

Pound for Pound

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

Patient Newsletter • Vol.2 - 2010



Get out and get FIT! Join the FIT from A to Z Challenge

Finding Inspiration Together (FIT) is a fun-filled activities program for patients of the Center for Weight Management. FIT offers ways to get outside and get moving with a group, such as snow tubing, kayaking, biking, bowling and apple picking.

We invite everyone to join the FIT from A to Z Challenge, which kicks off at the Walk from Obesity in September and ends next fall. This year-long series gives participants a fun activity for each letter of the alphabet. Each time a letter is complete, the participant is entered in quarterly raffles (December 2010 along with March, June and September

2011) with a Grand Prize drawing at the end of the program. Join at any time, but the sooner you join, the sooner you will be off on your journey to a more active and satisfying lifestyle.

To join the FIT from A-Z Challenge, register at the Center for Weight Management and purchase a t-shirt for \$5. All proceeds will go to the grand prize which will be awarded at the 2011 Walk from Obesity.

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

20 Research Place, North Chelmsford, MA 01863 | 978.788.7200 TTY: 978.937.6889 | www.lowellgeneral.org



LOWELL GENERAL HOSPITAL

Bariatric Ambassador Program

The Center for Weight Management and Bariatric Surgery completed its pilot year of the Bariatric Ambassador Program, a volunteer patient-to-patient support program, in March 2010. This program has helped patients – new and old – face their fears, find a renewed sense of strength and motivation and gain a great deal of hope and encouragement from their peers.

The first year of the Bariatric Ambassador Program was enormously successful. In just 12 months, this group of gastric bypass and band patients provided a wide array of support to fellow patients, including:

- Ambassador attendance at all bariatric surgical informational sessions, giving prospective surgical candidates the opportunity to talk with a post-op bypass or band patient.
- Every educational support session was attended by an Ambassador, providing pre-op patients a chance to talk directly with a post-op patient about life after surgery.
- Our Ambassadors made over 300 hospital visits to support post-op patients after their surgery.
- The Ambassadors took charge of the fall and winter activity programs that included a hiking trip to Mt. Wachusett, snow tubing at Nashoba Valley Tubing Park, and the popular Game Night at the Center for Weight Management. Check out pages 4-5 to see what they have planned for this summer and fall!

Walk from Obesity 2010

On September 25, 2010, the Center for Weight Management and Bariatric Surgery will host our third annual Walk from Obesity at 20 Research Place in North Chelmsford. Last year more than 100 walkers and donors raised over \$15,000 to support obesity research, education and advocacy programs of the Obesity Action Coalition. The North Chelmsford site was one of 70 cities that participated in the event nationwide.

Lisa Dutton, the Center for Weight Management's Nurse Practitioner, is this year's event leader. If you would like to participate in the 2010 Walk from Obesity, please contact Lisa at ldutton@lowellgeneral.org. Our goal is to be one of the top five cities in the nation, and with everyone's support we can achieve this objective!

To join our Walk team or to donate, visit www.walkfromobesity.com

- We enjoyed one of our most successful Walks from Obesity, raising over \$15,000 for obesity research and program development. The Ambassadors did a wonderful job organizing a warm welcome for our walkers and creating a healthy vegetable BBQ.

The Center for Weight Management is looking forward to expanding the Ambassador program and using the talents of our dedicated post-op patients to better serve our new patients. We have found that new patients have a certain trust, comfort, and confidence in those that have already had the procedure, and continuing to build this program will help encourage our patients to continue their journey to improved health.

Special thanks to our Bariatric Ambassador volunteers: George Whittle, Mark Auchy, Sandy Betley, Michelle Boisvert, Ina Francis, Bette Jo Toppin, Wendy Sheppard and Don Sheppard. A warm welcome to our new Ambassadors: Brook Conard, George Pagliarulo, Michelle Pagliarulo, Pete Iarossi, Karen Talboys, Patricia Fisher, Julie Lemire and Joyce Chartrand.



Last year more than 100 walkers and donors raised over \$15,000 to support obesity research, education and programs

Tips to cut your grocery bill and better manage your weight

Plan ahead

Take inventory of what you have so you don't overbuy. Make a detailed list and stick to it. Before you make your list, check ads to see what is on sale and use coupons. You can even sign up online to receive coupons and email alerts from your favorite grocers.

Have a light snack

Avoid impulse purchases or costly mistakes, such as giving into the temptation of displays located at the end of the aisles.

Buy produce in season

This is usually priced to sell. Also, shop your local farmers market for great deals on local produce.

Look for sales and stock up

Use your freezer to store sale items that can be used later.

Use frozen or canned fruits and vegetables

These can sometimes be less expensive than fresh.



“How can I get Back on Track?”



The first year after surgery is a time to create a whole new you! Establishing good habits during this time is necessary for long-term success. Your work after surgery is just as important (if not more important) than your pre-op and surgery efforts.

The Center for Weight Management and Bariatric Surgery team recognizes that the weight loss surgery is different for everyone. They acknowledge that challenges occur many years after weight loss surgery and are different than those experienced during the first year after surgery. Understanding your

experiences and learning from them is a critical lesson in improving the weight loss journey for yourself and others.

Our weight loss surgery patients say they learn best through sharing both their concerns and celebrations with other patients. The Center for Weight Management hosts small group sessions where patients discuss how they are doing with their fluids, exercise, vitamins, goals and nutrition. If you are interested in attending one of these sessions, contact Christine at 978-788-7205 or clabrecque@lowellgeneral.org.

On February 4, 2010, 20 patients joined together to create the “Back on Track” program. These volunteers, who all had surgery more than five years ago, shared their stories and offered advice and support to new patients. If you are a weight loss surgery patient struggling with practicing healthy behaviors or weight gain and would like to participate in a Back on Track session, contact MaryBeth at 978-788-7208 or msherrin@lowellgeneral.org. Also, if you are a post-op patient whose surgery was more than five years ago and would like to volunteer for the Back on Track program, contact MaryBeth.

Field trips 2010



Walking Club begins September 15

Walking is great exercise, but more fun and motivating when you have a partner. The club meets on Mondays and Thursdays at 6:00pm at the Sampas Pavilion stage in Lowell (across from Heritage Ice Cream along the Merrimack River). Registration required by September 10.

Pumpkin and Apple Picking September 11 at 2:00pm

Smolak Farms
315 South Bradford Street
North Andover, MA 01845

Great fun and adventure for you and your family! Enjoy a day of pumpkin and apple picking and get stocked up for the fall and holiday season with fresh fruits and vegetables straight from the farm.



Climb Mt. Wachusett

October 2 at 9:30am (rain date October 3)
99 Mountain Road
Princeton, MA 01541
(978) 464-2300

Experience new heights in your life! Climb the trails to the peak of this popular ski resort and pack a healthy lunch to enjoy at the top of the mountain. Registration required by September 27.

To register for these and other events or programs
at the Center for Weight Management,
call 1-877-LGH-WELL (1-877-544-9355).

Go Carts and Batting Cages

July 29 at 7:00pm

Jay Gees Ice Cream
602 Lowell Street
Methuen, MA 01844

A great night for personal growth! How long has it been since you have been behind the wheel of a go-cart? Or swung a bat in a batting cage? Participate in other on-site activities such as miniature golf and arcades, or enjoy sugar-free yogurt or ice cream as a special treat. Registration required by July 19. Tickets for all activities to be purchased the night of the outing. Bring the whole family!



Bowling

November 13 at 1:00pm

Brunswick Bowling Alley
647 Pawtucket Blvd
Lowell, MA 01854
(978) 454h0476

\$15 per person (includes shoe rental and two strings of bowling)

This activity has hidden effects to good health, as it engages your biceps, waistline, back, abs, legs, and chest. Registration required by October 27.

Center for Weight Management Holiday Party

December 14 from 5:00 - 7:30pm

20 Research Place (Classroom)
North Chelmsford, MA 01863

Celebrate the holiday season with the Center for Weight Management team and your fellow patients! Enjoy a Yankee Swap and pot luck supper, and always lots of cheer! For more information call (978) 788-7200.

Stay connected

Pre-surgical Nutritional Workshop

All pre-surgical candidates MUST attend ONE of these nutritional workshops. Our dietitians will explain dietary differences between banding and bypass, physical changes to expect, three stages of post-op diets, daily nutritional requirements, vitamin supplements, ideas for preparing foods and common problems. You must attend the introductory session prior to participating this workshop.

First and Third Wednesday of the month from 9:30-11:00am

Second and Fourth Wednesday of the month from 5:00-6:30pm

Call 978-788-7200 to register.

Pre-surgical Educational Sessions

Pre- and post-op patients are welcome to attend these informative sessions to learn more about healthy weight loss and network with peers. Selected topics are designed to provide information about nutrition, exercise, and coping with weight loss. Pre-surgical patients must attend at least three (3) of these sessions for insurance approval. Upcoming topics include Head Hunger, Panel of Experts, Vitamins for Life, Defining Success, Exercise and Plastic Surgery Options.

Second Tuesday of the month from 1:00-2:00pm or 6:00-7:00pm

Fourth Tuesday of the month from 6:00-7:00pm

No registration required

For a complete list of dates and topics, visit www.lowellgeneral.org or call 978-788-7200.

Heal Faster

Learn how to calm pre-operative jitters, visualizing your recovery, using healing statements, and establishing a support network. This groundbreaking program is used nationwide pre-operatively to assist in enhancing one's healing process. This program is mandatory for all patients preparing for weight loss surgery.

Call 978-788-7200 to register.

Latin Corner / Esquina Latina

Spanish Support Group meets the second Saturday of every month at 11:00am. If you are interested in joining, call 978-788-7200 and we will provide you with Captain Carmen's contact information.

El grupo de ayuda español resuelve el segundo sábado de cada mes en 11 am. Si usted está interesado en ensamblar el email español o árbol del teléfono para los acontecimientos que vienen ascendentes satisfice el contacto el centro de la gerencia del peso en 9788-788-7200 y proveeremos de usted la información del contacto de capitán Carmen.

Free Info Session

Friends and family can find out more about our weight loss surgery procedures: Laparoscopic Gastric Bypass and Laparoscopic Gastric Band.

Sessions will feature Michael E. Jiser, MD, Roy R. Shen, MD and Rebecca C. Shore, MD.

First Tuesday of the month from 6:00-8:00pm

Third Friday of the month from 12:00-1:00pm

To register call 1-877-LGH-WELL (1-877-544-9355)

The Center for Weight Management and Bariatric Surgery offers FREE information sessions. Join us to see how surgical and medically supervised weight loss could help you change your life!

Post-Operative Support Groups

You don't have to travel the weight loss journey alone. Help others and let others help you. Attend our monthly support groups. These sessions are great for post-operative patients to networks with others and learn new ideas or remember old ones! You must be Post-operative patient to attend.

Third Tuesday of the month from 6:00-7:00pm

No registration required

Medical Weight Management / HMR Orientation

Friends and family can find out how to join our medical weight loss program (HMR) by attending an orientation in our onsite classroom. New classes begin every month – call Darlene at 978-788-7214 for more information.

For dates and times or to register, please visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355)

Stay Connected
with the Center for
Weight Management at
www.lowellgeneral.org

*Find information on our workshops, events,
support groups, our FIT activities, the
Patient Ambassador Program
and much more!*

What's cooking

Farmer's Market Fresh Salad: **Summer Greens with Fruit**

Makes 4 servings

Preparation time: 15 minutes

Be sure to make a special trip to a local farmer's market this summer for in-season fruits and vegetables. When it's locally grown, it's fresh and tastes best!

The simple oil-and-vinegar dressing for this delicious summer salad compliments the sweetness of the fruit and tender greens. Choose what's in season and make sure the fruit is at peak ripeness. Drying the greens assures the dressing will stick to the leaves.

For the Salad

- 4-6 cups torn fresh baby spinach or tender salad greens (such as buttercrunch, greenleaf, redleaf, or mesclun mix), trimmed, washed and dried
- 2 fresh ripe pears, peaches, or nectarines, peeled (if desired), cored, and cut into slices (or 1 ½ cups sliced fresh strawberries or figs)
- 1 cup walnut or pecan halves, toasted (see below)
- 4 ounces soft goat cheese or Gorgonzola, crumbled

To toast the nuts, place the walnuts or pecans in a dry skillet on medium heat, shaking the pan frequently for 3-4 minutes until they are aromatic and golden brown. Be careful not to overcook as they will become bitter and burnt. Set aside to cool while you make the dressing.

When you are ready to serve the salad, place the greens in a large salad bowl. Add about ¾ of the dressing (see below) and toss to coat. Portion the salad onto 4 serving places. Top each salad with the fruit slices, nuts, and crumbled cheese. Drizzle the remaining dressing over each salad and serve immediately.

For the Dressing

- 2 tablespoons raspberry, sherry, red wine, or balsamic vinegar
- ½ teaspoon Dijon mustard
- 3-4 tablespoons olive oil
- 2 teaspoons minced shallot
- ½ teaspoon salt, or more to taste
- Ground pepper to taste

Whisk together the vinegar and mustard in a small bowl. Add the oil a few drops at a time while whisking constantly to form an emulsion. Add the shallots, salt, and pepper.



Recipe adapted from *How to Cook Everything: Simple Recipes for Great Food*, by Mark Bittman, Wiley Publishing (c)1998

Looking for a local farmer's market near you?
www.mass.gov/agr/massgrown/farmers_markets.htm

Dear Flabby...

once was
✓

Gut questions? We've got answers.

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

Q: Help! I have been losing my hair since the operation. I didn't think much about it because, after discussing this at the support groups, they said the hair loss would stop and eventually it would start to grow back. My weight loss book has a section about losing hair and options to try to reverse the process, and it mentioned Nioxin-recharging complex food/dietary supplements for healthy growth of hair, skin and nails. I've been taking it since two weeks before my operation, and my hair dresser has noticed my hair becoming real thin... I even have a bald spot on the side of my head! Do you have any suggestions on how to fix my hair loss? Is there a specialist or a product that can help? I feel fine, other than this issue, but I'm afraid to let it go untreated too much longer.

A: Your surgery-related hair loss should slow down and start re-growing at about nine months after your operation if you follow a couple rules:

- You need to get enough protein. The longer you deprive your body of the necessary amount of protein (at least 70 gms, or the amount recommended by your nutritionist), the longer your hair, skin, and nails will suffer. Your body uses the protein you ingest to take care of the muscles and major organs in your body first, including your brain and heart. If you are lacking in protein, not only is your hair suffering, but the rest of your body is, too.
- You need to be sure you are ingesting enough liquids (one of the last places your body hydrates is your hair!) and taking your vitamins, especially the B vitamins.
- We also recommend extra zinc or extra biotin supplements, which are reported to specifically help strengthen your hair. There are over-the-counter vitamin formulas that contain zinc, biotin, B vitamins, along with other micronutrients and minerals. This is an easier way to get in the extra supplements in a combination pill.
- Keep in mind that there is a three-month hair growth period, which is why some people don't start to notice hair loss until about three months after surgery. You will start to see less hair loss and some re-growth around nine months post-operation.

Please note the Nioxin formula that you mentioned will thicken your hair, or make the hair strands appear thicker, but may not affect the re-growth stage like the above mentioned suggestions.

For more information about pre- and post-op bariatric surgery, email Lisa at ldutton@lowellgeneral.org or visit www.lowellgeneral.org

How many times should I eat a day?

We recommend:

- Three meals (Breakfast, Lunch, Dinner) eaten at the same time every day (even on weekends). This helps regulate your body and appetite.
- One-two appropriate snacks, if needed (see below).

Appropriate Snacking

- is a planned “mini-meal.” It provides important nutrients, rather than just empty calories.
- should be planned if you will go three hours or more without a meal. For example, if lunch is at 12:00 noon and supper is at 6:00pm, plan to eat your snack at 3:00pm.
- should help you meet your nutrition goals for protein, fluid, fiber, fruit or vegetable.
- should be chosen from your Healthy Food Groups list.
- is a measured meal eaten slowly over 15-30 minutes.

Inappropriate Snacking

- is eating traditional snack foods (chips, pretzels, trail mix, 100-calorie packs, snack crackers, cookies, sweets, etc.) that provide empty calories with few nutrients.
- is emotional and not based on your body’s physical needs.
- is not measured and is eaten directly from the box or bag.
- is eaten while focusing on other things like watching TV, driving, or working on the computer (known as “mindless eating” because you’re not focusing on your meal).
- Continues all day long (known as “grazing”)



About Grazing

- is eating little amounts of food all day long.
- is a form of binge-eating — instead of eating a large amount at one time, you eat in small amounts all day long.
- results in too many calories, causing weight gain and slowing down weight loss.
- is usually mindless eating. If the food is measured out or is a nutritious food, grazing can occur if eating frequently. For example, if you’re eating ¼ cup of peanuts 4-5 times a day, that’s grazing.