



The Healing Power of Laughter

April 2019

April is National Humor Month

When was the last time you had a good giggle, laugh, chortle or guffaw? Can you remember when you last time you had a side-splitting-bent-over-with-tears-running-down-your-face laugh?

Having a good laugh was so important to Larry Wilde, Director of the Carmel Institute of Humor, he founded April as National Humor month back in 1976. His aim was to bring awareness to humor and laughter as a way to improve health and enrich the quality of life.

Everyone loves a good laugh but did you know research suggests it has many health benefits as well?

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The Resilience of Laughter

Laughter doesn't just brighten your day, it can improve your health. There are many studies that are associated with positive benefits from having a good laugh.

BODY

- ◆ Reduces stress hormones
- ◆ Boosts immune system
- ◆ Decreases pain
- ◆ Relaxes your muscles
- ◆ Prevents heart disease



MIND

- ◆ Adds joy and zest to life
- ◆ Eases anxiety, tension and other negative emotions
- ◆ May act be a natural antidepressant
- ◆ Helps cultivate optimism
- ◆ Relieves stress, anxiety and
- ◆ Improves mood, lifts spirits
- ◆ Bolsters resilience



RELATIONSHIPS

- ◆ Attracts others to us – laugh and the world laughs with you
- ◆ Encourages bonding with others
- ◆ Spreads good feelings
- ◆ Creates a connection and strengthens relationships
- ◆ Improves teamwork & creativity
- ◆ Helps deescalate an argument



Cultivate Humor and Laughter into your Daily Life

- ⇒ Set the intention to laugh every day
- ⇒ Smile more
- ⇒ Spend time with friends that make you laugh
- ⇒ Spend time with pets—they do goofy things
- ⇒ Spend times with kids
- ⇒ Watch your favorite funny movie
- ⇒ People watch
- ⇒ Give yourself permission to be silly
- ⇒ Have a favorite comic strip
- ⇒ Collect funny things you find online on a Pinterst board
- ⇒ Attend a comedy show for date night
- ⇒ Share something silly about yourself with a friend
- ⇒ Look for the humor in any situation; even the serious
- ⇒ Collect your favorite joke. What's your favorite "Knock-knock joke?"
- ⇒ Be silly - talk in in a funny accent, sing loudly in the shower
- ⇒ Read funny books & novels (i.e. Erma Bombeck)



Actively look for fun online YouTube videos, books, sitcoms to add to your collection to tickle your funny bone.

At the Market

New products arrive at the market all the time. Here are a few products patients have share. Give them a try!



Explore Cuisine Organic Edamame Spaghetti

Servings Size: 2 oz

Calories 180

Protein: 24 grams



Too Good Greek Yogurt by Light & Fit (5 flavors)

Servings Size: 1 container

Calories 80

Protein: 12 grams



Tuna in a pouch (many flavors & brands)

Serving size: 1 pouch

Calories: 70

Protein: 15 grams



Egg Bites (at Costco)

Serving size: 3 egg bites

Calories: 310

Protein: 20 grams



Trader Joe's Chicken Sausage

(Fully cooked. 10+ flavors)

Serving size: 1 link

Calories: 120-170

Protein: 11-20 grams



Kirkland Signature Hand Pulled Rotisserie Chicken

Breast Meat

Serving size: 3 oz

Calories: 120

Protein: 22 grams

Recipes

5-Can Soup

- 1 (15 oz) can pinto beans
- 1 (15 oz) can black beans
- 2 (4.5 oz) canned chicken
- 1 (16 oz) jar salsa



Combine cans of beans & chicken with a jar of salsa in a large pot. Heat and eat.

Optional toppings: nonfat plain Greek yogurt, shredded, low fat cheddar cheese, fresh chopped cilantro, diced onions

Mini Meatloaves

- 1 yellow onion, diced
- 3 green Onions, diced
- 2 cups mushrooms, chopped
- 2 cloves garlic, diced
- 1 lb. ground turkey
- ¼ cup Italian Style Dry Bread Crumbs
- ¼ cup nonfat milk
- 1 egg, beaten
- 1 Tbsp. Italian blend seasoning
- 1 Tbsp. tomato paste
- ½ tsp. kosher salt
- a pinch of black pepper
- oil spray for sautéing



Sauté onions and mushrooms till golden. Add garlic and cook for 1 minute. Set aside to cool. Soak breadcrumbs in milk for 1 minute. Beat egg. Add egg and soaked breadcrumbs or oatmeal to ground turkey. Add cooled veggies, tomato paste, and seasonings. Mix till combined. Divide into 8 equal mounds. Bake for 45 minutes in a 350 oven. Freeze the leftovers for a future quick meal.

Pop Quiz



It's okay to drink a few sips with my meals after having bariatric surgery.

- A) True
- B) False

False. Once you've had the bypass or sleeve, your stomach is much like a pressurized tube. Drinking with meals can cause dumping syndrome (i.e. nausea, heart palpitations, vomiting, etc.). Even a few sips of water can cause the foods to be pushed through, making you hungry sooner and therefore eating more calories.

Bariatric surgery _____ to help you achieve your health and weight loss goals.

- A) as the magic bullet
- B) a tool
- C) the easy way out

Answer: B: a tool.

Bariatric surgery is an effective tool to help lose weight and improve overall health. Like any tool though (i.e. a gym membership or exercise bike), you need to use the tool properly to achieve the results you want. Having bariatric surgery does not guarantee long term success at managing your weight but it does provide you a tool to support your efforts in living a healthy lifestyle.

Daily Vitamins for the Bariatric Patient

You need to take these vitamins **DAILY**
and for the **REST OF YOUR LIFE.**

Gastric Bypass (RNY) & Sleeve Gastrectomy	
Vitamins & Supplements	Servings per Day*
Bariatric formulated multivitamin-mineral with <i>18 - 60 mg iron and 500 mcg Vitamin B12</i>	1 serving
Vitamin B complex (with 50 mg thiamin)	1 serving
Calcium <u>Citrate</u> with Vitamin D3 (total 1200 - 1500 mg daily)	2 servings of 600 mg per serving 3 servings of 400 or 500 mg per serving
Probiotic	1 serving
*Serving sizes vary with different brands, READ THE LABEL	

**Remember: separate the multivitamin with iron from calcium citrate
by 2+ hours for maximum absorption.**

- Kaiser Permanente's Bellevue Medical Center Pharmacy carries Bariatric Advantage & Celebrate Vitamins.
- Buy them at your convenience after the Bariatric Education class or your follow up visits.
- They're also available online.
- **Bariatric Advantage** has a special offer for Kaiser patients. Receive Kaiser member pricing of roughly 20% discount & free shipping with validation code: KAISER.



For a complete list of vitamins and recommended brands:

<https://wa.kaiserpermanente.org/static/pdf/public/bariatric/meds.pdf>

Support Groups

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, 6:30 - 8:00 pm

April 17th at 6:30 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

[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.

We want to hear from YOU!

What would you like to read about in our monthly newsletter?

Write us with your ideas:

Kaiser Permanente Bariatric Program
11511 N.E. 10th Street
Bellevue, WA 98004



Contact Us

Bariatric Program Nurse:
425-502-3454, **press 3**

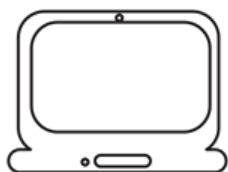
Routine Appointments:
425-502-3454, **press 1**

After-Hours (after 4pm and on weekends):

Call Kaiser Permanente's 24/7 Consulting Nurse Services at 1-800-297-6877

Bariatric Team Email:

Log-on at kp.org/wa to send a secure message to your Bariatric Care Team



Bariatric Team

Bariatric Surgeon / Program Director:

- Dr. Gupta MD, FRCSC, FACS, FASMBS
Diplomate, American Board of Surgery
Diplomate, American Board of Obesity Medicine

Clinical Operation Manager:

- Liam Malpass, MSN, RN, CNL

Bariatric Physician Assistants:

- Kat Cozza, PA-C
- Lynda Crescenzi, PA-C
- Travis Sears, PA-C
- Heather Vincent, PA-C
- William Young, PA-C

Bariatric Nurse Practitioner:

- Lori Gokee, ARNP

Bariatric Registered Nurses:

- Sarah Chan, BSN, RN
- Elizabeth Puckett, RN

Bariatric Dietitian:

- Lisa Stariha, RDN, MA ABS

Medical Assistants:

- Karen Kucera, MA-C
- Sara Hernandez, MA-C