



January, February & March 2013

Did you know that the average weight gain from November through January is 7-12 pounds? If your weight has gone up a few pounds or maybe more than you care to admit over the past year, it is time to stop and evaluate your lifestyle habits and pinpoint what is not working. Bariatric surgery is a wonderful tool to assist individuals with weight loss but healthy lifestyle habits in the form of physical activity and healthy eating are crucial to your success.

Committing to the following will help ensure success in reaching your weight loss goals:

1st: Evaluate your activity level. Make 2013 the year that you commit to some sort of physical activity five days a week. Exercise has so many benefits. It improves our mood and boosts ones energy level and not to mention the added benefit of burning calories. A great way to start your exercise habit is by wearing a pedometer and then strive for at least 10,000 steps daily.

2nd: Plan your meals and keep a food journal. Often people don't believe that they are consuming excess calories. Once someone begins keeping a journal they realize how much they actually consume on any given day. Plan your meals in advance. It is a lot easier to make healthy selections when you are prepared and have healthy items in your pantry and refrigerator. If you find that you are still hungry after eating ¾ cup of food, don't grab chips or crackers. Instead add more fresh vegetables to your meals. Also, remember to avoid foods and beverages with more than 3-4 grams of added sugar per serving.

3rd: Keep connected with fellow bariatric individuals to stay motivated. Attending support group on a regular basis is a way to establish healthy goals for oneself and to help keep each other accountable. When someone feels as though that they have just hit a rut and can't seem to make any headway, a professional counselor may just be the resource you need in helping establish healthy lifestyle changes.

4th: Daily supplementation. An adult multivitamin, calcium citrate with vitamin D and other supplements as ordered by your bariatric physician are needed daily for the rest of your life to maintain good health.

5th: Plan for obstacles. Make a list of potential barriers that you may feel and develop a plan to overcome each and every one. Whether it be a person who may discourage you, a physical limitation or a time factor – develop a plan so all of your road blocks are removed or at least you will have a plan in place for when an obstacle arises.

Take Control of your Hemoglobin A1c!

If you or a loved one has diabetes (Type 1 or Type 2) it is important to have your Hemoglobin A1c level tested minimally twice per year. Your physician may order it up to four times per year. Anyone with diabetes should be checking their blood glucose levels at home. Using a meter to test your blood sugar tells you what your blood sugar level is at any one time. An A1c level is different in that the value reflects your average blood sugar level for the last three months. It also shows your risk of having other problems (damage to the heart, kidneys, nerves and eyes) arise because of diabetes. For most individuals a desirable A1c is 7% or less.

Knowing your A1c number helps you and your healthcare team providers determine how well your treatment plan is working and whether or not changes are needed. Your A1c shows you how the choices you make every day affect your blood sugar over time.

As you may be aware the potential benefit of bariatric surgery is that it can help some people with diabetes normalize their blood sugar levels and therefore no longer require medication. "However a small study of obese Type 2 patients who underwent bariatric surgery shows that the longer they had diabetes, the greater the chances that their disease recurred after surgery. The retrospective study, conducted by Yessica Ramos, MD at the Mayo Clinic Arizona, found that patients who had had diabetes for five years or longer were nearly four times as likely to experience a recurrence of the disease after the remission brought on by the surgery." *

* *Diabetes Health*, July 9, 2012.

Upcoming Support Group Meeting Dates

All meetings are 6:30 – 8:30 p.m.
in the Duffy Wellness Classrooms
at Port Huron Hospital

January 15: Guest speaker: YMCA

February 19: Guest Speaker:
Dr. Karen McFarlane, Bariatric Center of
Michigan, Port Huron Hospital

March 19: Guest Speaker:
Mila Velinova, PsyD-LP,
Blue Water Counseling

We know these suggestions are proven to work and that is why we mention them time and time again.

Zesty Turkey Burger Pita Pocket

Texture: Regular

Ingredients:

1/2 cup diced onion	1/3 cup low-sodium, low-carb ketchup
1 tsp. lemon pepper seasoning	1 tsp. cumin seeds
1/4 tsp. cinnamon	1/8 tsp. black pepper
1 Tbsp. chopped fresh cilantro	1 pound extra lean ground turkey (97% fat free; contains no skin)
4 (4 inch) whole wheat pita pockets	4 (1/8 inch thick) tomato slices
4 tsp. non-fat mayonnaise	
4 red leaf lettuce leaves	

Directions:

Preheat the oven to 300 degrees F.

1. In a medium mixing bowl, combine the onion, ketchup, lemon-pepper seasoning, cumin, cinnamon, pepper, cilantro, and turkey and mix thoroughly.
2. Divide the turkey mixture into 4 equal portions, shaping each into a 1-inch thick patty.
3. Place a medium nonstick skillet over medium-heat until hot. Add the patties and cook for about 6 minutes on each side, until no longer pink. Remove burgers from the pan and let rest for 5 minutes.
4. Wrap the pita pockets in aluminum foil and bake for 10 minutes.
5. Spread 1 teaspoon of mayonnaise inside each pita pocket. Place one burger patty in each pita pocket and top each patty with a slice of tomato and lettuce.
6. Serve immediately.

Yield: 4 sandwiches.

Nutritional Analysis (each): 240 calories, 31 grams protein, 26 grams carbohydrate, 3 grams total fat, 0.7 grams saturated fat, 55 mg cholesterol, 273 mg sodium, 3 grams fiber.

Recipe taken from: [Recipes for Life after Weight-Loss Surgery](#) by Margaret M. Furtado, M.S., R.D., L.D.N., Lynette Schultz, L.R.C.P., R.T., and Chef Joseph Ewing, B.S.

