

Weight Loss Surgery Newsletter

Issue: 9

Abbott Northwestern Sartell
Outpatient Center
2000 Abbott Northwestern
Court, Suite 300
Sartell, MN 56377

Center of Excellence!!!!

In February of 2007 the Saint Cloud Hospital, Central Minnesota Surgeons, and Dr. Glass were designated a **Bariatric Surgery**

Center of Excellence.

This national designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery.

To earn the Center of Excellence designation, the Saint Cloud Hospital and Central Minnesota Surgeons underwent a series of site inspections during which all aspects of our program were closely examined.

To read more about this designation see our website:

www.cmsobesitysurgery.com

or the website for the Surgical Review Corporation:

www.surgicalreview.org



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Adult Fitness Program at SCSU

During our March 15th support group meeting we had the pleasure of hearing from John Schapman, SCSU graduate student in exercise science. He provided a description of the services offered through the SCSU Human Performance Lab, including body composition testing by underwater weighing. **Body composition testing (body fat testing) is another measure used, in addition to body weight and body circumference measurements, to assess progress after surgery.**

Other services they offer include:

1. Treadmill or cycling exercise test
2. Body composition by underwater weighing and/or skinfolds.
3. Pulmonary (lung) function.
4. Flexibility and abdominal strength.
5. Total cholesterol screening.
6. Nutritional analysis.

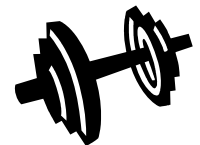


See page 7 for Resistance Tubing Exercises from the American Council on Exercise (ACE).
www.acefitness.org


Our support group topic for July 19th will be exercise band. There will be demonstrations of different exercises and ideas for toning and building strength.

Consultation: Following laboratory testing, the results of each evaluation are shared, in detail, with the participant and plans are made for implementing programs designed for health enhancement. A packet of printed materials and a program T-shirt are presented following the consultation. In addition, a individualized fitness prescription is developed and mailed to the participant.

To learn more about these opportunities call the SCSU Human Performance Lab at (320) 308-3105
or email: hpl@stcloudstate.edu
or visit the website: www.stcloudstate.edu/hpl



Support Group Schedule

Most of our support group meetings are held in the **Fireside Room**—Enter Door F and follow the blue signs. 

Location

St. Cloud Hospital (see page 5 for map)



General Support Group

The General Support Group meets the **first and third Thursday of every month.**

Time: 5:15—6:30 pm




“Post-Op Only” Support Group

The Post-Op Support Group, for **all** patients at least 6 months post-op, will meet twice this summer. Both meetings will be held immediately after the general meeting.

June 7th and August 2nd

Time: 6:45—7:30pm

Date	Time	Topic of the Day	Speaker	Location
May 3 rd	5:15	Alcohol	Kristin Ewing	Spruce
May 17 th	5:15	Question and Answer Forum	Kristin Ewing	Fireside 
June 7 th	5:15 6:45	“My Weight Loss Surgery Journey” Post-Op Only	Shelly K.	Fireside
June 21 st	5:15	Weight Loss Surgery—Long-term Complications	Dr. Glass	Fireside
July 5 th	5:15	Open Forum	Patient led group	Fireside
July 19 th	5:15	Exercise Bands	Kristin Ewing	Fireside
August 2 nd	5:15 6:45	“My Weight Loss Surgery Journey” Post-Op Only	Shelly R.-G.	Fireside
August 16 th	5:15	Weight Loss Surgery—Short-term Complications	Amy Hilleren-Listerud, RN	Fireside

Upcoming Highlights

You won't want to miss.....

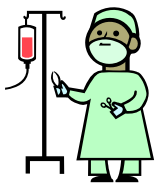
The March "Alcohol" support group topic was postponed due to the snowstorm. It's been rescheduled for **May 3rd**.



On **July 19th**, as a follow-up to our March Body Composition meeting, we'll learn ways to exercise with exercise bands. Exercise bands are convenient, inexpensive and easy to use.

Our "Journey" speakers are always inspirational and informative. Join Shelly and Shelly on **June 7th** and **August 2nd** for two more "Journey" presentations.

May 17th and **July 5th** will be open forum meetings. In addition to our general discussion, our moderators will pose some interesting questions.



On **June 21st** Dr. Glass will be reviewing and leading a discussion on the Long Term Complications of Weight Loss Surgery. He'll also tackle any other questions. It's time to play "Stump the Surgeon"!

Post-Op Support Group

Post-Op ONLY Support Group

June 7th 6:45—7:30

and

August 2nd 6:45—7:30

Have you met Nurse Amy Hilleren-Listerud yet? If you recently had surgery than you met her in the hospital. She's the new bariatric care coordinator at the Saint Cloud Hospital. On **August 16th** she'll present "Weight Loss Surgery —Short-term Complications".



Book Review

Exodus from Obesity The Guide to Long-Term Success After Weight Loss Surgery

Author: Paula F. Peck, RN

I found this book to be insightful and easy-to-read. It is written by Paula Peck, an RN who had Roux-en-Y gastric bypass surgery in 1999. She describes her weight loss experiences and shares her insights on weight loss surgery from the initial stage of "Deciding on Weight Loss Surgery" through the later stages of returning hunger, dealing with relationships, adapting to a new image, overcoming self-defeat, and many others. After each chapter she includes an ACTION LIST. This list describes meaningful activities, questions to ask, and things to think about at each stage of your journey. Whether you're a pre-operative patient or a post-operative patient you will find something helpful in this book. Her positive voice strives to illustrate the "road" she took and ultimately encourages you to experience your own journey.



Thanks to Jodie for this recommendation!

Obesity Action Coalition

The mission of the Obesity Action Coalition is to "elevate and empower those affected by obesity through education, advocacy and support."

To learn more about this group and the services they offer visit their website.

www.obesityaction.org

Have you read an inspirational or informative weight loss surgery book?

If so, consider writing a book review for our newsletter. If writing is not your desire, email or phone the Title and Author of the book and I'll read it and write a review. (I've got two long airplane flights this summer and I'm looking for some good reading material)

Recipe — High Protein Chicken Broth from Unjury™

Unjury™ has a new chicken broth protein supplement that is warm, smooth, savory and high in protein. One scoop or packet can be mixed with 8 fluid ounces of warm water for a satisfying cup of soup that provides 21 grams of protein and only 100 calories.

Unjury™ Chicken Broth can be purchased at www.unjury.com. Here are some recipe ideas.

Cup of Soup

Pour 8 fl oz of water into a microwave-safe container.

Microwave about 1 minute — until 130° F — not hotter.

Stir in one scoop or packet of Unjury™ Chicken Broth

Enjoy a tasty, high protein lunch.



Use as Gravy/Sauce

To moisten cooked vegetables and cooked chicken:

Mix Chicken Broth flavor UNJURY as directed then pour over vegetables or soft cooked chicken when serving.



Mashed Potatoes

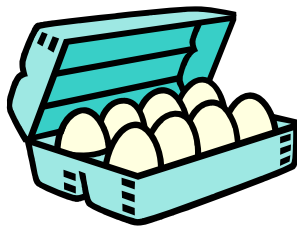


Mix Chicken Broth flavor UNJURY according to directions.

Use Chicken Broth flavor UNJURY in place of water or milk when making mashed potatoes.

Post-Op Recipe—Egg Salad

'Tis the season for hard boiled eggs. Try this version of egg salad served on a slice of toast or a high fiber cracker for a great meal.



Ingredients

8 eggs
 1 tablespoon mayonnaise, low-fat preferred
 2 tablespoons mustard (Dijon-style preferred)
 1 teaspoon dried dill weed
 1 teaspoon paprika
 1/4 red onion, finely minced
 Salt and pepper to taste

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil, cover, remove from heat and let eggs stand in hot water for 10-12 minutes. Remove from water, cool, and peel. Remove the yolk from 4 eggs and discard. Chop the 4 egg whites and the 4 whole eggs.

In a large bowl combine the mayonnaise, mustard, dill, paprika, onion, salt and pepper. Blend well. Add the chopped eggs and mix.

Makes 4 servings

Nutrition Content per Serving

Calories	110
Protein	11 grams
Carbs	3 grams
Fat	6 grams

Variations...

For some extra zing (and fiber) try adding chopped green pepper, chopped celery or chopped red pepper to your egg salad.

For extra creaminess try adding one tablespoon of low-fat sour cream.

Therapy Group for Post-Bariatric Surgery Patients

Psychotherapeutic Resources is pleased to announce the start of a therapy group for post-bariatric surgery patients.

Learning new eating patterns can be extremely difficult, and some patients find that they continue to struggle with food, in spite of the new physical restrictions to overeating. Maybe old habits, such as "grazing", giving in to cravings, and bingeing have redeveloped. Sometimes these habits will not change until you treat the underlying reason for them, by identifying emotional issues and stresses.

Occasionally, when a person loses a large amount of weight and successfully learns new eating patterns, other issues arise. Alcohol use may increase, as a replacement for "emotional eating". Relationship issues can develop when one person has a new, attractive figure, or a new level of energy and interest in outside activities, and the spouse doesn't know how to cope with the changes. It may be that long-term concerns with depression, past abuse, anxiety or other mental health issues move to the forefront.

Although a support group often provides enough help to get through these challenges, at times a person needs more assistance. For post-bariatric patients who are struggling with their eating, other addictive behaviors, depression, anxiety or relationship problems, therapy may be the answer.

The group will be held on Monday evenings at Psychotherapeutic Resources starting May 7th. It will be an open-ended group, meaning that new people can start at any time and there is no set ending day. The first step is to schedule an evaluation at Psychotherapeutic Resources in order to determine appropriateness for the group and establish treatment goals.

The group leader is Susan G. Holmen, MSW, Licensed Independent Clinical Social Worker. Susan has over 25 years of experience as a therapist and specializes in addiction, relationship issues, family dynamics and spirituality. She brings empathy, compassion and knowledge to make this a positive and growth-producing experience.

The cost for the group is \$40.00 per session. Every effort will be made to help you get third party (insurance) reimbursement. Persons interested in joining the group should contact Psychotherapeutic Resources at 320-253-3715.

Announcing...

**Therapy Group for
Post-Bariatric Patients**

*Susan Holmen, MSW
Psychotherapeutic Resources*

Map — St. Cloud Hospital

Park in the North Parking Lot (visitor parking)

Enter the Hospital at **Entrance F**

Follow the **blue signs** to our meeting room.



Join us for support
group!

St. Cloud Hospital
Fireside
Aspen or Spruce
Room

New – Boost product

Boost Glucose Control

This new meal replacement beverage actually has more protein and less sugar than the Boost High Protein version. It is an excellent choice for the pre-surgery and post-surgery liquid diets. Try these variations (both recipes are acceptable ways to drink this product when following the liquid diet)



Boost Chocolate Coffee Cooler

Ingredients

One bottle of Boost Chocolate Glucose Control
2 tsp instant coffee granules
1 TBSP hot water
1—1 1/2 cups crushed ice

Pour Boost into a blender.

Dissolve instant coffee with hot water and add to Boost

Add crushed ice and blend until smooth.

Pour into a glass and enjoy!

Maple Nut Boost

Ingredients

One bottle of Boost Glucose Control
2 TBSP Sugar-free Maple Flavored Syrup
2 tsp almond extract

Combine ingredients in a cup. Stir and enjoy!

The Best Part of Weight Loss Surgery

(compiled from support group)

Much more energy
Ability to play with my kids
No more prescription medications
My husband learned to cook
Shopping for clothes in fun stores
Sitting cross-legged
Walking without pain
More people talk to me—I'm more social
My family is happier
Clean closets
Cheaper food bills
Friskier spouse
Tying my own shoes
Traveling comfortably
The list goes on and on.....



The Worst Part of Weight Loss Surgery

(as compiled from support group)

The first days feel awful
The liquid diet after surgery
Spending money on smaller clothes
Feeling cold all the time
Dumping syndrome
Strictures
Excess skin



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Resistance Tubing Workout

FOR THOSE TIMES WHEN YOU JUST can't make it to the gym, resistance tubing offers an inexpensive and portable way to get a full-body strength-training workout at home or on the road.

As with all exercise, it is important to warm up for five to 10 minutes and gently stretch the muscles you will be working. For beginners, it is best to do one set of 12 to 15 repetitions. Intermediate exercisers (i.e., those that have been lifting weights for up to three months) can perform one to two sets of each exercise. More advanced strength trainers (i.e., those who have been lifting weights or using tubing for more than three months) should try to complete two or three sets of 12 to 15 repetitions. Stretch each muscle group after each set and at the end of the entire workout to improve flexibility.

Perform the following exercises for a quick full-body workout:

Seated row (back): Sit on the floor and grasp one handle. Wrap the tubing around a bedpost or some type of anchor close to the ground and grab the other handle. Sit back so that there is tension on the elastic when your arms are extended forward. Extend your legs in front of you with your knees slightly bent. Pull the handles so that your elbows form right angles as you squeeze your shoulder blades together. Bring your elbows back as far as you can, keeping your spine neutral. Slowly let your arms extend back to the starting position and begin your second repetition. Be sure not to slouch.

Bench press (chest): Secure the center of the tubing at chest level and face away from the anchor, grabbing the handles in each hand. Begin with your thumbs at your armpits and step far enough away from the anchor that at this starting position the tube is not gapping. Fully extend your arms in front of your body. Slowly

release to the starting position and repeat.

Military press (shoulders): Stand on the center of the band with feet shoulder-width apart. With your palms facing forward and hands by your shoulders, extend your arms straight up while keeping your back straight (do not arch your back) and abdominal muscles

extended down by your side, there is some tension on the tubing. With your palm facing forward, bend your elbow, bringing your hand up toward your shoulder. Keep your wrist straight and bend only at the elbow. Slowly release and repeat. If you are using light resistance you may be able to stand on the center of the tube and work both arms simultaneously.

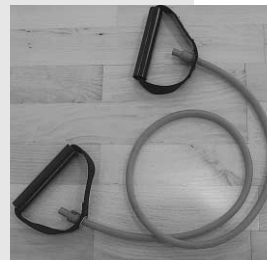
Squats (quadriceps, hamstrings, glutes): Stand on the tubing so that you are centered. Grab the handles with both hands and stand with your feet about shoulder-width apart. Hold the handles up by your shoulders and bend as if you are going to sit in a chair. Return to standing and repeat. Be sure to keep a flat back and contract your abdominal muscles.

Kneeling crunches (abdominals): Anchor the tubing above your head and let the handles drop down. Kneel on the floor with the anchor behind you. Hold the handles with your hands up by your ears and elbows in. Bending from the waist, curl down, bringing your head toward your knees and keeping the handles locked by your ears. Slowly return to the starting position and repeat.

Tubing Safety Tips

Pulling on exercise tubing isn't exactly a risky activity. Still, to keep the tube from snapping into your face—and to give your muscles the best challenge—follow these important guidelines.

- Check for holes or worn spots in the tubing. Replace the tube if you see any tears.
- Do your workout on carpeting, wood floors or grass—anywhere but asphalt or cement. Abrasive surfaces can tear your tube.
- Wear comfortable, supportive athletic shoes, not sandals or dress shoes.
- Make sure the tubing is secured underfoot or on an anchor before you begin each exercise.
- Maintain good posture throughout each exercise: Keep your knees slightly bent, your abdominal muscles pulled in and your chest expanded.
- Perform the exercises in a slow and controlled manner, to work against resistance both when you pull on the tube and when your return to the starting position.



Excerpted from Fitness for Travelers: The Ultimate Workout Guide for the Road, by Suzanne Schlosberg (Houghton Mifflin, 2002), available at www.acefitness.org.

tight. Slowly lower and repeat.

Triceps extension (triceps): Step on the tubing and pull one handle up behind your head. Bring your elbow up close to your ear and, beginning with your arm bent behind you, extend straight up until your arm is straight. You may use your other arm to hold your elbow in close to your head. Slowly lower back to the starting position and switch arms.

Biceps curl (biceps): Step on one end of the exercise band and grab the handle with the same hand. Be sure that when your arm is

Compliments of:
Put your name and logo
in this area, then make
handout copies.



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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.

Updated Web Site!!!

Have you checked out the “**New and Improved**” Central Minnesota Surgeons Weight Loss Surgery web site? It is located at:

www.cmsobesitysurgery.com

All email sent via “Contact Us” goes directly to
Kristin Ewing, RD



Much
more
info!!

Information Seminars

Do you have a friend.....

.....who is interested in learning more about gastric bypass or LAP-BAND® surgery? Dr. Glass will be presenting free information seminars on these Mondays

May 7th

June 4th

July 2nd

August 6th

at 6:30pm in the Fireside Room at the Saint Cloud Hospital. Call (320) 251-5676 to register.

Follow-up Appointment Schedule

Follow-up appointments after surgery are very important for your health and long-term success of your surgery.

Recommended Appointment Schedule

2 weeks

4 weeks

6 weeks (with dietitian)

3 months

6 months **

12 months **

Yearly **

** lab tests recommended



Have we seen you lately?
Schedule an appointment with Dr. Glass!!! Call 251-5676

Are you due for your yearly lab tests?
Call our office to receive a lab test prescription.



What Can I Do?

Submit a profile of yourself!

This may be “your story”, “things you’ve learned” or anything else you believe others will find helpful, informative, or of interest.

Submit a recipe!

Your recipe may be published in the newsletter along with its nutritional content.

Submit Resources!

Maybe you’ve found a protein supplement that you really like. Or, a website or book you’ve found helpful. Let the group know about it by submitting your resource for placement into our newsletter.

How do I submit?

Mail a copy of your article, etc to:

Kristin Ewing, R.D., L.D.
Central MN Surgeons
Abbott NW Sartell Outpatient Center
2000 Abbott Northwestern Court, Suite 300
Sartell, MN 56377-4200

Email a copy to:

kristin@cmsobesitysurgery.com

Drop it off at our office or at a support group meeting:

c/o Kristin Ewing



Let’s hear from you!!!

If you would like to be removed from our mailing list and no longer receive this newsletter, please email or phone your request to Kristin Ewing.

Kristin@cmsobesitysurgery.com

(320) 251-5676

Thanks!