

# Your Journey to Healthy Living



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

## Notes from your surgeons



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

I couldn't wait for spring! I know this has been a long winter for everybody; the gloomy weather sometimes doesn't help us work towards our goals, but I bet you put an effort to work around that.

With much better weather upon us, I want to put emphasis in acquiring healthy exercise habits. Get out of the house and hit the roads or the gym. Get the impulse from the early mornings and commit to regular exercise. I know you mastered your diet already, and losing those pounds increased your ability to exercise. You are in prime time to get into the best routine of your life. I wouldn't ask you to run a marathon (you can do it if that's your goal), but getting your 30 to 45 minutes a day of exercise is not an option but a mandate. I know you can do it!

As I always tell my patients, bariatric surgery is a great tool to start you getting all those extra pounds off, but definitively you are the master of your destiny, and you let this miracle happen with your great attitude and dedication. It is not a secret that morbid obesity is a chronic disease, as chronic as diabetes or cancer, and I want to reinforce the basic premise of your treatment which is: NEVER STOP WATCHING!

Few people would think bariatric surgery is the ultimate treatment for obesity; definitively is the most effective one, but is not the only thing that you need to do to get healthier. Our program with comprehensive nutritional and psychological counseling really emphasizes the need to change your eating and exercise habits

and direct you towards a healthier lifestyle. Take advantage of the support groups and share your success and struggles through this journey. We are here to listen and orient you in the right direction.

Lately good news came from JAMA (*Journal of the American Medical Association*) where they analyzed two large randomized trials comparing sleeve gastrectomy with gastric bypass. Both performed equally well. After several years as an available procedure, we have prospective studies showing all the benefits of the sleeve gastrectomy. In our practice these days we are performing a large number of sleeve gastrectomies, and seeing incredible success in the short and long term. We are still using the great approach of gastric bypass for patients with large BMI, severe diabetes and severe GERD symptoms.

Seeing the success of most of you makes us feel encouraged to continue with the bariatric program, offering this great option to many people in need of an effective alternative for their weight issues. I am looking forward to seeing many of you at your follow-up appointments and celebrate your achievements.

I bet people notice how much progress you have made after surgery but I encourage you to show your pride and don't be shy to share your journey; you are an inspirational story. Let friends and family know what you have achieved and inspire them to follow your example to attain a better quality of life and healthy state.

## Introducing our NEW Hyannis Location

100 Independence Drive  
Hyannis, MA 02601  
508-273-1940

## Back on Track

Back on Track is a six-week series of classes for patients who are more than one year post operative and have regained significant weight, feel as though they have fallen back into old patterns and are ready to commit to the classes to help them get going again. If you are interested in taking part in these classes, please call us at the following numbers.

For classes in Wareham, call Suzanne Gokavi at 508-273-1864. For classes in Fall River, call Maria Cruz at 508-273-4943. Please leave a message and we will call you back to discuss getting on the list.

## Contact us:

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

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

100 Independence Drive  
Hyannis, MA 02601  
508-273-1940

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

Nutrition and  
Psychology Services  
508-273-4900

## Nurse's Corner



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

Sometimes our lives can get so busy that over time we may forget some of the more important things we learned in the program. As the years pass by after your surgery, we challenge you to remember all of the lifelong behaviors learned when you first entered the program. All of the little things, when you add them up, can impact your success.

- + No skipping meals. You should be eating three protein containing meals per day and one protein containing snack.
- + Reduce portion sizes.
- + Take dime size bites and chew your food to the consistency of applesauce.
- + Plan ahead. Have the right foods at home and pack the right foods for work, outings or travel.
- + Aim for 60 to 80 grams of protein daily and sipping 64 ounces of fluid daily.
- + Avoid drinking with meals, 30 minutes before and 45 minutes after eating solids.

- + Choose foods that contain no more than 15 grams of sugar per serving.
- + Exercise 30 to 45 minutes daily.
- + Take your multivitamins, calcium citrate or carbonate with vitamin D and B12 everyday for the rest of your life.
- + Do not smoke.
- + Avoid alcohol.
- + Make sure you have your lab work completed at three months, six months and 12 months after surgery, and yearly for the rest of your life.
- + Keep all of your follow-up appointments.
- + If you get off track do not run away and hide. Come back! Call us to see how we can help you get back on track.
- + Attend support groups. No matter how far out you are everyone needs some support at some point.

All of us are committed in helping you in your lifelong journey to success.

## Psychology



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

### Get Out! (Outdoors, that is!)

On April 15, I watched as thousands of runners essentially swam the 26.2 miles from Hopkinton, Massachusetts to Copley Plaza to finish the 122nd Boston Marathon. Young and old, blind and sighted, physically challenged and physically advantaged, lean and not so lean, everyone sloshing through the monsoon on Boylston Street was a hero that day. As Kathryn Switzer, the first female runner of the Boston Marathon, has said, if you are losing faith in human nature, go out and watch a marathon.

One of the biggest challenges to bariatric patients is to establish an exercise program. Now, we don't expect you to start training for Patriots Day 2019, although some of our patients have in fact earned that golden unicorn. What we want is for you to experience the satisfaction, health and wellness benefits, and sheer enjoyment of living in a healthy, active body.

Despite the freezing, sopping weather on Marathon Monday, it does appear that spring has finally arrived in New England. What better time than RIGHT NOW to get active? After all,

we northerners only get a few months of really good weather, so why not go out and take advantage of it?

There are dozens of spring, summer and fall activities all around New England that are just waiting for you. Go for a walk or a hike, cycle on the Cape Cod Rail trail, trek around the hills of Western Mass., swim at one of our many sandy beaches, plant a great big vegetable garden, try kayaking, paddle-boarding or in-line skating or sign up for a bootcamp. Make your exercise more meaningful by raising money for your favorite cause in a danceathon or a walkathon or volunteer to walk rescue dogs at your local shelter.

Once you get out there, you won't want to stop! Your bariatric surgery is a tool for you to lose weight; your weight loss is then a means for you to live a happy, healthy and fulfilling life. Take full advantage of the gifts of your surgery by using your remarkable body for your own good and the good of others, and your life will open up in ways that you could have only imagined in the past. Keep your exercise life fresh, fun and challenging, and your couch potato days will be over – for good!

# Nutrition



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

## Update on calcium — We're making your life easier!

Updated vitamin and mineral supplement recommendations were recently released by The American Society of Metabolic and Bariatric Surgery. The only change that affects you is the one for calcium.

We have always asked you to take calcium citrate supplements three times daily after surgery. The new recommendations advise taking a total of 1200 to 1500 mg of either calcium citrate or calcium carbonate daily. Calcium carbonate is easier to find in stores and is less expensive than the chewable calcium citrate. But, if you have a history of kidney stones, calcium citrate remains a better choice. For better absorption, calcium carbonate should be taken with meals. Do not take Tums® or gummy calcium supplements.

**Dosage:** If the supplement supplies 500 mg in one dose, it should be taken three times daily; if it supplies 600 to 650 mg in one dose, it should be taken two times daily. The following chart specifies the dosage of several brands of calcium supplements.

Brand	Amount Per Dose	Number of Times Daily
UpCal® D powder (citrate)	500 mg/packet	3
Twin Labs® (citrate)	500 mg/2 wafers	3
Bariatric Advantage® Chewable or Chewy Bites (citrate)	500 mg/tablet	3
Celebrate® Chewable or Soft Chews (citrate)	500 mg/tablet	3
Calcet® Creamy Bites (citrate)	500 mg/tablet	3
Wellesse® Calcium Liquid (citrate)	500 mg/1 Tbsp. + 1 tsp. or 20 ml	3
Viactiv® (carbonate)	500 mg/tablet	3
Viactiv® (carbonate)	650 mg/tablet	2
Caltrate® Chews and Soft Chews (carbonate)	600 mg/tablet	2
Citracal® Calcium Pearls (carbonate)	600 mg/3 pearls	2

## Postoperative Bariatric Surgery Support Groups | June to September 2018

**Rosebrook Building, Wareham — Tuesday daytime**  
12:30 to 1:30 p.m.

A dietitian will be available for nutrition questions.

- June 19** **Psychology** Introduction to Yoga
- July 17** **Psychology** SKIN!
- Aug. 21** **Psychology** Relationships and the Changing You
- Sept. 18** **Psychology** Heading into Fall

**Rosebrook Building, Wareham — Tuesday evenings**  
Nutrition at 5:30 p.m. followed by Psychology at 6 p.m.

- June 26** **Nutrition** Summertime Eating  
**Psychology** Share Your Victories and Struggles
- July 24** **Nutrition** Belly Pain? A FODMAP diet may help  
**Psychology** Group Walk and Talk: Let's sweat together!
- Aug. 28** **Nutrition** Deciphering the Nutrition Facts Label  
**Psychology** Your Body after WLS or Plastic Surgeon
- Sept. 25** **Nutrition** Avoiding After Dinner Cravings  
**Psychology** Getting Back On Track or Plastic Surgeon

**300 Hanover Street, Fall River — Tuesday daytime**  
11:30 a.m. to 12:30 p.m. Suite 1G

A dietitian will be available for nutrition questions.

- June 26** **Psychology** Rebounding From Relapse
- July 24** **Psychology** Body Image Issues After WLS
- Aug. 28** **Psychology** Social Issues After WLS
- Sept. 25** **Psychology** How To Fill The Food Void

**The Cape Codder Resort, Hyannis — Wednesday evenings**  
Nutrition at 5 p.m. followed by Psychology at 5:30 p.m.

- June 6** **Nutrition** Belly Pain? A FODMAP diet may help  
**Psychology** What Keeps You On Track?
- July 11** **Nutrition** Summertime Eating  
**Psychology** Lifestyle Habits of Successful Patients
- Aug. 1** **Nutrition** Deciphering the Nutrition Facts Label  
**Psychology** What is Self Care?
- Sept. 5** **Nutrition** Avoiding After Dinner Cravings  
**Psychology** WLS Lifestyle tune-up for Fall

**Charlton Memorial Hospital, Fall River — Thursday evenings**  
Nutrition at 5:30 p.m. followed by Psychology at 6 p.m.  
Mooney Room

- June 28** **Nutrition** Summertime Eating  
**Psychology** Getting Back On Track
- July 26** **Nutrition** Belly Pain? A FODMAP diet may help  
**Psychology** Being Comfortable In Your New Body
- Aug. 23** **Nutrition** Deciphering the Nutrition Facts Label  
**Psychology** Balancing Your Life After WLS
- Sept. 27** **Nutrition** Avoiding After Dinner Cravings  
**Psychology** WLS Is No Miracle Cure for Low Self-Esteem