

Pound for Pound

The Center for Weight Management and Bariatric Surgery at Lowell General Hospital

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We're moving... in more ways than one!

We've designed our new facility with movement in mind! We've created a menu of fun and interesting activities to feel healthier, inside and out.

"Laziness is becoming as American as apple pie and baseball. We've got thousands of diet plans and exercise programs with more on the way, but none are working," says Tim Lohman, PhD, University of Arizona. "Instead, we need to address our struggles and figure out *why* we resent exercise. Then we can learn to move."

In 1996, Francie White, MS, RD, a California-based nutrition therapist and exercise physiologist, coined the term *exercise resistance*. "Exercise resistance is a conscious or unconscious block against becoming regularly active," she says. She believes something has interfered with the drive to move and play and questions "when did playing become exercising? When did it move from 'I'll race you down the street and the last one home's a rotten egg' to 'let's do sit-ups?'" Our "I HATE to Exercise" class addresses this (see the *Stay Connected* section).

Some clever patients are already breaking the chains of exercise resistance with fun, healthy activities. Take a lesson from George Whittle, who says he "hates to exercise for no reason". Gyms are "out" for him, but moving outdoors is "in". Geocaching has been keeping George active since losing well over 100 pounds. Geocaching is a high-tech treasure hunt using a GPS device to locate the latitude and longitude of hidden treasures. Patients say the real fun is discovering new parks and interesting places near you that you never experienced before.



Laurel Jarimello has taken an equally successful, low-tech approach to keeping her 200+ pounds off. Gardening is her mental and physical nourishment. Just two months after surgery, Nancy H. started to shed the pounds with country line dancing. "It's fun, social and a real workout" she says. Whether you weed, dance, paddle or hike your pounds off, our patients are proving you can actually enjoy moving your body.

Check out our *Stay Connected* schedule for a series of introductory workshops to fun activities. Try something new within a fun, supportive environment. Better yet, try them all. You can't lose trying – except for maybe a few pounds!

Meet-up to Move

Sick of walking alone? Would you be more motivated to move if someone was moving with you?

Here's an opportunity for anyone interested in organizing walking groups. Email msherrin@lowellgeneral.org with your location, start time and contact information and we'll post the details in our next newsletter!

Surgical Superstar

Total Weight Loss: 140+ pounds
Type of Surgery: Gastric Bypass
Married/Single: Married/3 children, 4 grandchildren

Four years ago, Cooky weighed 305 pounds. She decided to have bariatric surgery because “I needed to save my life. I couldn’t walk through a store without finding a bench to rest. I was always in pain, I couldn’t do stairs. Simple daily activities were a chore.”

Cooky says she’s still the same person since having gastric bypass surgery in May 2003. However, since losing over 140 pounds, she is able to “really enjoy life”. She considers her surgery date her new birthdate. “Now I can do simple things pain free. Instead of driving around looking for the closest parking spots, I’m the one parking far away and walking to the store – I love to walk. And the real gift is having the energy to play with my grandchildren and enjoy every minute of it!”

Bariatric surgery has changed many things for Cooky. She notes, however, that many things are still the same. “The surgery doesn’t change busy work schedules, family demands or how you ‘think’ about food.” Cooky says that the surgery doesn’t fix bad habits either. “The surgeons fixed my stomach but they didn’t touch my head!” Even four years after surgery, she still has to watch what she eats and how much she eats. She still counts proteins and takes the recommended vitamins. She has learned the importance of sticking to the diet. “It really is for a lifetime, not just a few months after surgery,” she says.

Today, Cooky is still using tools she learned four years ago. She uses the scale to stay on track, not for positive feedback. She admits that realistic expectations help a lot and she continues to assess her diet and weight and make adjustments accordingly. “Keeping the weight off really is a journey,” says Cooky.

Sound easy? “Sometimes it is and sometimes it’s not” she says. She describes cutting out sweets and certain foods as like losing her best friend and had to find other things to do with her energy. “Funny, it really isn’t about the food, it’s about me. What do I want to do with myself? I’ve learned that I don’t have to fill every void with food”. So what has Cooky been doing with all her energy? Walks at lunch, support groups, and volunteering are just some of the ways Cooky channels her energy. Sometimes she even finds herself dancing in the kitchen!



Most of the reactions to her weight loss have been very positive. Sometimes it still feels “strange to get compliments...it’s something I’m learning to get used to”. Cooky also gets many questions about bariatric surgery. She says “it’s a very personal choice and clearly, not an easy way out.” She advises new bariatric patients to be sure that they understand the surgery is only a tool – they must make changes in how they think about food and how they incorporate it in their daily life.

Does she worry about regaining her weight? “Sure I do, but I’m learning that weight control is all about balancing what I eat and getting exercise.” And she’s no stranger to weight loss plateaus and reaching out for help to overcome them. “I always have to go back to basics, get good support and make better choices – even after four years!”

**The truth is that our finest moments
are most likely to occur when we are feeling
deeply uncomfortable, unhappy, or unfulfilled.
For it is only in such moments, propelled by our discomfort,
that we are likely to step out of our ruts and start searching
for different ways or truer answers.**

– M. Scott Peck

The Power of Support

Imagine losing over **ONE TON!**

Power is in numbers – and so is weight loss. Since the fall of 2006, eight women collectively have lost over ONE TON after having bariatric surgery! They signed up for the Center for Weight Management’s six-session facilitated group committed to changing their lifestyle – and they’re still going strong.

Foundations of Healthy Lifestyle offers post-op patients a chance to strengthen their commitment to the weight loss journey, learn new tools, and find a shoulder or two to lean on along the way.

Together these eight women - plus a few *Foundations of Healthy Lifestyle* alumni - have armed themselves with enough support to fight off pesky head-hunger, ward off sedentary habits, and simply take the time to share in life’s laughter and tears.

Beth, a seasoned dieter, says this time she’s keeping the weight off with a solid support system. One of the goals of the *Foundations of Healthy Lifestyle* group is to help participants identify areas where they may need support, find ways to ask for it, and more importantly, learn to accept it! The nature of the group helps members dismantle fear of ridicule and accept support. It encourages sharing when comfortable, asking for help, and being there for others in need.

Since the first session in October 2006, these women have watched each other grow (personally, not physically!), break old habits, explore new activities and overcome personal obstacles. For example, Nancy H. says she now exercises regularly in the morning. She points out, “I don’t think it’s something I would have done had it not been something my whole group does routinely.”

Another member of the group says one of her biggest weight loss “breakthroughs” came during the *Six Thinking Hats* session aimed at learning new ways to look at old situations. She traded her sabotaging self-talk for more adventurous thoughts – “yes I can” has replaced “no I can’t”. Now she finds herself in places she’s never dreamed of, such as the gym and paddling in kayaks. Similarly, there’s not much stopping Heather, a fellow member whose world has expanded to include biking, walks on the boulevard, and lacing up rollerblades! When they’re not on the move, the group offers a rich circle of support to members, helping to lift the emotional burdens of life’s unexpected struggles, illnesses, and loss.

Is the weight loss journey the same for men?

Although there are similarities that transcend gender, there are differences in the ways women and men handle the road to healthy living. If you’re a male interested in discussing the ups and downs of the weight loss and life after bariatric surgery, join us for a men-only roundtable on October 3 at 6pm at the Center for Weight Management.

Pre- and post-ops welcome.

Could they have done this well alone? It would have been “lonely and scary” for Nancy, perhaps even “depressing to have to go it alone.” Lisa L., a long-time member of the group, says just driving to the group is a constant ‘check.’ She uses these regular sessions as way to stay accountable. Her fellow members agree – Sandy added “I probably would have plodded on a best as I could. But attending the group helps me be more responsible, and I watch what I’m doing more.”

Do these women still worry about regaining their weight? Nancy says, “I very much worry about regaining weight,” though the group has helped her learn she’s not alone with these feelings. “As long as I continue to attend to my Thursday night support group and regular post-op sessions, I can be successful.”

Lisa L. is adamant that support is a MUST. She warns, “don’t sign up for the surgery unless you intend to do what is asked of you – it’s not magic – you have to follow the rules or it won’t work.” And you may want to listen to Heather: “Go to the groups, you never know what you might learn.”

Kim, close to her goal weight, feels she’s “in an awesome group” and thinks of her group members as friends. She adds, “our group has something special going on; a commitment to sharing in the weight loss journey, reaching out to others, and letting others reach out to you.”

For more information about post-op support, check out the “Stay Connected” section.

Dear Flabby...

once was

Gut questions? We've got answers.

Email your questions about pre- and post-op bariatric surgery to ldutton@lowellgeneral.org.



The Reading Nook

Q: Lately I have been having a Luna or Pria bar when I am hungry during the day. I just love them. Are these bars OK?

A: Not really. In short, Pria, Luna, Cliff, and most other so-called energy bars were designed to provide energy (calories) to people during exercise that lasts 90 minutes or longer, such as an all-day bike tour or marathon. Most people, including the estimated 65% of Americans who are overweight, need fewer calories. They may have added vitamins, but you need more than that for good nutrition. Think of it this way, if you added vitamins to Snickers or ice cream, would it then be a healthful food? No. Ditto for energy bars. I suggest “real food” snacks. Try these: a small box of Cheerios and a small carton of milk; ½ sandwich made with whole wheat bread and reduced-fat cheese or peanut butter; banana; light yogurt; carrot sticks and an individual container of cottage cheese; vegetable soup; veggies and hummus dip; instant oatmeal made with milk; or a protein shake made with milk.

Q: I just started Stage III and I am having problems with constipation. I used to go daily, now it is more like every 3 or 4 days. What can I do?

A: First of all, it is VERY common to become constipated as you begin your Stage III diet. You are eating fewer amounts of foods than you had been eating before surgery, and most of those foods are in the form of protein, and not the bowel-friendly foods rich in fiber, like whole grains, fruits and vegetables. Also, having to wait 60-90 minutes after eating to begin drinking your fluids again is a challenge for many people, leading to a less-than-desirable amount of fluid intake. Your bowels need fluids to work comfortably! And after hydrating all of your important organs like your heart and brain, your bowels get the short-end of the fluid distribution. So, in order to PREVENT constipation, make sure you are getting at least the minimum amount of fluids per day (64 oz) and start introducing fruits and vegetables into your diet as soon as you can. You may want to consider adding a powdered or chewable form of fiber to your diet such as Benefiber®. If you are already constipated, check in with the clinic for suggestions on safe ways to relieve the constipation before increasing your fiber intake. Also, the more regular exercise you do the more regular your bowels will be. Inactivity makes everything sluggish, so drink your fluids, get moving, and call the clinic if you get “stuck!”

Body Clutter Love Your Body, Love Yourself

By Marla Cilley and Leanne Ely

In *Sink Reflections*, Marla Cilley — the “FlyLady” — helped hundreds of thousands of her fans combat overwhelming household C.H.A.O.S. (Can’t Have Anyone Over Syndrome). Taking a “baby-steps” approach, she offered little chores to do every day, to wipe out clutter and feelings of inadequacy. Now, in *Body Clutter*, the FlyLady and Leanne Ely, the Dinner Diva and creator of the *Saving Dinner* series, team up to teach readers how to handle and erase the clutter they carry on their bodies and minds when it comes to body image.

The FlyLady and Leanne say that it’s not about finding the perfect diet, it’s about the way you feel about food and your body and understanding sound nutrition. With warm voices, unique lingo, and no preaching, they apply a step-by-step technique, coaching the readers from beginning to end and sharing their own success stories along the way.

Stay Connected

Free Info Night

Friends and family can learn about Laparoscopic Gastric Bypass and Laparoscopic Gastric Band surgery. Sessions will feature Michael E. Jiser, MD, Roy R. Shen, MD and Rebecca C. Shore, MD. First Tuesday of every month 6pm at the Center for Weight Management and Bariatric Surgery

Behavior Modification Classes - Thursdays 7-8:15pm

Class sizes are limited. For more information or to register, contact Sue at 978.788.7200 or email sdufresne@lowellgeneral.org.

I HATE Exercise *October 4*

Feel like you're just plain lazy? Francie White, MS, RD, nutrition therapist/exercise physiologist would disagree. White says it's *exercise resistance*, a conscious or unconscious block against becoming regularly active. Learn what's in the way of having fun moving, discover the drive to move and leave this workshop with a personal "movement plan" that fits your personality and lifestyle.

Put a CAP on Weight Gain *October 18*

Weight management is not a black or white, pass or fail endeavor. It's a journey filled with ups and downs, twists and turns. This class will introduce participants to a weight management tool to cushion the stress of "staying on track".

Mirror, Mirror *November 1*

Learn what it takes to develop and maintain a healthy body image. This workshop is for those who continue to see themselves as a "fat person". You will understand how your mind creates and maintains a body image; identify the internal and external forces that reinforce positive and negative body image; and learn skills and strategies to create a "new" image.

Stress Reduction Workshops

Contact Nancy at 978.788.7200 or email ndalpe@lowellgeneral.org for dates and registration.

Color My World

Learn about the emotional impact of color on your mind and body, an overview of colors and their associated energy centers (chakras) and the meditative and healing properties of creating mandalas.

Beating the Blues *November 15*

Everyone gets the blues at one time or another. Sadness is a normal, healthy feeling. However, if you can't shake the blues and your mood is getting in the way of having a healthy lifestyle, this workshop is for you.

Factor X: Keeping the Weight Off *November 29*

Ever wonder why most diets fail? Confused as to why some people can keep weight off and other's can't? This workshop focuses on developing the essential skills needed to deal with the chaos and detours that happen within and around us that lead to unhealthy behaviors.

SMART Planning *December 6*

If don't have a good plan for yourself, you'll be part of someone else's! This course offers the opportunity to develop an individual plan that will guide you on the road to healthy and successful weight loss.

Just Breathe

Examine the importance of breathing, not only to oxygenate our organs, but also to rid our bodies of waste products. We discuss the positive benefits of deep breathing and practice deep breathing techniques.

Pre-Op Nutritional Workshop

All pre-op candidates **MUST** attend **ONE** of these nutritional workshops. Our dietitians will explain dietary differences between banding and bypass, physical changes, three stages of post-op diets, vitamin supplements, nutritional requirements, and other common problems. You must attend our free Info Night prior to registering.

Support Groups

Pre- and post-op patients are welcome to attend these sessions to learn about healthy weight loss and network with peers. Selected topics are designed to provide information about nutrition, exercise, and coping with weight loss. Pre-op patients must attend at least three sessions prior to approval. *2nd Tuesday of every month; 1pm or 6pm session. 4th Tuesday of every month; 6pm session only.*

Post-Op Groups

You don't have to travel the weight loss journey alone. Help others and let others help you. These sessions are great for post-op patients to network with others, learn new ideas, or remember old ones! *3rd Tuesday of every month from 6-7pm at the Center for Weight Management and Bariatric Surgery*

Foundation for a Healthy Lifestyle

This six-session facilitated workshop will help you make the lifestyle changes necessary for long-term success. Using targeted exercises in small groups, participants learn tools for dealing with emotional eating, removing obstacles for a healthier lifestyle, and developing a greater sense of confidence to stay on track. Best for early post-op patients. *Six sessions every other Thursday for 12 weeks from 7-8:15pm. Space is limited; call 978.788.7200 or email msherrin@lowellgeneral.org to pre-register for this workshop.*

Move Out of the Box!

Upcoming Field Trips

Contact Marybeth at msherrin@lowellgeneral.org or 978.788.7200 for more information or to register, unless otherwise noted.

Plum Island Kayak: Full Moon Paddle *September 29*

Launch from downtown Newburyport and paddle down river into the moonrise on the outgoing tide. After a stop for a stretch and a light snack, the river will turn and you'll ride the incoming tide back to town. This is a guided beginner kayaking experience, only a sense of adventure and willingness to have fun is necessary! Family and friends welcome.

Trip runs from 6:30-10:30pm. Single: \$60, Double: \$50 per person, Tag Along with Own Kayak: \$45. For more information email msherrin@lowellgeneral.org or register directly with Plum Island Kayak at 978-462-5510. Space is limited and fills quickly!

Nashua River Trail Bike Ride *October 6*

The Nashua River Rail Trail is a former railroad right-of-way that travels 11 miles through the towns of Ayer, Groton, Pepperell and Dunstable. It offers a 10-foot wide paved surface for the whole trip. The trail travels along a varied landscape, offers numerous scenic overlooks, opportunities to see wildlife and has several resting stops.

Expressive Arts & The Weight Loss Journey *October 13*

Join us for a guided walk and discussion about the role of the arts in weight loss at the DeCordova Sculpture Park. Located on 35 acres of rolling woodlands and lawns in Lincoln, MA, it is the largest park of its kind in New England. The Sculpture Park provides a constantly changing exhibition of large-scale, outdoor, contemporary American sculpture.

This event starts at 12:30pm; park entry fee is \$9.

Autumn Retreat *October 27*

Do you find it difficult to attend a Support Group? Our Autumn Retreat is a great way to rejuvenate your weight loss goals. This constructive, full-day workshop will provide a few hours for reflection on what you eat and why you eat it. You will leave refreshed and refocused, ready to tackle what you need to stop, start or continue doing to achieve and maintain a healthy body.

This event runs from 8:30am-3:30pm.



2007 Walk From Obesity *September 22*

*Sampas Pavilion (across from Heritage Ice Cream),
Pawtucket Blvd. in Lowell*

Registration at 9am — Walk begins at 10am

Register or submit donations online at www.walkfromobesity.com.

For more information, please contact Lisa Dutton at
978.788.7204 or ldutton@lowellgeneral.org.

Horseback Riding for Beginners *November 4*

Ironstone Farm provides riding lessons for people with a wide range of physical and emotional aptitudes. They use the horse's unique ability to enhance a person's movements and touch a person's heart, inspiring strength, hope and encouragement. The farm's professional staff of over 20 licensed instructors and therapists work with 35 program horses to make learning to ride safe and fun. Absolutely no experience necessary!

Lesson from 11am-1pm, \$32 per person. Light snack provided.

**Do you have a hobby, activity
or adventure you'd like to share
with fellow post-ops?
Email msherrin@lowellgeneral.org
with suggestions for
*Moving Out of the Box.***



Geocaching at Great Brook Farm

Three year post-op George Whittle introduced us to this wildly popular outdoor adventure on a recent sunny Saturday. He showed us how to use handheld global positioning systems (GPS) to find hidden “treasures” in Great Brook Farms, just a short distance from the Weight Management Center. The walk was on a scenic, easy grade and absolutely no experience was necessary.

Thanks for a great adventure George – can’t wait for the next one!



Introduction to Kayaking

Designed specifically for bariatric patients, Plum Island Kayak provided a private, guided tour through beautiful Joppa Flats in Newburyport. More than a dozen patients and friends, all committed to moving out of the box, paddled through the flats, walked the beach, and went home with a powerful sense of accomplishment. Be sure to join us on the next paddling adventure.

So impressed with the group, Ken Taylor, owner and operator of Plum Island Kayak, said these new kayakers “were the best, most fun, and most courageous group we’ve ever guided”.

What's Cooking



Break out of a food rut this fall!

Is your healthy diet becoming a repetitive routine, with the same meals and snacks leaving you feeling bored? It's easy to get stuck in a food rut once you've found the foods that work best for you. Maybe it's time to experiment a little! Fortunately, fall brings a harvest of healthy choices to mix up a dull menu. Try some new ideas and your diet can change with the leaves on the trees.

Pumpkin and Squash

Pumpkins and squash are autumn all-stars when it comes to taste and nutrition. Packed with carotenoids, fiber, potassium and vitamins C and E, these fruits (yep, fruits!) may help fight heart disease and cancer. You can tell by the deep orange/yellow colors that they're good for you. Whether you mash the flesh for a tasty side dish or roast pumpkin seeds for a high-protein snack, give this food a try.

Roasted Pumpkin Seeds: The Perfect Grab-and-Go Snack

Divide into 1-ounce portions in baggies for easy snacking.

2 cups pumpkin seeds
1-2 Tbsp. olive oil
1 teaspoon salt
Other seasonings of your choice

Clean seeds well. Toss seeds with other ingredients and spread onto a cookie sheet. Bake at 275° until golden brown, about 35 minutes.

Nutrition (per 1 oz. serving)

Calories 150 - Protein 9g - Fiber 4g

Easy Autumn Crock-Pot Chops

6 thick pork chops (lean meat only) **2 medium acorn squash**
2 tbsp margarine; melted **1 tbsp orange juice**
¾ cup Splenda brown sugar **Salt to taste**

Trim excess fat from pork chops. Cut each squash into 4 or 5 crossways slices; remove seeds. Arrange 3 chops on bottom of crock-pot. Place all squash slices on top; then another layer of three remaining chops. Combine salt, butter, sugar and orange juice. Spoon over chops. Cover and cook on low 6-8 hours or until done. Serve one or two slices of squash with each pork chop. Yield: 6 servings

Nutrition (per serving)

Calories 240 - Protein 24g - Fiber 4g - Fat 7g - Carbohydrates 20g