

Weight Matters



TYLER BARIATRICS OFFICE HOURS

MONDAY- THURSDAY 7:00AM- 4:00 PM (CLOSED FOR LUNCH 12-1230)

FRIDAY 7:00AM- NOON

ANSWER:

Because they are eating more calories than their body is burning. Partly, it gets easier to eat more as the months go by after surgery, which is normal and necessary because you need to be able to maintain weight. If you can eat enough to maintain, then it isn't very hard to eat a little more and/or exercise a little less and starting gaining. Also, people can start to get into old habits of eating when not hungry, drinking sodas or other sugary drinks like sweet tea.

Sometimes people get into new habits like eating small amounts of food all day long since they still can't eat a large amount of food at one sitting. Start a food journal. For 2 solids weeks write down everything you eat or drink. Just doing this often gets people back to eating and drinking how they should. Or, it may help you identify a problem in your eating habits. Sometimes plateaus happen and aren't a sign that weight loss (fat loss) has stopped. This is very common in the first 4-6 months after surgery. At those times, patients often notice that the "inches are changing but the pounds aren't." In that case the weight loss usually picks up again within about 2 weeks.

ASK DR. BABINEAU

QUESTION:

Why are bariatric patients not supposed to drink carbonated drinks?

ANSWER:

There are two reasons. First, while carbonated drinks are not dangerous, they can be very uncomfortable to drink, cause a lot of belching and reflux, and make it hard to eat enough nutritious food. This is more true in the early months after surgery. Second, it isn't as good for weight loss in the long run. This is true of regular and diet sodas. For regular sodas the obvious answer is added calories in the diet, but why it is true for diet sodas too isn't really known. It may be that drinking sodas all the time keeps the pouch or sleeve less full and adds to feeling hungry sooner. Or, it may have to do with the craving sweets habit. It's best to just get in the habit of drinking water, unsweet tea, or other unsweetened drinks

QUESTION:

Why do bariatric patients start gaining their weight back?

UPCOMING EVENTS

SUPPORT GROUP MEETINGS

MARCH 21- 6PM

APRIL 18- 6PM

MAY 16- 6PM

MULTIDISCIPLINARY CLASSES

MARCH 2 & 21- 8:30AM

MARCH 8- 8:00AM, 9:30AM, 1030AM

APRIL 6 & 18- 8:30AM

APRIL 12- 8:00AM, 9:30AM, 1030AM

MAY 4 & 16- 8:30AM

MAY 10- 8:00AM, 9:30AM, 10:30AM



ON FACEBOOK

TYLERBARIATRICS.COM



**WILLIE HUTCHINGS
LONGVIEW, TX**

1) Tell us how long ago you had your surgery and which surgery did you have?

Sleeve; 1 year 6 months

2) Tell us why you decided to have bariatric surgery.

To live healthier

3) Tell us how much weight you have lost since the beginning of the process.

342 pounds

4) What is the best feeling of accomplishment you have experienced since your surgery?

The amount of food you can eat.

5) What has been the hardest thing to get accustomed to after the surgery?

The ability to walk a long distance without sweating.

6) Give us the best piece of advice for patients considering surgery or those who are getting discouraged after surgery.

Focus on your goals and never give up.



**SHEILA BRAGG
FRANKSTON, TX**

1) Tell us how long ago you had your surgery and which surgery did you have?

I had surgery 3/3/15 and had a gastric bypass.

2) Tell us why you decided to have bariatric surgery.

My health was poor and I need corrective surgeries on my foot and spine. The risks are much less at a lower weight.

3) Tell us how much weight you have lost since the beginning of the process.

I reached a high of 428. It has been exactly one year and I am down to 220.

4) What is the best feeling of accomplishment you have experienced since your surgery?

Not drinking with meals and counting my protein for the day. I had done low fat and low calorie before but never kept up with protein.

5) What has been the hardest thing to get accustomed to after the surgery?

Increase energy and being able to buy clothes off the rack.

6) Give us the best piece of advice for patients considering surgery or those who are getting discouraged after surgery.

You will have good days and days you crave everything you shouldn't. Resist and start again tomorrow! Eat regular foods as soon as you can. You will feel better and crave less when eating protein.



**HUNTER STEPHERSON
CLEBURNE, TX**

1) Tell us how long ago you had your surgery and which surgery did you have?

1 year, the sleeve

2) Tell us why you decided to have bariatric surgery.

I was 18 and 450 lbs. I had tried to get my weight under control but I couldn't seem to lose the weight.

3) Tell us how much weight you have lost since the beginning of the process.

207 pounds

4) What is the best feeling of accomplishment you have experienced since your surgery?

Getting the amount of food I needed instead of how much I wanted.

5) What has been the hardest thing to get accustomed to after the surgery?

Being in more control of my food and health.

6) Give us the best piece of advice for patients considering surgery or those who are getting discouraged after surgery.

If you stick with the rules it will work. It is hard at times but when you get to your goal, you will realize it was worth it.

If You Give Up Anything From Your Diet, It Should Be Sugar

February 23, 2016 by Lizzie Fuhr

Sugar has been getting a bad rap over the last few years-- and in the case of added sugar, it's for a good reason. While naturally occurring sugars, like those from fruit, are welcome in a healthy, balanced diet; added refined sugars, like those in a powdery doughnut or soft drink, are a different story. Added sugars come in the form of granules, powders, and syrups that are cooked into foods or added at the table.

According to the American Heart Association, most women should be consuming no more than 100 calories from these added sugars per day, or about 24 grams (six teaspoons of sugar)-- for reference, **one 12-ounce can of regular Coca-Cola has 39 grams of added sugar**. If you're not convinced that it's time to cut back, here are all the reasons to get serious about sweet stuff ASAP.

It's addictive: While levels are lower than highly addictive drugs, sugar affects your brain and releases dopamine with continued use, so you start craving more and more in hopes of feeling better and better. In fact, there's a trend among newly sober individuals; many get off drugs and pick up sugar addiction instead.

It's linked to heart disease: Recent studies have shown a link between high sugar consumption and heart disease, even for

individuals who aren't overweight. Over the course of one 15-year study, participants who took in 25 percent or more of their daily calories of sugar were more than twice as likely to die from heart disease as those whose diets included less than 10 percent added sugar.

It promotes belly fat: One laboratory study has drawn a link between high levels of fructose in childhood diet with an increase in belly fat. When fructose, a sugar widely used in processed foods and sodas, was present as children's fat cells mature, research found that "more of these cells matured into fat cells in belly fat." Beyond a larger waistline, abdominal obesity raises the risk of heart disease and type 2 diabetes.

It affects your immune system: According to naturopath practitioner Dr. Holly Lucille, too much sugar is one of the biggest problems that contributes to being "immuno-compromised or susceptible to catching flus." If you're constantly coming down with a new bug or infection, it might be time to look honestly at your sugar consumption.

Are you worried about hair loss?

First of all, let me start off by saying those that undergo gastric sleeve or gastric bypass procedures are more likely to experience hair loss than those that have the Lap Band procedure. This is simply because they experience a more rapid weight loss. So although people who have the Lap Band procedure don't lose weight as quickly, they typically have less hair loss. Research has shown that the physiological stress resulting from major surgery and from rapid weight loss causes the body to shift nutrients towards vital organs such as the heart and brain and away from cosmetic functions such as hair growth. As a result, the hair growth phase stops and the dormant state sets in and some hair loss occurs. This typically occurs at 3-5 months after weight loss surgery. As the body adjusts to the changes, the hair loss will stop. Any lost hair WILL grow back, typically at around month 6 after surgery, as long as there are no nutritional deficiencies.

So what should you do to help prevent that unwanted hair loss? Follow these tips and you will have a full head of hair to go along with the new you!

Tip #1: Protein, Protein, Protein!!! All of our patients should know that we strongly encourage adequate protein on a daily basis. Protein is the building block of all cells, including the cells that make up your hair. Failing to meet your recommendations of 50g/ day minimum for women and 60g/ day minimum for men, will leave you with thinning hair. So, make sure and consume lean protein foods at each and every meal. This includes skinless chicken, lean red meat, grilled/baked fish, low fat string cheese and cottage cheese, beans and protein bars/shakes.

Tip #2: Take your vitamins! Think of your daily vitamins as medications. They are a must. Many nutrient deficiencies can lead to hair loss. By taking your bariatric multivitamin consistently from the point of surgery, you will ensure that your body has all the nutrients that it needs to generate new hair.

Tip #3: Have your iron levels checked if you are still losing hair at about 7 months after surgery. Iron is the micronutrient most related to hair loss. Ferritin levels are indicative of iron storage in the body and low ferritin levels are associated with hair loss. Ask your dietitian or MD to check your ferritin levels if you think you may be low. Iron rich food sources include: red meat, egg yolk, dark leafy green, beans/peas/legumes, iron-enriched cereals. Include a vitamin C rich food when eating foods high in iron and the iron will be absorbed better.

Tip #4: If you've tried tips 1-3 and you are still losing hair, then consider adding additional Zinc to your diet. Zinc is an important factor for the growth and development of healthy hair. Be sure to speak with your dietitian or MD before starting a Zinc supplement as excessive amounts of Zinc can cause serious side effects. Oysters, red meat, and poultry provide the majority of zinc in the American diet.

So I know this is a lot of information, but I hope it clears up any questions/concerns you may have had regarding hair loss.

White House Salad for "The Biggest Loser"

1 head of fresh lettuce
1 cucumber
2 fresh in-season tomatoes
1/4 red onion
1 bunch fresh basil
1/3 cup olive oil (for dressing)
4 tbsp lemon juice (for dressing)
1 tsp honey (for dressing)
salt and pepper, to taste

For the salad:

Wash and dry the lettuce. Tear it into bite-size pieces. Peel the cucumber and cut it into bite-size pieces. Wash the tomatoes and cut them into bite-size pieces. Peel the onion and slice it as thin as possible. Wash and chop the basil into large pieces.

In a large mixing bowl, combine the lettuce, cucumbers, tomatoes, onions and basil. Toss together so the ingredients are well mixed.

For the dressing:

Place the dressing ingredients in a container with a tight-fitting lid. Cover the container and shake vigorously. Add the dressing to the salad, toss and serve immediately.

BERRY DE-LITE

2 lb strawberries, rinsed and hulled
1 quart water (reserve 1 cup)
1/4 C. Truvia
1/2 C. cornstarch
1/2 tsp. vanilla extract

Place strawberries and water in a medium pot and bring to a boil. Add Truvia, reduce heat, and simmer until berries are tender (10-15 minutes depending on size of berries).

In a small bowl, mix cornstarch, vanilla, and reserved water; and add to strawberry mixture.

Bring to a boil and stir until mixture thickens (about 3 minutes).

Ladle into individual serving dishes and refrigerate for 1 hour.

Top with spring berries and sugar-free whipped topping

Makes 6 servings

