Bellevue Bariatric Program

May 2018

MAY IS MENTAL HEALTH AWARENESS MONTH

“1 in 5 Adults have a mental health condition”

The Importance of Mental Health

- This month we’re focusing on the importance of mental health and how it affects long term success with Bariatric Patients.
- 12 Golden Rules to Success After Bariatric Surgery

May Issue: Mental Health Awareness Month!

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We want to hear from you!

We encourage you to give our new Bellevue Support Group a try. Our new group will meet on a quarterly basis, with a variety of speakers and demonstrations. If you have topics, speakers or demonstrations that you would like for us to consider, please don’t hesitate to reach out to us for your suggestions.

Kaiser Permanente Bellevue Quarterly Support Group:

Upcoming: Wednesday
July 18, 2018

Following: Wednesday
October 17, 2018

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.

See you there!

Important 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

- 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!

- They’re also available online through their website. Type in promo code KAISER and get a discount and free shipping.
Bariatric surgery is recognized as a viable option to promote weight loss and to treat obesity-related comorbidities among the severely obese. “While bariatric surgery is increasingly being used with some success, less attention has been paid to the mental health of patients with obesity and how this may influence the outcomes of patients who undergo these types of procedures,” explains Aaron J. Dawes, MD. Studies estimate that about one in five Americans has a mental health condition, including about 8% who are depressed, and another 1% to 5% who have a binge eating disorder. Previous research has suggested that these conditions may be more common among bariatric surgery patients, but no good estimates exist to suggest how common.

Read the rest @: https://www.physiciansweekly.com/bariatric-surgery-mental-health/

Key Findings:

- **1 in 5 Adults have a mental health condition.** That's over 40 million Americans; more than the populations of New York and Florida combined.
- **Youth mental health is worsening.** Rates of youth with severe depression increased from 5.9% in 2012 to 8.2% in 2015. Even with severe depression, 76% of youth are left with no or insufficient treatment.

Key Findings Continued:

- **More Americans have access to services...** Access to insurance and treatment increased, as healthcare reform has reduced the rates of uninsured adults. The greatest decrease in uninsured Adults with mental illnesses was seen in states that expanded Medicaid.
- **...But most Americans still lack access to care.** 56% of American adults with a mental illness do not receive treatment. Even in Maine, the state with the best access, 41.4% of adults with a mental illness do not receive treatment.

Bariatric Surgery and Mental Health

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Mental Health Awareness Month:

**MENTAL HEALTH FACTS**

**MENTAL HEALTH AND SUBSTANCE USE CONDITIONS ARE COMMON**

18% of adults have a mental health condition

NEARLY HALF have a co-occurring substance abuse disorder

9.6 million experienced suicidal ideation

**MOST AMERICANS LACK ACCESS TO CARE**

56% of American adults with a mental illness did not receive treatment

7.7% of youth had no access to mental health services through their private insurance

1 in 5 report an unmet need

**YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED**

Rates of severe youth depression have increased

Over 1.7 million youth with major depressive episodes did not receive treatment

That's enough to fill every major league baseball stadium on the East Coast twice

**THERE IS A SHORTAGE OF PROVIDERS**

In Alabama, there's only one mental health professional per 1,260 people

To meet the need for mental health care, providers in the lowest ranked states would have to treat six times as many people than providers in the highest ranked states

**HEALTHCARE REFORM IS HELPING**

Rates of uninsured adults with a mental illness decreased by 5%

States that increased Medicaid expansion saw greater improvement in youth coverage had fewer uninsured adults with mental illness

Read the rest @: https://www.physiciansweekly.com/bariatric-surgery-mental-health/
Keys to Success:

1. Eat your protein first.
2. Choose solid foods over slider foods. (soft, mushy or liquid foods)
3. Avoid eating and drinking at the same time
4. Avoid drinks/liquid with calories
5. Take small, dime sized bites.
6. Chew thoroughly.
7. Eat slowly and mindfully.
8. Stop eating before you feel full.
9. Stay hydrated
10. Take your daily bariatric vitamins.
11. Keep a food journal.
12. Be physically active every day.

Golden Rule #1 - Eat your Protein First
- Protein rich foods delay stomach emptying and will help keep you feeling full long after you’re done with your meal.
- Post bariatric eating involves protein at every meal and snack.
- Be sure to eat your protein first. Avoid filling up on other foods and leaving no room for your protein.

Golden Rule #2 – Choose Solid Foods Over Slider Foods (Soft, Mushy, or Liquid Foods)
- Solid foods will fill up your pouch and stay in your pouch longer than slider foods (soft, mushy, or liquidy foods). You’ll require more food to feel full. More food = more calories = slower weight loss or weight gain. Not good.
- Solids foods: chicken, pork, fish, turkey, whole vegetables, fruits, legumes. Yay!
- Slider foods: chips, cookies, mashed potatoes, crackers. Boo!

Golden Rule #3 - Avoid Eating and Drinking at the Same Time
- Solid food + liquid beverage = soft, mushy, liquidy slider foods. (Refer to Golden Rule #2)
- This can lead to dumping syndrome.
Golden Rule #4 - Avoid Drinks/Liquid with Calories

- Avoid drinks and liquids with calories.
- Liquids pass through the pouch quickly without giving a feeling of fullness or satisfaction. Drinks such as regular soda pop, juice, coffee drinks, milkshakes and sweetened beverages contain a lot of empty calories.
- You can drink a lot of liquid without getting full and that means you can take a lot of calories without ever feeling full if you are not careful. Choose zero calorie beverages.

Golden Rule #5 - Take Small, Dime-sized Bites

- Take bites only a size of a dime, pea, or pencil eraser when eating after surgery. A small bite of food in your mouth will guarantee only a small bite going into your pouch.
- Having a small amount of food trying to pass will lessen your chances of causing an obstruction.

Golden Rule #6 - Chew Thoroughly

- Chewing thoroughly helps you slow down, avoid overeating and minimize the change of obstruction caused by large food particles. Chew until the food in your mouth is unidentifiable.

Golden Rule #7 - Eat Slowly and Mindfully

- Eating slowly prevents you from overeating which can cause pain or vomiting.
- Try putting your pork or spoon down between meals and allow 20-30 minutes to finish a meal.
- Take your time; savor and enjoy your food.
Golden Rule #8 – Stop Eating Before You Feel Full

- Your new anatomy makes knowing determining “full” more difficult. Stop before you feel full or you might get sick...
  
  ... as in vomit….no fun!

Persistent over eating after bariatric surgery can also cause your pouch to be more pliable increasing your ability to take in more food to feel full.

Golden Rule #9 – Stay Hydrated

- Drinking adequate fluids will prevent dehydration and constipation. Remember to drink **between meals** and snacks, not with them.
- Drink eight - 8 oz cups of calorie free fluids every day (64 oz)
  
  Water is the best for your body
  
  Sugar free, non-carbonated beverages (Vitamin Water Zero, Propel, Mio drops)
  
  Herbal tea
Golden Rule #10 – Take your Daily Vitamins
YES, YES, YES!
- Take a bariatric specific brand of multivitamins to ensure you are receiving the recommended amounts of specific nutrients that you need as a bariatric patient. General brands like Centrum of Costco brand don’t cut it.
- You will need to take bariatric vitamins every day for the rest of your life. If you don’t want deficiencies – TAKE THEM!
- I’m not talking gummies, Flintstones, patches, or all-in-one vitamins…they don’t count!
- Good quality bariatric vitamins are essential! (see second point)

Golden Rule #11 - Keep a Food Journal
- Keeping a food journal keeps you on track and accountable.
- This is a tool to learn about yourself and your body - your food choices, physical needs, and even emotions. Write it down. Learn. Succeed. Celebrate.

Golden Rule #12 – Be Physically Active Every Day
- For best health and weight management results, aim for 30 - 45 minutes a day, 5 - 7 days a week, for a total of 300+ minutes of exercise per week.
- Include strength training, at least 90 minutes per week.
- Stretching and balance training helps improve performance of everyday activities and assists with posture, minimizing stress and maximizes the strength of all joint movements.
- Struggling to get started? Aim for 10+ minutes every day to build this habit into a daily “nonnegotiable” habit; increasing over time.
- Activate your lifestyle: park farther away, take the stairs, clean the house, mow the lawn, and take stretch breaks at your desk. It all adds up.
Bariatric Team

Bariatric Surgeons:
- Dr. Gupta MD, FRCSC, FACS, FASMBS
- Dr. Landers, MD, FACS, CDR-USN (RET)

Bariatric ARNP/PAs:
- Lori Gokee, ARNP
- Kat Cozza, PA
- Lynda Crescenzi, PA
- William Young, PA

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

Bariatric Dietitian:
- Lisa Stariha, RDN

Clinical Operation Manager:
- Anna Withee, BSN, RN

Contact Us
We want to hear from you!

Nurse: 425-502-3454
Listen to the Prompts.

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

Consulting Nurse: 1-800-297-6877

Bariatric Team Email: bariatricpatients@ghc.org

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