

# Weight Loss Surgery Newsletter



## Welcome to Winter!

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### Inside this issue:

#### Upcoming Topics:

Exciting topics are scheduled for support group this winter. Two highlights include:

Bette Bakke, clinical psychologist will visit us again to talk about Body Image. She will also be available to our "post-op" group.

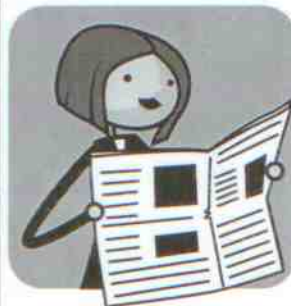
Also, John Schapman, a graduate student from SCSU's Human Performance Lab will talk about Body Composition Assessment.

See page 3 for details about the other great topics scheduled for the upcoming months.

#### Read inside:

Check out page 6 for Highlights from Support Group This new section contains information that support group members thought everyone should know about.

There is also a new section for our Lap-Band patients.



Happy Reading!

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## Holiday Beverages

### Perfect Hot Chocolate

#### Ingredients

- 1 scoop chocolate protein powder (20 grams protein)
- 1-2 Tablespoons of cold water
- 6-8 fl oz hot water

Put scoop of chocolate protein powder into mug. Add cold water and mix into a paste. Fill mug with hot but not boiling water. Stir with a spoon—Enjoy!! Makes one serving.

Nutrition Content: Calories = 90 Protein = 20 grams

Call Kristin for a free chocolate protein powder sample: 251-5676

### Eggnog Protein Drink

#### Ingredients

- 1 scoop vanilla protein powder (20 grams protein)
- 1 cup water
- 1 teaspoon rum extract
- 1/2 teaspoon allspice
- 4-6 ice cubes

Put all ingredients into a blender. Blend until creamy. Makes one serving.

Nutrition Content: Calories = 90 Protein = 20 grams



# Support Group Schedule

## Location:

**Spruce or Aspen Room** in the St. Cloud Hospital Conference Center. (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 winter/spring. Both meetings will be held immediately after the general meeting.

**February 1<sup>st</sup> and April 5<sup>th</sup>**

Time: 6:45—7:30pm



Date	Time	Topic of the Day	Speaker	Location
Jan 4 <sup>th</sup>	5:15	“Staying on Track”	Kristin Ewing	Aspen Room
Jan 18 <sup>th</sup>	5:15	“Using Sugar Substitutes in Baking and Cooking.”	Kristin Ewing	Spruce Room
Feb 1 <sup>st</sup>	5:15	“Body Image”	Bette Bakke, Ph.D	Spruce Room
Feb 1 <sup>st</sup>	6:45	“Post-Op Only—Body Image”		
Feb 15 <sup>th</sup>	5:15	“My Weight Loss Journey....”	Theresa E.	Aspen Room
March 1 <sup>st</sup>	5:15	“Body Composition Measures”	John Schapman, graduate student at SCSU	Spruce Room
March 15 <sup>th</sup>	5:15	“Alcohol After Bypass”	Kristin Ewing	Spruce Room
April 5 <sup>th</sup>	5:15	“My Weight Loss Journey....”	Patient	Spruce Room
April 5 <sup>th</sup>	6:45	“Post-Op Only—Topic TBA”		
April 19 <sup>th</sup>	5:15	“Vitamin and Mineral Supplementation Update”	Kristin Ewing	Aspen Room

## Support Group—Upcoming Highlights

**January 4<sup>th</sup>:** The holiday season is behind us for another year. Join us to share and learn helpful hints for "Staying on Track" after weight loss surgery.

**January 18<sup>th</sup>:** Have you tried cooking or baking with Splenda? Helpful hints for using artificial sweeteners in your diet will be presented.

**February 1<sup>st</sup>: Body Image** Back by popular demand is clinical psychologist, Bette Bakke. Dr. Bakke will be leading our group in a discussion about body image. Her visit will include conversations during our general support group and our "Post-Op Only" support group.

**February 15<sup>th</sup>: "My Weight Loss Journey..."** Gastric bypass patient, Theresa E. will share with us her incredible weight loss journey. These "Journey" meetings are always full of laughs, tears, inspiration and great information.

### **March 1<sup>st</sup>: Body Composition**

Underwater weighing, bioelectrical impedance, skin-folds and other methods of estimating body composition will be overviewed by a graduate student from SCSU. Also, learn about the SCSU Human Performance Lab and the services they offer.

### **March 15<sup>th</sup>: Alcohol and Weight Loss Surgery**

Saint Patrick's Day is right around the corner. Are you planning to enjoy a beer? Join us to learn about gastric bypass and alcohol.



### **April 5<sup>th</sup>: "My Weight Loss Journey..."**

Here is a second opportunity to hear a "Journey" story from one of our post-op patients. The "Post-Op Only" support group will also meet this evening.

## Post-op Only Support Group

### **Post-Op ONLY Support Group**

February 1<sup>st</sup> 6:45—7:30

and

April 5<sup>th</sup> 6:45—7:30



The **February 1<sup>st</sup>** meeting will include our guest speaker, Bette Bakke, clinical psychologist. Body Image is a complex and common discussion topic at our support group meetings. Gain some insight, share your experiences, and gather practical information during this small group discussion.

The **April 5<sup>th</sup>** topic will be decided at our February meeting.

## Recipe — Tea

### Lemon Spice Tea

Ingredients:

Instant Tea powder, 1 cup  
Sugar-free Tang powder, 3 tablespoons  
Sugar-free lemonade powder, 1 package  
Ground cloves, 1 teaspoon  
Ground cinnamon, 1 teaspoon



Instructions:

Combine all ingredients. Store in an airtight container.  
To prepare one serving, mix 1-1/2 teaspoons of mixture into 1 cup of hot water.

Nutrition Content:

One serving  
Calories: 1      Protein: 0



## Recipe — Creamy Pudding Dessert

*Try this high protein dessert for a special occasion. It's smooth, sweet and a good source of protein.*

Ingredients:

12 ounce fat-free cottage cheese  
1 package of fat-free, sugar-free instant pudding  
4 tablespoons skim milk  
1 scoop vanilla protein powder  
4 oz lite whipped topping (use 1/2 of 8 oz container)

Instructions:

1. Combine cottage cheese, pudding mix, skim milk and protein powder into a food processor or blender. Mix until smooth.
2. Remove from blender and fold in whipped topping
3. Place into 4 serving dishes and chill at least 2 hours

Nutrition Content:

Each serving contains  
Calories: 175  
Protein: 16 grams



## Recipe—Savory Pizza Meatloaf

**Here's a recipe for a classic comfort food—perfect for a cold winter evening.**



Ingredients:

1 pound lean ground beef  
1/2 cup seasoned bread crumbs  
3 fluid ounces egg substitute (Egg Beaters)  
2/3 cup pizza sauce  
1/4 cup fat-free mozzarella cheese

Instructions:

1. Preheat oven to 350°F
2. Spray 9X5 inch loaf pan with cooking spray; set aside
3. Mix ground beef, bread crumbs, egg substitute and 1/3 cup pizza sauce.
4. Shape mixture into a loaf and place into prepared pan.
5. Bake 50 minutes
6. Pour remaining pizza sauce over meat loaf, sprinkle with cheese and bake an additional 10 minutes or until center is no longer pink.
7. Let stand 10 minutes before cutting

Nutrition Content:

Makes 6 servings  
Calories per serving = 230  
Protein per serving = 20 grams

Try serving with a side dish of cooked vegetables for a wonderful winter dinner.  
Or try mixing in a little fiber supplement or protein powder.

