps daily. The goal is to walk 10,000+ steps a day.

J - journal your food, exercise, fluids & vitamins to keep you on track.

K - keep your “trigger” foods out of the house; avoid the temptation.

L - limit caffeine to <16 oz. daily and be careful of high fat & sugar creamers.

M - mindful eating helps you to eat slowly & savor your food. Relax, chew thoroughly, & enjoy.

N - nighttime eating can make the calories really add up. Aim for meals/snacks to end by 7:00 pm.
O - open your mind to new types of exercise. Take up ballroom dancing, join a walking group, attend a yoga class or play Frisbee with your kids. Think “recess!”

P – protein is the cornerstone of your diet, aim for 80+grams a day of high quality proteins.

Q - question your cravings. Check in with yourself and ask, “Am I really hungry or am I stressed or bored?

R – resistance training (aka weight training) builds muscle and boosts your metabolism. Aim for 30 minutes, 3x/week.

S – support. Motivation is high in the beginning but over time, sticking with healthy habits needs support to maintain. Ask friends and family to keep you on track.

T – tote you own lunch & snacks to work. Planning & prepping your meals at home ensures you have the protein and healthy foods you need.

U – unwind daily with healthy stress management strategies. i.e. take a walk, stretch your muscles, or play with your pet to let the stress of the day melt away.

V – vitamins need to be taken daily to prevent deficiencies. Make sure you are taking the recommended bariatric specific brands and serving.

W - whole foods keep your body happy & healthy. Choose eat lean proteins with fresh fruits & vegetables and avoid processed “white foods.”

X – BoX up the extra food at the beginning of the meal when dining out. It makes it easier to eat less when you have small portions on your plate and the bagged up food will make great leftovers for the next day.

Y – Yoga or stretching exercises keep you limber & help prevent injuries. Incorporate this into your exercise routine.

Z - catch your ZZZ's. Sleep affects almost everything in your body: immune system, stress hormones, appetite, blood pressure, and cardiovascular health. Aim for 7-8 hours a night.
Split Pea with Ham Soup

Ingredients

- 1 Tbsp. olive oil
- ½ large onion, chopped
- 2 ribs celery, chopped
- 3 cloves garlic, minced
- 1 lb. ham, diced
- 1 bay leaf
- 1 lb. dried split peas
- 1 qt. chicken broth (for extra protein, use chicken bone broth)
- 2 ½ cups water
- Salt & pepper to taste

Instructions

• Place the olive oil in a large soup pot over medium-low heat.
• Stir in onion, celery, and minced garlic. Cook slowly until the vegetables are translucent but not brown, 5 - 8 minutes.
• Mix in ham, bay leaf, and split peas.
• Pour in chicken stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1 hour and 15 minutes.
• Stir occasionally.
• Season with salt and black pepper to serve.
# Hearty Beef Stew

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lbs.</td>
<td>beef stew meat, cubed</td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 qt.</td>
<td>beef broth (for extra protein, use beef bone broth)</td>
</tr>
<tr>
<td>½ Tbsp.</td>
<td>dried rosemary</td>
</tr>
<tr>
<td>½ Tbsp.</td>
<td>dried parsley</td>
</tr>
<tr>
<td>1</td>
<td>bay leaf</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>black pepper</td>
</tr>
<tr>
<td>2</td>
<td>potatoes, peeled and cubed</td>
</tr>
<tr>
<td>3</td>
<td>carrots, cut into 1-inch pieces</td>
</tr>
<tr>
<td>3</td>
<td>celery stalks, cut into 1-inch pieces</td>
</tr>
<tr>
<td>1</td>
<td>large onion, chopped</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>cornstarch</td>
</tr>
<tr>
<td>2 tsp.</td>
<td>cold water</td>
</tr>
</tbody>
</table>

## Instructions

- In a large pot or Dutch oven, cook beef in oil over medium heat until brown.
- Add beef broth to pot. Stir in rosemary, parsley and pepper. Bring to a boil the reduce heat, cover and simmer 1 hour.
- Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.
Turkey Chili

Ingredients

- 1 Tbsp. olive oil
- 2 lbs. ground turkey
- 2 cups onions, coarsely chopped
- 1 large sweet red pepper, cored, deveined & coarsely chopped
- 1 cup celery, chopped
- 1 jalapeno pepper, cored, deveined & finely chopped
- 2 garlic cloves, chopped
- 1 Tbsp. oregano, dried
- 2 bay leaves
- 3 Tbsp. chili powder
- 2 tsp. ground cumin
- 3 cups canned diced tomatoes
- 2 cups chicken broth
- 2 (15-oz.) cans of red kidney beans, drained
- Salt and freshly ground pepper to taste

Toppings (optional)
- 1 cup low-fat shredded cheddar cheese
- 1 cup nonfat plain Greek yogurt
- Cilantro, chopped
- Sliced lime for garnish

Instructions

- Heat the oil over medium-high heat in a large heavy pot and add the turkey meat.
- Cook until lightly browned, about 5 minutes, using heavy kitchen spoon to break up any lumps.
- Add the onions, sweet pepper, celery, jalapeno pepper, garlic, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.
- Add the tomatoes, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.
- Add the drained beans and cook, stirring occasionally, for 10 minutes longer.
- Serve in bowls with low fat cheddar cheese, nonfat plain Greek yogurt, cilantro, and lime wedges, if desired.
# Bariatric Team

## Bariatric Surgeons:
- Dr. Gupta MD, FRCSC,FACS,FASMBS
  Diplomate, American Board of Surgery
  Diplomate, American Board of Obesity Medicine
  Kaiser Permanente Bellevue Bariatric Program Director

## Bariatric ARNP/PAs:
- Kat Cozza, PA-C
- Lynda Crescenzi, PA-C
- Lori Gokee, ARNP
- Travis Sears, PA-C
- Heather Vincent, PA-C
- William Young, PA-C

## Bariatric RN Case Managers:
- Sarah Chan, BSN, RN
- Melissa Darragh, BSN, RN

## Bariatric Dietitian:
- Lisa Stariha, RDN

## Medical Assistant:
- Karen Kucera, MA-C

## Clinical Operation Manager:
- Anna Withee, MSN, RN

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### Contact Us

We want to hear from you!

**Nurse:** 425-502-3454
Listen to the Prompts.
Press 3.

**Routine Appointments:**
425-502-3454
Listen to the Prompts

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

**Bariatric Team Email:**
bariatricpatients@kp.org

Call the Consulting Nurse line if after 4:00 and weekends, with any symptoms/concerns.