



Weight Loss Surgery Newsletter

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Fabulous Fall

Visit support group:

You won't want to miss any of the of speakers scheduled for our upcoming support groups!

Plastic Surgery.....

Exercise.....

Scrapbooking.....

Nutrition....

and the Protein Potluck!!!

Read inside:

Recap of the support group topic—Omega-3 Fatty Acids (page 1)

Preview of Fall topics—Dumping Syndrome (pg 6) and Exercise (pg 7)

Recipes (pg 4)

Food Find (pg 5)

and much more!!!

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Omega-3 Fatty Acids

What are omega-3 fatty acids?

They are a good type of fat that:

- helps reduce triglyceride levels
- functions to reduce blood pressure
- decreases risk of sudden cardiac death

The American diet does not contain enough of this beneficial fat.

What foods contain omega-3 fatty acids?

The best sources are:

- Fish: salmon, albacore tuna, halibut, mackerel, trout
- Canola oil
- Flaxseed and flaxseed oil
- Walnuts (and other nuts)
- Soybeans



American Heart Association Recommendations

1. Eat fish twice weekly
2. Increase use of flax, soybeans, canola and walnuts



For better heart health reduce the saturated and trans-fat containing foods in your diet and increase consumption of omega-3 containing foods and fruits and vegetables.

Consult your physician before taking any fish oil supplements.



Remember—Dietary **Balance** is most important.

Support Group Schedule

Location:

Spruce or Aspen Room in the St. Cloud Hospital Conference Center.



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 fall. Both meetings will be held immediately after the general meeting.

September 21st and November 16th.

Time: 6:45—7:30pm

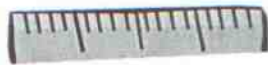
Date	Topic of the Day	Speaker	Location
Sept 7 th	5:15pm —“My Journey”... One year after gastric bypass	Patient—Jodi	Spruce Room
Sept 21 st	5:15pm —Dumping Syndrome 6:45pm — “Post-op only”	Kristin Ewing, RD	Spruce Room
Oct 5 th	5:15pm —Scrapbook your Journey	Beth Schultz	Spruce Room
Oct 19 th	5:15pm — Body Measurements (see page 3 for details)	Kristin Ewing, RD	Aspen Room
Nov 2 nd	5:15pm —Cardiovascular Exercise	Caryn Locke, exercise physiologist	Spruce Room
Nov 16 th	5:15pm —Plastic Surgery 6:45pm — “Post-op only”	Dr. Smith, Midsota Plastic Surgeons	Spruce Room
Dec 7 th	5:15pm —Nurse’s Corner	Nurse Gerri	Aspen Room
Dec 21 st	5:15pm — Protein Potluck Party (see page 3 for details)	Kristin Ewing, RD Dr. Glass	Spruce Room

Support Group—Upcoming Highlights

September 5th: Join Jodi (2 yr post-op) as she shares her "Weight Loss Surgery Journey". The road has been a bit bumpy at times including her recent perforated ulcer. Come and hear her story!

October 5th: Scrapbooking: Beth Schultz, creative memories consultant will share ideas and techniques for creating your own "Weight Loss Journey Scrapbook". If you have scrapbooked your journey and would like to share, please bring it with you.

October 19th: Measurements: Track your weight loss journey with body measurements. Learn which areas to measure and the technique.



November 2nd: Cardiovascular

Exercise: As the holidays approach learn ways to incorporate aerobic exercise into your life. Caryn Locke, exercise physiologist will share with us some great information.

November 16th: Plastic Surgery with Dr. Smith

We are thrilled to again have Dr. Smith join us at support group. He will provide information and answer questions about different plastic surgeries possible after weight loss surgery. He only visits every few years so be sure not to miss this opportunity!!

December 7th: Nurse's

Corner: Nurse Gerri will be available to answer nursing questions. Learn from Dr. Glass's right-hand gal.



December 21st: Protein Potluck

Party Celebrate the holiday season with a support group party!! If you have a high protein dish or beverage you'd like to share please bring it and the recipe. Dr. Glass will be our special guest.



Post-op Only Support Group

Post-Op ONLY Support Group

In June and July our "post-op only" support group met for the first time. We talked about body image, plastic surgery, recipes, tips for continuing weight loss, relationship changes and MUCH more. If you are at least 6 months post-op and are looking for additional support please join us this fall.

September 21st 6:45—7:30

November 16th 6:45—7:30

We will also need a name for this support group. Bring an idea (or two)!!

Recipes

Recipes

Recipes.....

During our **September 21st** "Post-Op Only" support group we will be sharing recipes. Bring a favorite or a few. The recipes will be gathered, copied and later distributed to all in attendance.



Recipe — Protein Supplement Drink

Chocolate Covered Cherry Protein Shake

Ingredients:

- 1/2 cup cold water
- 1/2 cup crushed ice
- 1 tsp vanilla flavoring
- 1 Tbsp Sugar-Free Cherry Kool-Aid powder
- 1 scoop chocolate protein powder



Combine all ingredients in your blender and blend on high for 2 minutes. For a sweeter flavor, add 1 packet of artificial sweetener.

For fun, pour into a glass mug that's been chilled and frosted in the freezer for 15 minutes.



Makes 1 serving: 90 calories and 20 grams of protein

Recipe — Protein Supplement Jello

High Protein Jello

This is an excellent way for new post-ops to get extra protein into their diet.

Ingredients:

- Sugar Free Jello (4oz box), any flavor
- Unflavored or flavored protein powder, 1 scoop
- Water

Dissolve Jello (as directed) in boiling water.

Add protein powder to 1/2 cup of cold water. Stir until dissolved.

Add ice to protein mixture to equal one cup

Stir protein mixture into jello mixture until ice has melted

Place in fridge for at least 20 minutes to chill

Makes 4 servings

Calories per serving = 22 kcal

Protein per serving = 5 grams



Recipe—White Bean Chicken Chili

Cold weather is quickly approaching—Try this protein-rich chili to warm your insides.

Ingredients:

- 2 tsp canola oil
- 1/2 onion, chopped
- 1 chicken breast half, cooked, cut into cubes
- 1 can chicken broth
- 1/2 can green chilies, drained
- 1/2 tsp cumin
- 1 1/2 cups canned navy beans, drained

In a medium pot over medium heat, sauté the onion in oil until tender. Add the cooked chicken, broth, chilies and cumin and bring to a boil.

Reduce heat to low and add the beans. Simmer 20 minutes until heated thoroughly. Season as desired.

Recipe yields 3 servings

Each serving contains:

- 230 calories
- 19 grams protein
- 5 grams fat
- 28 grams carbohydrate

Try adding 2 tablespoons of shredded cheddar cheese to your bowl for an additional 3 grams of protein.



