

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 Streeeter, MD, FACS

What a great summer! I hope everybody had a great time. I know that no matter in what stage of your journey you are, I bet you made the best of it and took the chance of good weather to get out and boost your weight loss with some healthy outdoor exercise. I must think that nice temperatures and many sunny days are definitely good allies to get that energy out and put in some effort to blast those extra pounds.

I have to share with you that I just came from a great course on patient experience. I am pumped and recharged to assume new enterprises and work hard to help my patients build a better and healthier life. Definitely that was an eye opener for myself and my staff. This was an awesome opportunity to realize what great patients we have; how courageous and committed you are to take the challenge to get control of your lives. As I always tell my patients, surgery is not and will never be the easy path to treat obesity, so I think that

people coming through our program are real warriors and decided to start a journey that only the bravest can take. You are really a winner, no matter how much weight you lost, going through the process and putting the best efforts to get better makes all your work worth it.

Sadly, obesity is a chronic disease and we must be vigilant. Summer will be gone soon and we will start with those cold days that sometimes keep us indoors and takes the excitement out of exercising. My advice to you is "beat the odds" and get moving in any way you can. Do not forget as well, that having a healthy diet and keeping track of your intake will help you tremendously in your success.

So, let's celebrate fall! Enjoy the nice foliage, have an exciting Halloween and a super healthy Thanksgiving.

Cheers!
Jorge

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, 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:

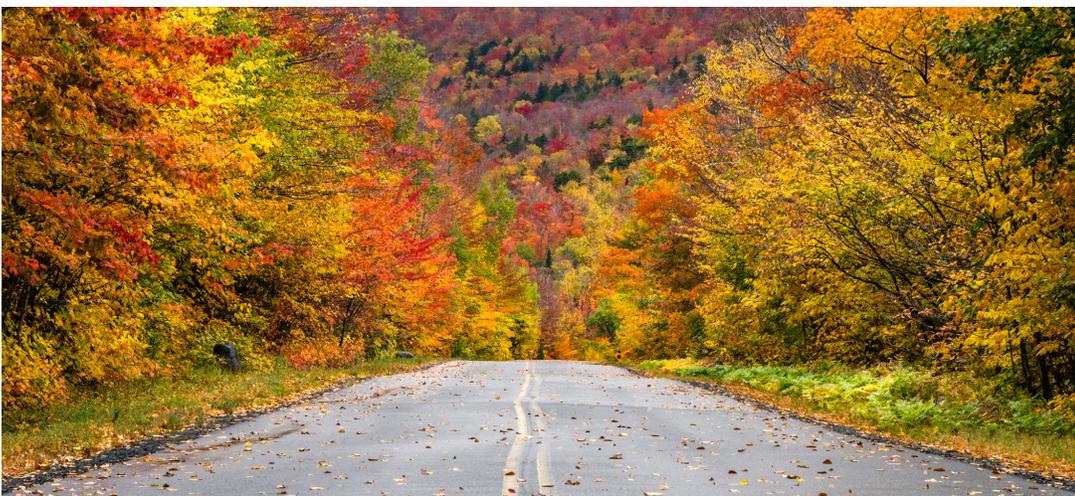
100 Rosebrook Way
Suite 300, Wareham
508-273-4900

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



Nutrition



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

Milk — It's Not Just From Cows Anymore

As you all know, after surgery, you are encouraged to get 60 to 80 grams of protein daily. To achieve this goal, we dietitians suggest that you eat meat, fish, poultry, eggs and beans and also have protein drinks. Some of you choose to drink milk as a protein source, which can be a very good option. Cow's milk provides 8 grams per cup, as well as 300 milligrams of calcium and 100 IU Vitamin D.

For various reasons, you might prefer to drink a non-dairy milk: perhaps you have a milk allergy or lactose intolerance, or you want to choose a milk with a lower carbon footprint. Non-dairy milks might be derived from soybeans, nuts, peas and grains. But be aware that many plant milks are lower in protein than cow's milk, might be higher in added sugar and might not be good sources of calcium, Vitamin D and Vitamin B12.

Some of you may have heard of a new product called A2 Milk, which is touted as a good alternative for those who suffer from digestive problems after having regular cow's milk. Research has been inconclusive as to its benefits, but it is not a good alternative for someone with lactose intolerance or a milk allergy.

How to choose:

1. Look for a % Daily Value of at least 30% for calcium and 25% for Vitamin D.
2. If you're drinking a non-dairy milk for protein, choose a milk with at least 7 grams per serving, such as soy or pea protein milks; milks from nuts and grains are likely to be very low in protein.
3. Limit added sugar to less than 5 grams per serving. Many of the flavored milks have a much higher amount of added sugar.
4. Most non-dairy milks are low in fat or contain more healthful unsaturated fat, except for coconut milk. If you are drinking cow's milk, choose fat-free or 1% milk fat.
5. If you are drinking non-dairy milk and not eating any animal products, you should definitely be taking a Vitamin B12 supplement.
6. Avoid rice milk as it might be high in arsenic.

Psychology



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

Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences. That is Wikipedia's description of what addiction is. That seems to potentially cover a lot of behaviors such as smoking, alcohol, drugs, foods or any pleasurable behavior that becomes excessive in amount or frequency and interferes negatively in one's life.

We see this brain disorder with some frequency in our post-op patients: often with alcohol but of course with other behaviors as well. Have you restarted smoking? Using alcohol? Gambling or other substance use? We have learned that up to 20% of post-bariatric patients can develop alcohol issues to the point of addiction. We have less data about the percentage of other addictions but see patients who are struggling. Certain behaviors or substances feel good to us, temporarily at least, but may in the long run hurt us.

Please take an honest look at yourself from time to time and really listen to any concerns that are voiced by those who love you. Are you in trouble? Going in the wrong direction? Call us, come in for a visit and let's have a conversation about things and see how we can help or guide you. Asking for and getting help is always a sign of strength. Holding yourself accountable to discuss behaviors that are keeping you from your health and life goals is just a natural stepping stone on the path to being the best version of you. Let's talk.

You can reach us at:

508-273-1864 — Suzanne

508-273-1865 — Raechel

508-273-4943 — Maria

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

One of the greatest fears that weight loss surgery patients have is regaining weight. If you start to notice that the scale is going up instead of down, do not panic. Almost every bariatric patient at some point during their post-operative journey will struggle with some weight regain, lack of weight loss or a fluctuation in weight. You may have some idea of what is causing your weight regain, however you may need evaluation by a surgeon, nurse practitioner or physician's assistant to determine if it is a medical, psychological or life style issue. Don't wait for your yearly appointment; you can come see us sooner to discuss.

Perhaps you have gotten off track with your diet and exercise. An appointment with the dietitian can help you figure out what changes need to be made that can affect your weight loss or maintenance. A change in eating habits, increasing or decreasing your calories, slowing down your exercise or only staying with the same type of exercise can cause your weight to plateau or go up. We also offer a Back on Track program that you can sign up for through the office.

We now offer weight loss medications for qualifying patients. An appointment will need to be made with one of our nurse practitioners who specialize in this.

Stress and your hormone levels can also affect your ability to lose weight. Finding ways to deal with your stress by exercising, maintaining a healthy diet and finding time for yourself are important. Some people may require additional support to deal with stress and can consult with psychology for guidance and direction. Attending regular post-op support groups is also another way for people to gain the knowledge, skills and support to make changes and optimize their weight.

Medical causes of weight regain are rather uncommon but if your surgeon is concerned that it may be an anatomy problem they may order additional testing. The majority of time it is the result of patients slipping back into old habits. By intervening early and addressing each individual's issues that may be causing weight regain we can help you get back on track to a healthy lifestyle.

Postoperative Bariatric Surgery Support Groups | Oct. 2018 to Jan. 2019

**We have canceled the lunchtime support groups for the following few months due to lack of attendance.*

Rosebrook Building, Wareham — Tuesday evenings

Nutrition at 5:30 p.m. followed by Psychology at 6 p.m.

Oct 23	Nutrition	<i>What is "clean eating?"</i>
	Psychology	Planning ahead
Nov 27	Nutrition	<i>Holiday eating</i>
	Psychology	Continuing to learn
Jan 29	Nutrition	<i>Winter fitness tips</i>
	Psychology	Plastic surgeon or speaker

The Cape Codder Resort, Hyannis — Wednesday evenings

Nutrition at 5 p.m. followed by Psychology at 5:30 p.m.

Oct 3	Nutrition	<i>What is "clean eating?"</i>
	Psychology	"Falling down and getting up"
Nov 7	Nutrition	<i>Holiday eating</i>
	Psychology	Social life changes
Dec 5	Nutrition	<i>Winter fitness tips</i>
	Psychology	Gifts of surgery
Jan 2	Nutrition	<i>Health benefits of the Mediterranean Diet</i>
	Psychology	Re-boot your plan

Charlton Memorial Hospital, Fall River — Thursday evenings

Nutrition at 5:30 p.m. followed by Psychology at 6 p.m.

Mooney Room, Cancer Center entrance at 506 Prospect St.

Oct 25	Nutrition	<i>What is "clean eating?"</i>
	Psychology	Holiday planning
Nov 29	Nutrition	<i>Holiday eating</i>
	Psychology	Gifts of self-care
Jan 24	Nutrition	<i>Winter fitness tips</i>
	Psychology	Lifestyle changes for 2019 (not in the Mooney Room)