

OKC RNY NEW BEGINNINGS

JULY 2005 NEWSLETTER

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MEETING INFORMATION

PROSPECTIVE MEMBERS ARE WELCOME TO LEARN MORE ABOUT US BY ATTENDING ONE OF OUR SUPPORT GROUP MEETINGS.

EDMOND/NORTH OKC LIVE MEETING

WHEN: 4TH THURSDAY OF EACH MONTH
JULY 28-AUGUST 25-SEPTEMBER 22

WHERE: EDMOND MEDICAL CENTER
1 S. BRYANT CLASSROOM 1 (AMBULATORY CARE
PAVILION)
EDMOND, OKLAHOMA

TIME: 5:45 PM TO 8:15 PM

SOUTH OKLAHOMA CITY LIVE MEETING

WHEN: SECOND SATURDAY OF EVERY MONTH
JULY 9-AUGUST 13-SEPTEMBER 10

WHERE: PHYSICIAN'S HOSPITAL OF OKLAHOMA
CAFETERIA
3100 SW 89TH STREET
OKLAHOMA CITY, OKLAHOMA

TIME: 9:30 AM TO NOON



A SUMMER TREAT TO BEAT THE HEAT

BERRY STRAWBERRY PUNCH

MAKES APPROXIMATELY 2 QUARTS

1 (.14-OUNCE) PACKAGE UNSWEETENED STRAWBERRY-FLAVORED DRINK MIX
3/4 CUP SPLENDA® NO CALORIE SWEETENER, GRANULAR
1 PACKAGE ORANGE PINEAPPLE CRYSTAL LIGHT
1/2 CUP FRESH LEMON JUICE
7 CUPS WATER
2 CUPS SLICED FRESH STRAWBERRIES

STIR TOGETHER ALL INGREDIENTS. COVER AND CHILL. SERVE OVER ICE. THIS IS ALSO GOOD BLENDED.

LONG TERM HABITS OF SUCCESSFUL WEIGHT LOSS SURGERY PATIENTS

Successful Weight Loss Surgery patients must adopt several long-term habits.

In general, the first postoperative year is a vital time that must be dedicated to changing old behavior and forming new, lifelong habits. The success of any weight loss surgical procedure is most commonly defined by the total weight loss during the initial weight loss phase. However, a primary concern in the minds of many patients are the questions "Will this be a long-term permanent solution?" and "What can I do to insure my lifelong success?" In other words, how can you maintain at least 80% of your initial weight loss after your successful gastric bypass? The following are steps that have been proven to work for many patients.

WELL-BALANCED EATING

Successful patients eat three well-balanced meals and allow healthy snacks maximum twice daily. Daily servings for each of the food groups included three servings of protein, three servings of vegetables, one serving of fruit, and two servings of bread/starches. You should eat foods in this order, ensuring you eat a minimum of 60 grams of protein per day

SMART DRINKING

Successful patients drink water and do not drink carbonated beverages. You should drink a minimum of 64 ounces of water per day.

Carbonated beverages may be detrimental to the long-term success of gastric bypass for the following reasons:

Carbonation: When the cold beverage is consumed, it warms and releases gases, distending the stomach pouch. This stretching of the stomach then creates undue stress and subsequently causes stretching of the stoma.

Caffeine: Many carbonated beverages contain caffeine, an appetite stimulant, which is detrimental to initial weight loss and long-term weight control.

TAKE VITAMINS AND SUPPLEMENTS

Successful patients take daily multiple vitamins, B-12, calcium, and iron if needed.

REGULAR EXERCISE

Successful patients exercised regularly to maintain their weight. Many report exercise as a key factor in their ability to maintain their weight. Exercise helps you to keep your weight in check and keeps you in control.

GOOD SLEEPING HABITS

Successful patients slept 7 hours per night on the average. A good night's sleep allows your body to heal and gives you added energy throughout the day

TAKE PERSONAL RESPONSIBILITY

Successful patients must take personal responsibility for staying in control. Weigh yourself at the most weekly, no more. This can allow for the feeling that maintaining your weight was indeed your own responsibility and that the surgery was a tool that you should use to reach and maintain a healthy weight.

Patients NOT successful usually lack at least one or more of the six success habits. The most common are lack of exercise, poorly balanced meals, constant grazing and snacking, and drinking carbonated beverages.

Want to learn more? Check out the book -*The Success Habits of Weight Loss Surgery Patients* by Colleen M. Cook [available at www.bariatricsupportcenter.com]