

Your Journey to Healthy Living



For Roux-en-Y, Adjustable Gastric Banding and Sleeve Gastrectomy Patients

Notes from your surgeons



Ray Kruger, MD, FACS | Thomas Streeter, MD, FACS | Donald Colacchio, MD | Jorge Huaco, MD, MPH | Rachel Jones, MD
Patrick Fei, MD

Our program continues to assist patients in the South Coast region in receiving the highest quality bariatric care. As summer approaches we are reminded activity is one of the three factors that help with weight loss maintenance along with food choices and portion control. With the longer days and warmer weather outdoor activities such as walking, hiking and biking become easier to schedule.

We are pleased to announce the addition of **Dr. Patrick Fei** to our bariatric surgical team. Dr. Fei will be joining the bariatric team at the Charlton Memorial campus and has been

at Charlton this past year performing general surgery. He completed a Bariatric Fellowship in Allentown, Pennsylvania and received his medical degree from Tufts University. We also are welcoming **Raechel McGhee, LICSW**, to our behavioral health team. Raechel comes with years of experience in caring for bariatric patients and is a welcome addition to our program. Lastly, we are pleased to welcome **Victoria Cabral, Nurse Practitioner**, to our bariatric team. She will be seeing pre- and post-op patients in the Fall River office as well as the Wareham office. We are excited to have our new team members participate in your journey.

Back on Track

Back on Track is starting again! This is a group for patients who are a year or more out of surgery and are regaining weight, feel they have fallen back into old food behaviors and are serious about committing to a group to help them get Back on Track. Call Suzanne at 508-273-1864 to discuss BOT in Wareham or Maria at 508-273-4943 for BOT in Fall River.

All Support Groups Now Combined

For your convenience, we have combined our psychology and nutrition support groups at all sites. Please see inside for details.

Contact us:

100 Rosebrook Way
Suite 300, Wareham
508-273-4900

300 Hanover Street
Suite 1F, Fall River
508-973-8610

Tobey Hospital
43 High Street, Wareham
508-295-0880

Nutrition and
Psychology Services
508-273-4900

Call 508-273-4900 for
seminar locations.

Nurse's Corner



Victoria Cabral, NP | Suzanne Clancy, RN | Michelle Croft, RN | Rachel Fortes, NP | Bethany Pereira, NP
Jodie Plouffe, PA-C | Grace Rego, RN

One of the most common complaints patients have after weight loss surgery is constipation. You should have a bowel movement every two to three days. If you are moving your bowels every two to three days and not experiencing any abdominal discomfort then you are probably not constipated. If you are going longer than two to three days, experiencing any abdominal discomfort or your stools are hard and difficult to pass you are probably constipated.

Keep in mind that bowel habits can change after surgery and it is important to prevent constipation. There are a variety of reasons why you may have constipation. Constipation can be due to inadequate water intake, low fiber intake, use of narcotics and other medications, lack of exercise or reduced activity and use of additional iron supplements.

Tips on What to Do:

Drink at least 64 ounces of water or other sugar free, caffeine free fluids daily. Sip frequently from a water bottle throughout the day. When the weather is hot make sure to increase your fluid intake to replace any fluids you will lose by sweating.

Increase fiber slowly: Your sources of fiber depends on what diet stage you are in. This information can also be found in your weight loss surgery guide.

Stage 3: Immediately after surgery your diet is low in fiber. As you progress through the diet stages your fiber intake can increase. Try two ounces of prune juice diluted with two ounces of warm water. Include thin "stage 1" baby food consistency fruit and vegetables to help bulk stool. Examples include: unsweetened applesauce and stage 1 baby fruit or vegetables. *cont.*

Psychology



Maria Cruz, LICSW | Suzanne Gokavi, LICSW | Raechel McGhee, LICSW

Happy spring into summer! We in the Behavioral Health department are happy to announce the arrival of our new clinician, Raechel McGhee, LICSW. Raechel is a very experienced clinician with lots of private practice and bariatric experience. She is working 24 hours a week with us and is now up and running! She works on Tuesdays and Wednesdays in Wareham and in Fall River on Fridays.

We wish Kamini Hambly, LICSW, all the best as she leaves us but continues to split her time between busy motherhood and per diem hospital work. We have enjoyed having her with us for the past year.

MaryLou Butero, LICSW, remains with us working per diem in the Fall River office. I know that some of you met with her during your evaluation.

On May 1, Maria Cruz, LICSW, and Suzanne Gokavi, LICSW, became full-time employees. This change means more time to focus on you, our patients, pre- and post-operatively. Both Maria and Suzanne are available for post-op appointments and will be running Back on Track, support groups and other specialty topic groups to better help you on your long-term journey.

We realize that the journey to true and lasting change is complex and full of challenges. We look forward to feedback and suggestions from you about how we can best help.

Phone numbers:

Suzanne Gokavi, LICSW: **508-273-1864**

Maria Cruz, LICSW: **508-273-4943**

Raechel McGhee, LICSW: **508-273-1865**

Postoperative Bariatric Surgery Support Groups | June to September 2017

Rosebrook Building, Wareham on the following Tuesdays:

- June 27** Nutrition 5:30 p.m. *Healthy & Tasty Cooking – Food Demonstration*
Psychology 6 p.m. *Balancing Your Life*
- July 25** Nutrition 5:30 p.m. *Fad Diets – Healthy or Hype?*
Psychology 6 p.m. *Mindfulness*
- Aug. 22** Nutrition 5:30 p.m. *Good for Your Gut Probiotics*
Psychology 6 p.m. *Weight Expectations*
- Sept. 26** Nutrition 5:30 p.m. *Tracking Calories*
Psychology 6 p.m. *Coping Skills/Stress Management*

The Cape Codder Resort, Hyannis on the following Wednesdays:

- June 7** Nutrition 5 p.m. *Sleep Well to Eat Healthy*
Psychology 5:30 p.m. *Addictions Post Surgery: Carbs, Sugar and Beyond*
- July 5** Nutrition 5 p.m. *Awesome Seeds and Whole Grains*
Psychology 5:30 p.m. *Coping Skills/Stress Management*
- Aug. 2** Nutrition 5 p.m. *Fad Diets – Healthy or Hype?*
Psychology 5:30 p.m. *Head Hunger*
- Sept. 6** Nutrition 5 p.m. *Good for Your Gut Probiotics*
Psychology 5:30 p.m. *Social Changes Post Surgery*

Charlton Memorial Hospital, Mooney Room in Fall River on the following Thursdays:

- June 22** Nutrition 5:30 p.m. *Fad Diets – Healthy or Hype?*
Psychology 6 p.m. *Body Acceptance*
- July 27** Nutrition 5:30 p.m. *Healthy and Tasty Cooking*
Psychology 6 p.m. *Self Care: Simplifying Our Lives*
- Aug. 24** Nutrition 5:30 p.m. *Good for Your Gut Probiotics*
Psychology 6 p.m. *Well Balanced Lifestyle*
- Sept. 28** Nutrition 5:30 p.m. *Tracking Calories*
Psychology 6 p.m. *Sugar/Carb Addiction*
“Why we eat too much”

Psychology & Nutrition combined 12:30 p.m. Rosebrook Building, Wareham on the following Mondays:

- June 5** *Putting Yourself First*
- July 10** *Coping Skills/Stress Management*
- Aug. 7** *Weight Expectations*
- Sept. 11** *Addictions Post Surgery: Carbs, Sugar and Beyond*

Psychology & Nutrition combined 11:30 a.m. Charlton Memorial Hospital, Mooney Room, Fall River on the following Wednesdays:

- June 14** *Body Acceptance*
- July 12** *Self Care: Simplifying Our Lives*
- Aug. 9** *Well Balanced Lifestyle*
- Sept. 13** *Sugar/Carb Addiction “Why we eat too much”*

Nurse's Corner *continued from cover*

Stage 4: Include soft fruit and canned/cooked vegetables that are listed on your stage 4 shopping list such as ripe melon, watermelon, drained canned fruits packed in fruit juice, canned or cooked carrots, green beans, asparagus tips and cauliflower that are mashed with a fork. You may have baby food prunes but try two ounces at a time.

Once you get to Stage 4 in the diet you can use an over the counter fiber supplement powder such as sugar free Benefiber,[®] Fibersure[®] or add flax meal to your yogurt. Remember that fiber works by absorbing water so be sure to drink plenty of liquids.

Stage 5: You may add multiple servings of any fresh, frozen, canned fruit or vegetables. Be sure to peel thick skins on fruits and vegetables such as apples, pears and cucumbers until six months after surgery. Also avoid nuts, large seeds and dried fruit and remove seeds before eating for six months. Whole grains should consist of thinly sliced whole grain or 100% whole wheat bread, whole wheat tortilla, pita or wrap, whole wheat pasta, whole grain brown rice, quinoa, bulgur, and wheat berries. You should limit these to about ¼ cup and only use if meeting your protein goals.

Trying a calcium citrate supplement with magnesium may help with constipation. Brands include Twin Labs,[®] Liquid cal-mag,[®] Opurity[®] and Wellesse[®] calcium liquid.

It is important to exercise daily. Try to include at least 30 to 45 minutes per day. Physical activity can help to stimulate your bowel activity to reduce the risk of constipation. Do not ignore the urge to use the bathroom. You can promote constipation when you do not listen to your body and put it off.

Stool softeners such as Colace[®] (Docusate Sodium) can be purchased over the counter and may be needed once or twice a day in order to help increase the water content of the stool, which can make stools softer and easier to pass. If you do not have a bowel movement every two to three days after trying all of the above you may need to occasionally use either Miralax[®] or milk of magnesia as directed on the packaging. These two products may be purchased over the counter.

If you experience constipation during the first 30 days after surgery please contact our office. If it continues and is a chronic problem please contact your primary care provider.

Nutrition



Alexandra Carlin, RD | Natia Corsi, RD | Maureen Fletcher, RD | Suzanne Kokkins, RD | Stacy Medeiros, RD | Jennifer Schlitzer, RD

Can I take vitamin and mineral pills instead of chewables?

After surgery, it is vital that you take vitamin and mineral supplements for the rest of your life. Not taking them faithfully can lead to multiple deficiencies and chronic conditions, such as osteoporosis, tooth loss and hair loss. Chewable multivitamins and calcium citrate and sublingual Vitamin B12 will always be what we recommend for the post-op patients, but many people eventually stop taking them because they don't like the taste, or they are too hard to find or too expensive.

About six months after surgery, you could switch to taking them in pill form if you find that to be more convenient. Be aware that not all multivitamin pills are the same, so you need to choose ones that have the recommended amounts of nutrients. Likewise, it is still important to take calcium in the form of calcium citrate, and to make sure that you are taking 1,500 mg daily. Also, you still need to separate the multivitamin and the calcium supplements by two hours, and the Vitamin B12 can be taken with either of those.

Multivitamins: Take two a day of a multivitamin that supplies 400 IU Vitamin D, 1.5 mg thiamin, 400 mcg folic acid, 18 mg

iron and 12 mg zinc. The multivitamins targeted to men and the over-50 crowd will not have the recommended amounts of nutrients. Recommended brands: Centrum[®] Adult Multivitamin/Multimineral, One-a-Day[®] Women's Multivitamin, Equate[®] Complete Multivitamin, CVS[®] Daily Multiple Tablet for Women and NatureMade[®] Multi Daily.

Calcium citrate: Petite or miniature calcium citrate pills usually have 200 mg calcium in each tablet, so you will need to take seven to eight tablets daily, split into three doses of three-three-two. If it is a regular size, it is likely to have 315 mg in each tablet, which means you need to take five tablets daily, split into three doses of two-two-one.

Vitamin B12: Most people continue with 500 mcg of sublingual Vitamin B12, but you could take these in a pill if you choose to.

Vitamin D: If your labs show that you are low in Vitamin D, we recommend taking 2000 IU of Vitamin D3 daily, which can be taken at the same time as one of the calcium doses.