



**METABOLIC AND
WEIGHT LOSS CENTER**

**What's Happening
*this Month:***

IN THIS ISSUE

OUR PATIENTS TAKE OVER

- Hear what a few patients have accomplished this year since getting surgery! Also hear their post-surgery advice and tips for sticking to a healthy lifestyle through the holidays.
- Our Products of the Month from Liz
- Our Recipe of the Month from Vikki

* Attend Our Upcoming Support Groups: January 20, February 17, March 23, and April 20, 5 – 6 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. Block out your schedules in advance!

* If you had surgery and are not a member of our Post-Op Online Support Group, The Capital D.R.E.A.M. Team, please e-mail Caroline (clazur@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips at any time!

— If you already joined, don't forget to participate in our 'Operation: Beat the Feast' Photo Challenge. This is our way to motivate each other through the holidays using photos of things you are proud of through the holiday season or even struggled with. We love all the motivation and participation so far! See details and ideas of what to post in the group.

* For those interested in weight loss surgery with our program, free information sessions are happening on January 6 & 20, 6 – 8 PM in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell.

* Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivations and program updates.



'TIME IS MONEY'
Fitness Challenge Winner

CONGRATULATIONS to our 'Time is Money' Fitness Challenge Winner. The winning active time in 30 days was **1 day 21 hours, 3 min and 51 seconds**. Extremely impressive! The prize? MONEY! Our runner-up had an active time of **1 day, 9 hours, 17 min and 46 seconds**. We are so proud of all of our patients who participated. Make sure to participate in our next challenge to stay motivated and win a prize that will not disappoint!

Thank you to everyone who donated to and shopped at our **POP-UP THRIFT STORE**. It was a **HUGE** success and all proceeds (money or clothes) went to many great causes, including our patients. Thank you also to everyone who donated their time to creating the event and helping to run the store. We couldn't have done it without all of you and can't wait to do it again!

MEET A FEW OF OUR PATIENTS —

Their accomplishments this year, post-surgery advice and holiday tips

Aileen

51 Year Old Female

SURGERY: Gastric Bypass, Nine Months Ago

Aileen has been with our program since July 2014. She works full time, lives at home with her husband and has a daughter who just started college. We could not be more proud of how Aileen completely turned her life around and put herself and her health first. “Dedicated” and “hard-working” are two of the adjectives we use to describe her through her journey. She is very open about sharing her experience to spread the word that surgery is NOT the easy way out. She also almost always has a wonderful healthy recipe to share with her dietitian every time we meet! Here is her advice and tips.

What would be your top three pieces of advice you would give to a patient going for weight loss surgery or who is struggling with lifestyle changes post-surgery?

1. Read and follow the advice given to you from the pre-surgery nutrition classes. It's helpful to have a basic knowledge of nutrition pre-surgery and also to refer back to the information if you need throughout your journey. I remember thinking six months of classes was so long but it flew by and now I am happy I went to all six classes.
2. Remember this program is here for your support for the rest of your life—so use what they have for you that they know helps in your success. Attending support group meetings to gain insight from other patients who had the surgery has been really helpful to me. It is also a way to gain additional knowledge that is helpful in your weight loss success. It is impossible to learn everything you might need to know in pre-surgery classes and your follow-up appointments alone.
3. Lastly, surround yourself with positive people who support your decision! Having the support from my family and other close individuals was extremely important to my success. If you do not have proper support, try to find someone you

can trust and help those closest to you adjust and learn about your lifestyle change before having the surgery. Bring them to classes and support groups.

What has been your most proud accomplishment or goal you achieved (big or small) since having surgery and what did you have to do to get there?

There have been many accomplishments. Not needing a seat belt extender while flying. Being able to walk without pain or getting winded. I have way more self-esteem and more stamina. My outlook on life and my health has way more positives than negatives!

What skills would you tell a pre-surgery patient were essential to you for being successful so far post-weight loss surgery?

Listen to all of the programs—especially ‘Skills for Success.’ Using the plate method has been a large part of my success by showing me what to eat at a meal and what the portion size should be. Also, I found using a smaller plate at meals and a dessert fork or baby spoon to eat my meals have made me slow down my eating. It allows me to control my portion sizes by feeling more satisfied off of less food. Weighing and measuring food at meals is essential to learning portion sizes as well and to assure that you are getting the proper amount of protein and other important nutrients.

AILEEN'S HEALTHY TIPS FOR THE HOLIDAYS:

Make a plan and stick to it! Plan your meals with healthy options. Use the internet to research healthy recipes. Don't allow “trigger” foods to be brought into your home, and if they are, give them all away or throw them out.

MEET A FEW OF OUR PATIENTS *continued*

Jenna

35 Year Old Female

SURGERY: Gastric Bypass, Nine Months Ago

Jenna has been with our program since August 2014. Jenna works full-time and lives at home with her husband. Jenna came to us very discouraged that she was no longer active and athletic like she used to be. Now we can't keep her still! She is doing all the active things that she used to love and all because of the hard work she invested in taking care of herself. We could not be more proud of her. Two things we think of when we think about Jenna post-surgery are that she is an excellent planner (especially with her meals) and has a lively spirit. She truly lives life to the fullest now. Also, in the warm seasons, if Jenna is not riding her bike, she is probably in her garden that looks like a rainbow of fruits and veggies. She makes some wonderful recipes from this fresh produce as well. Here's her advice and holiday tips.

What would be your top three pieces of advice you would give to a pre-surgery patient?

1. Start to learn to change your relationship with food and eat based on nutrition, not based on "what sounds good" or what you are craving. Focus on protein. Start to learn what foods have protein and how much.
2. Make lists! Plan ahead and map out your meals for the week so you can make a weekly grocery list. Also, make a list of things you can do instead of eating when you are bored, stressed, upset, happy, etc. Put this list on your refrigerator or pantry. Seeing things in writing commits you to this and makes it easier to achieve.
3. Learn to enjoy parties without alcohol or food. You do not need these to be social. Focus on who will be there.

What has been your most proud accomplishment or goal you achieved (big or small) since having surgery? What did you do to get there?

One of my biggest accomplishments is changing my relationship with food. I now look at food as fuel, not as a source of enjoyment. My hubby and

I will still go out for date nights but I make smart choices and focus on the time we are spending together. In the past, everything we did at home and when we were out surrounded food. This was the biggest challenge I faced every time when trying to lose weight or be healthy. I am so proud I finally was able to work hard at this and really break my unhealthy relationship with food.

I am also thrilled to be able to ride my bike again! I also have done other types of physical activity I have not been able to do for years due to my weight. I have so much energy I feel like I am 10 years younger! This has allowed me to look at life in a different way.

What skills would you tell a pre-surgery patient were essential to you for being successful so far post-weight loss surgery?

Eating slowly and chewing a TON! When you feel full, put the fork down and push the plate away. Taking your time at meals helps you feel satisfied off of a small portion and prevents you from overeating. This was HUGE for me. Another skill is making lists and planning as mentioned before. I love meal planning lists! They help you avoid choosing the wrong things and feel satisfied off of less knowing you have something planned at a certain time later in the day.

JENNA'S HEALTHY TIPS FOR THE HOLIDAYS:

Be prepared. Do not go into a holiday party blindly. Avoid going to holiday parties hungry. Don't skip meals because you are going to a holiday party. That is setting yourself up to eat a lot! Stick to your regular meal schedule. Avoid socializing near the food at parties as well. The one thing that helps me in the moment when I see something that looks really good I ask myself, will I really be devastated tomorrow/in a week/in a month if I don't know have that slice of apple pie? The answer back to myself is always no.



Liz's Product of the Month

Liz lives at home with her two children and husband. She works as a hairdresser, which made it difficult for her to work out a meal schedule and stop to eat her meals. We are so proud of her! Since surgery, she is finally putting herself first, and regardless the situation, she will stop for at least 20 minutes to eat her meals while at work.

It's also very nice to know Liz has a supportive work environment. Liz realized if she was going to achieve long-lasting health that she had to make time to fuel her body. Because she can't always take the time to also heat or prep any food during the 20 minute time slot, she really has done her research and found some products that work for her and her particular schedule!

Good Foods Chicken Salad

Liz buys this from Costco. It is made with Greek yogurt instead of mayo, and it comes in vineyard and cranberry almond flavors. Both flavors range from 130-150 calories, 11-13 grams of protein, 4 grams of carbs and 13-17 grams of carbs per ½ cup serving. Put it in a lettuce wrap, pair with a salad, put it on top of cucumber slices or put it on top of a whole grain Wasa cracker and serve with baby carrots. Yum!

Fairlife Milk

Eat your cereal and get your protein too! After surgery, we know we have to try to eat in an order when we get full so quickly—protein, followed by produce, and lastly nutrient and fiber sense starch. So Liz asked us “what about cereal?” What we recommended was eating a protein source first and then eating oatmeal/ whole grain cereal with fruit or adding protein to your cereal and fruit. Liz found a great product, Fairlife fat-free milk! This milk is actually 13 grams of protein compared to 8 grams in regular cow's milk. Find it at Giant, Stop & Shop, Walmart or Target.

Insure Nutrition (www.insurenutrition.com)

Lastly and most importantly, Liz introduced us to Insure Nutrition. A website that helps you determine if your health insurance has coverage for protein shakes (needed two weeks before and two weeks after surgery) and bariatric vitamins and minerals (needed for the rest of your life). Visit the website and put in your information to see if you are eligible to have all of those essentials completely covered! Thanks to Liz, we have spread the word around, and not all, but many patients have realized they are eligible.



RECIPE of the Month

OUR RECIPE OF THE MONTH IS FROM OUR PATIENT VIKKI. She had the gastric sleeve in February 2015. She lives at home with her husband and children and works full-time as a teacher. She has accomplished so many things this year. Two of our favorite “woo-hoo” moments she has shared with us are that she was able to fit into her wedding dress again and her wedding ring is now too big for her.

Vikki’s biggest piece of advice is to go to the support groups as often as possible and stay connected through the online support group. She reports coming to the support group has been very helpful with her success and she says having the support from other patients in the program is wonderful. We think Vikki has come every month since surgery and she even came before she had the surgery. It is great that she made sure to block out that time every month to take care of herself! She also always brings her very supportive daughter.

When we think of Vikki we think how confident she has become and we always love her great sense of humor. So proud of all you have accomplished, Vikki! She also makes wonderful recipes at home with her husband. Try her Zucchini Lasagna (see below).

VIKKI’S HEALTHY TIPS FOR THE HOLIDAYS: Over the holidays, there is a lot of temptation especially at parties. If I take a little nibble of something that is questionable, I allow myself to really savor it then I immediately start looking for better choices. I never allow myself to stray too far. If I find that I am uncomfortable with the choices I’ve made or the amount I have eaten, I take my dog for an extra long walk that evening. That way I can sleep more soundly and wake up to a new and improved day!

ZUCCHINI LASAGNA By Vikki O.

NUTRITION INFO for 1/8 of recipe:

CALORIES 200 ■ PROTEIN 23.7g ■ FIBER 2.6g
CARBOHYDRATES 14.3g ■ FAT 6g



INGREDIENTS

Makes 8 Servings

- 4 zucchini, sliced lengthwise ¼ inch thick
- 1 lb lean ground turkey
- ¼ cup onion, chopped
- 1 garlic clove, minced
- 2 cans diced tomatoes
- 8-10 fresh basil leaves
- Salt and pepper
- 1 egg
- 1 small container fat-free ricotta cheese
- 1 cup fat-free mozzarella cheese; divided
- Pecorino Romano grated cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook zucchini in pan (in batches) with a little cooking spray until tender. Place on paper towel.
3. Saute meat and onions.
4. Add garlic and cook briefly.
5. Add next three ingredients and bring to boil.
6. Reduce heat, simmer, uncovered 10 min or until some of the juices reduces.
7. In a small bowl, lightly beat egg.
8. Add ricotta and mozzarella cheese. Save ¼ cup of mozzarella.
9. In casserole dish, add some of the meat mixture to cover the bottom.
10. Top with layer of zucchini “lasagna noodles.”
11. Add some meat cheese mixture (I used a small ice cream scooper and put two scoops on top of zucchini noodles and then spread out).
12. Add some meat mixture.
13. Continue making layers until you use all ingredients or until you don’t have any more room in your dish.
14. Top with remaining mozzarella. Cover with foil and bake at 350 degrees for 45-60 min.
15. Sprinkle with grated cheese before enjoying!