

# Inspire - Affirm - Engage

## Welcome to our first joint newsletter

We've decided to connect the bariatric programs at Overlake Hospital and Kaiser Permanente – Bellevue Medical Center to create this shared, quarterly newsletter for our patients. We hope that you find this newsletter informative and helpful whether you're just starting to explore a healthier lifestyle, well on your way to living it, or trying to get back to it.

Our mission in this newsletter is to **Inspire** you to act and create the life you want, **Affirm** your health values, and to provide a resource for you to **Engage** with others and our programs. Bariatric surgery is not a one-and-done treatment. It takes team work, and we are committed to partnering with you on this lifelong adventure.

For this issue, we're highlighting the new year with refocusing on yourself and making yourself the priority. We hope you find some helpful tips to get your year off to an inspirational start!

-Janet Ng, PhD & Carmela Pontillo, RN, MSN, CBN

## New Year, New Goals? Keep the Focus.

The new year is a time for new goals, new resolutions. But, how many of us have always set that goal to move more, eat healthier, and then by the end of the month, we're right back where we started?

This time, how about focusing on how you'll keep that goal? Some ways to do this:

1. Decide what you want to be doing 6 weeks, 8 weeks, or 12 weeks from now.
2. What would you need to be doing each week to get to your ultimate goal?
3. Look for the potholes – when we're driving, we're usually looking ahead to be prepared for any obstacles. Apply the same skills to your goals. What are potential potholes, or vulnerable times, when you look ahead in your calendar? Celebrations coming up that could make it harder to stick with your goals? More stressful times? How will you plan for that?

If you're finding it challenging to do this on your own, team up with a close friend, a trusted family member, or your bariatric dietitian/psychologist/support to work on this plan together.

## Upcoming support groups

### Overlake Hospital:

January 16, 6:00-8:00 pm  
February 8, 6:00-8:00 pm  
February 20, 10:00 am-noon

### Kaiser- Bellevue:

January 15, 6:30-8pm  
April 15, 6:30-8pm  
Location: Room E101/105

### Kaiser Program Clinic

1-425-502-3454, option 3

### Overlake Program Clinic

1-425-467-3957



### Try This

You can turn around your internal script by focusing on what you love about yourself. Incorporate this practice at least once every day:

- Stand in front of a mirror where you can see your whole body. What kind of thoughts usually come up for you? Are they usually critical or negative? If so, try to label these thoughts as “internal script.”
- Take some deep breaths
- Now scan your body from head to toe in the mirror, and pick 5 physical things you like about yourself. This can be challenging sometimes. Notice what thoughts come to mind now, and how you feel.
- Pick 5 non-physical things you like about yourself. Continue breathing. Continue noticing what you’re thinking and how you’re feeling.

### Put Yourself First

We would like to encourage you this year to put yourself first as your number one resolution. We hear from so many people in our programs that they have gotten to where they are because they have been focused on other people or other things in their lives for so long. Now is the time to focus—or refocus—on yourself and prioritizing your needs. This will look different for everyone. Maybe it’s making sure that you have 15 minutes to yourself after you get home. Or making sure that you have the foods you need at dinner. Or prepping a snack the night before. Or arranging time with your family to do something active.

One important part of putting yourself first is loving yourself enough to know that you are worthy of being first. Most of us have had a lifetime’s experience in being criticized and then criticizing ourselves. We develop an “internal script”—a story we tell ourselves—about how we are wrong in some way, especially when it comes to our bodies. These internal scripts can seem so true! This makes it hard for us to be kinder and more loving to ourselves because these internal scripts have become automatic. It takes practice to change up the way we think about ourselves and our bodies.

Being more aware of when your internal script is popping up is the first step in changing it. This usually involves paying more attention to your thoughts, and identifying them. For example, when you notice you have the thought, “What’s wrong with me, how come I want to eat this so much”, ask yourself if this thought is from your internal script. Ask how holding onto this is helpful for you or not. Are you willing to let it go?

### Team Update

Members of our Kaiser Permanente and Overlake bariatric teams gathered in Las Vegas for the annual Obesity Week conference. Obesity Week brings together experts in the field of obesity with focus on prevention and surgical treatment. Dr. Shireesh Saurabh, bariatric surgeon and Carmela Pontillo, bariatric program manager, were both presenters at the conference. Dr. Saurabh presented a study evaluating the efficacy of daily transdermal multivitamin patch after gastric bypass. Carmela Pontillo’s presentation focused on exploring novel retention strategies to improve long-term follow-up following bariatric surgery.



From left: Dr. Shireesh Saurabh, Bariatric surgeon; Patricia Mathis, ARNP; Kimberly van Groos, ARNP; Lori Gokee, ARNP; Dr. Anirban Gupta, Director Bariatric Surgery WA Permanente Medical Group; Dr. Janet Ng, Psychologist; Elizabeth Puckett, RN; Carmela Pontillo, Bariatric Program Manager.