



Welcome

Our purpose is to link pre- and post-op patients, resources and staff information within our weight management program.

Orientation is held the second and fourth Tuesdays of every month at 5:30 p.m. and on the first Monday of each month at Noon at the Weight Management Center.

Call 812-485-5858 for more information.

“I’m Every Woman”

By April Y. Boone

“My journey began in October 2007. I was diagnosed with high blood pressure and diabetes. My father had high blood pressure and was a diabetic who was on dialysis for six years (before his passing). One of my sisters has been a diabetic since she was 26 years old. I have a brother who had a stroke when he was 39 and another brother who died of heat stroke when he was 40 years old. Now I was being dealt the hand I never wanted. It was very devastating to me to hear those words. I cried for several days not knowing what to do next, what I could eat, what I shouldn’t eat or anything. The doctor’s office called me at home, told me my blood sugar was 320, and I needed to take Glucophage twice a day and to get a monitor to test my blood twice a day. I had no clue what to do!

I began searching the internet for a low sodium, low fat diet. This enabled me to get a look at things I could and could not have. While searching, there was information there concerning Gastric Bypass Surgery. My husband had considered having this surgery a few years ago, and I attended an orientation with him (at another facility). Needless to say I was not a fan of the surgery. Of course I had no serious issues with my health at the time. Though I was overweight, I was happy and confident with the way I looked. My self esteem was 99.9% out of 100%. I knew I looked good (my husband always told me this, so he helped with my confidence).

After several months of dealing with the sad news of being a diabetic, there was a report on ‘Dateline NBC’ about research that was done between Gastric Bypass surgery and people who were diabetics. They had a panel of eight people who were diabetic and had the surgery. Each one was free of their diabetes. My goodness, this is what I needed to see! The next day I went on ‘Dateline’s’ website to read up on this miracle (that’s what it was to me) I watched a few hours before. What I saw on the show was true.

I attended my first orientation at St. Mary’s Weight Management Center in November 2007, made my payment for the services January 2008, and on September 24, 2008 I had my surgery. Today, I am thankful to God for giving me a second chance at life. I am healthy enough to one day enjoy my grandchildren (when I get them in about seven more years), and I will be able to enjoy my husband as we grow old together. I feel so much better, and I’m also grateful to the St. Mary’s Weight Management Center staff. They have been such a support to me and my family.”



April before gastric bypass



April after gastric bypass

Obesity & Associated Conditions Symposium

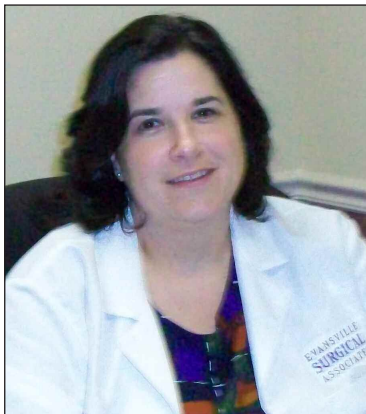
Dr. Joan Temmerman, Medical Director of St. Mary's Weight Management Center, recently attended the American Society of Bariatric Physicians 59th Annual Obesity and Associated Conditions Symposium in Costa Mesa, California on October 6-10. Numerous experts gave presentations on various topics related to weight and obesity.



The American Society of Bariatric Physicians is a leading national membership-based organization providing physicians and other health professionals with education in the medical management of weight loss and related medical conditions. The American Board of Bariatric Medicine gave the certifying exam to prospective candidates wishing to become board-certified in bariatric medicine. Dr. Temmerman helped administer the exam. Dr. Temmerman is a Trustee of the board and will serve as Secretary/Treasurer in 2010.

St. Mary's Weight Management Center Welcomes Kristi K. Peck M.D.

Dr. Peck was born in Chicago, Illinois. She is a graduate of the American University of the Caribbean Medical School and completed her surgical training at St. John's hospital in Detroit Michigan. Dr. Peck joined Evansville Surgical Associates in 2009. She is an associate fellow with the American College of Surgeons. Dr. Peck will be offering Laparoscopic Gastric Banding to help patients with their weight loss journey. She looks forward to helping patients achieve their goals of weight loss. In her leisure time, Dr. Peck enjoys fishing and spending time with her family.



Community Events for November/December

By Debbie Fink

Winter Wonderland at the Riverpark Center in Owensboro

November 27 - December 3
Outdoor skating rink, holiday movies on 20 x 40 foot screen, sleigh rides and Santa

Check out the Christmas Marts and Craft Shows at local churches & schools.

Get out and see Christmas parades, art shows, book sales, Fantasy of Lights and Santa at the mall.

Enjoy your life!



Gratitude



Once again, thank you to all our post-op patients who have taken their time to come and speak at our Orientation groups. Also, thank you to all the post-op patients who have offered their phone numbers and e-mail addresses to support pre-op patients with questions about the surgical procedure and recovery phase. We hear feedback

from people stating that talking to someone who went through the process was very helpful to them and how impressed they were with the orientation speakers who influenced their decision to live a healthy life

Healthy Gifts for Christmas

Here are some choices that promote health and well being:

Heart monitor
Pedometer
Exercise Equipment and Videos
Nintendo Wii and Wii Fit
Gift cards for massages, facials, pedicures/ manicures
Gym membership
Weekend get away
Favorite magazine subscription
Low fat/low carb recipe books



Healthy Living During the Holidays...

and after gastric banding or gastric bypass surgery

Just like any time of year, you should stay active during the holidays to lead a healthful life. Many patients have stated before surgery that they want the ability to increase activity. Here are some ideas for cold weather activities:

- ❁ Build a snowman
- ❁ Shovel your walk or drive.
- ❁ Rake leaves.
- ❁ Bundle up and take a brisk walk at the park – the winter scenery is different and serene
- ❁ Be a “mall walker”
- ❁ Hang holiday lights or help a neighbor or family member hang their lights
- ❁ Decorate your house
- ❁ Do some winter cleaning in your house in preparation for a spring yard sale
- ❁ Play with your kids or grand-kids outside

Altering the contents of a recipe does not mean compromising the taste. Try some simple substitutions in recipes to make them less calorie dense and healthy:

- ❁ Try butter spray or mist of olive oil instead of pour oil or tub margarine
- ❁ Try 2 egg whites in place of 1 whole egg in recipes
- ❁ Try 3 T cocoa powder and 1 T oil in place of baking chocolate
- ❁ Top casseroles with almonds instead of fried onions
- ❁ Try nonfat yogurt, fat-free sour cream, or extra soft tofu in place of sour cream and mayonnaise for dips and sauces
- ❁ Try reduced fat or fat free versions for cream cheeses, salad dressing and mayonnaise (as long as there is a calorie difference between the light and regular).

In Addition:

- ❁ Enjoy all foods available. Remember to follow guidelines for the diet phase/and individual intolerances you may have
- ❁ Avoid alcohol – adds unneeded calories and is digested differently after gastric bypass surgery, therefore, usually not well tolerated
- ❁ Don't be afraid to ask how something was cooked, recipe or ingredient list to see if you will tolerate it
- ❁ Take a walk after a meal – this helps with digestion.

#1 RULE FOR HOLIDAY EATING: DO NOT FEEL GUILTY. One or two days out of 365 will not “ruin it all.” Do not give up. Healthful eating and weight loss/weight maintenance is a lifelong change and is not dependent on one or two weeks of the year. Be aware of how often you will be attending parties or get-togethers and plan ahead as appropriate. Give away or get rid of left-over food if you think they will be a temptation. Dust off your manual and review the holiday tips that are in the nutrition section. Have fun, plan ahead and enjoy your family and friends. Focus on the **positive** (non-food) aspects of the holiday season.

Happy Holidays!

Holiday Recipes

by Teresa V.

(post op Bariatric patient)

Strawberry Frozen Ice

1 ½ cup milk or light vanilla soy milk
½ cup low sugar yogurt
1 scoop unflavored or vanilla protein powder (or 3 scoops Beneprotein)
Sweet n Low or Splenda to taste
1 sleeve sugar free wild strawberry drink mix

Mix all ingredients.

Total 32 g protein – divide into 4/ 4oz cups and freeze. Each cup contains 8 grams protein.

Orange Frozen Yogurt

1 cup milk or light vanilla soy milk
1 cup low sugar yogurt
1 scoop protein powder (or 3 scoops Beneprotein)
1 sleeve sugar free orange sunrise drink mix

Mix all ingredients.

Total 34 grams protein – divide into 4/ 4oz frozen cups. Each cup contains 8 grams protein.

Vanilla Ice Coffee

1 cup milk
Sweet and low or splenda to taste
½ cup decaf instant coffee
Vanilla extract
Unflavored or vanilla protein powder

Mix all ingredients. Total 23 grams protein divide by 2 = 11 ½ grams protein.

FYI

Did you use and love the **Citracal creamy bites** before they took them off the market??

They are available again with a new name through Celebrate Vitamins.

Calcet creamy bites (lemon cream) contain 500 mg calcium citrate and 400 IU vitamin D per each creamy bite.

Go to www.celebratevitamins.com then click on SHOP to purchase them.

Updated Support Group Schedule

11/17/09 @ 6:00	04/20/10 @ 6:00
11/18/09 @ 12:00	04/21/10 @ 12:00
Grateful for...	New life
12/15/09 @ 6:00	05/18/10 @ 6:00
12/16/09 @12:00	05/ 19/10 @12:00
Healthiest gift of all	Relapse after Bariatric Surgery
01/19/10 @ 6:00	06/15/10 @ 6:00
01/20/10 @12:00	06/16/10 @12:00
Setting achievable goals	Vacations are fun
02/16/10 @ 6:00	07/20/10 @ 6:00
02/17/10 @ 12:00	07/21/10 @ 12:00
Matters of the Heart	Planning Ahead
03/16/10 @ 6:00	
03/17/10 @ 12:00	
5 Stages of Loss	

All humans have a natural need to socialize. Interacting with other post-op patients can provide outlets for talking about or reducing stress, anxiety and fears related to the lifestyle changes you are developing.

Good supportive relationships can make it easier for each person to follow a healthy nutrition plan, exercise program or a commitment to make positive changes. Research indicates that the emotional support received from friends, colleagues, spouses and other supportive people have a positive impact on health in general.

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