



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

I hope you had a great and healthy beginning of the year and everybody is doing well after surgery. It is a pleasure for us to take care of you! Every one of you is an inspiration for us to continue working and helping people to deal with this terrible disease that is obesity.

As recently stated at a national conference, obesity is becoming one of the most common diseases in the country and its presence makes people prone to develop serious medical conditions. You, our patients, who were super-brave to acknowledge this medical condition and seek help for it, are really the heroes in this story. We, the bariatric team, are fortunate to work with people like you who, even in the adversity of this disease, looked for a solution. As I always tell my patients, the surgery is just

the beginning and is a little part of this process to get your life and your health back; but taking this first step to have surgery is probably the most difficult part of the process and deserves a lot of recognition.

Every single bariatric surgery patient is a winner and that should be an encouragement to go through this journey. We are here to support you and guide you in the years coming, and our goal, as should be yours, is to get you to the best physical and mental health possible. Our expectations in the medical team are that you use all the resources available to make this process successful. Again, we are proud to have you as our patients and we will be fighting at your side to defeat this disease.

Jorge Huaco-Cateriano, MD, MPH

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

Psychology



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

Oh, the Weather Outside is Frightful

Here we are again, in the dead of a New England winter. As I write this I wonder, will it be one of those years when it snows madly, or will we suffer arctic temperatures with face-freezing wind chill, or will we have a freakishly warm winter, with daffodils and tulips in full bloom in March? Nowadays, who knows?

This is why the weather cannot be your excuse for not exercising. Let's face it, we live in New England; we're lucky to have a handful of days per season that are ideal for exercising outside! If we allow our exercise to be dictated by the weather, we will never get up off that

continued inside



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

Hypoglycemia after Bariatric Surgery

Hypoglycemia after weight loss surgery is also known as reactive hypoglycemia or late dumping syndrome. It is most likely to occur one to two hours after eating starchy or sugary foods. These foods rapidly cause high blood sugars, which trigger your body to produce excess insulin, causing your blood sugar to plummet. Symptoms include fatigue, sweating, shakiness, dizziness, and in more extreme cases, loss of consciousness.

The immediate treatment for hypoglycemia is to follow the 15/15 rule. Have 15 grams of an easily digested carbohydrate, such as ½ cup of juice, followed by a small amount of protein, such as a cheese stick or some peanut butter. If your symptoms persist after 15 minutes, repeat this process.

To prevent hypoglycemia, it would seem logical to completely avoid carbohydrates, right? WRONG! Instead,

you should be controlling the amount and types of carbohydrates you are eating. Read the nutrition label, and aim for 30 grams of carbohydrate per meal and 15 grams per snack. The carbohydrates you choose should come from whole grains and whole fruits and vegetables. Avoid high sugar foods, such as desserts, candy, sugar-sweetened drinks, honey, and syrup, as well as refined starches, such as white bread, white pasta, white rice, and potatoes. Include protein and heart healthy fats with your meals and snacks. Space meals and snacks about three to four hours apart. Also, remember not to drink with your meals, and avoid alcohol and caffeine.

If you try these suggestions and you still are experiencing hypoglycemia, please contact our office or your Primary Care Physician for an appointment.

Psychology: Oh, the Weather Outside is Frightful

continued from cover

couch, and we all know how that ends – with regain, frustration and disappointment.

I love to be outside, and I've trained for both spring and fall marathons in extreme weather of all sorts, and guess what? I don't do that to myself anymore! If you're aiming for a specific endurance goal, then training outside is inevitable, but if your goal is simply to stay happy, lower your stress, sleep better, strengthen your immune system and maintain your weight loss, the wonderful world of indoor exercise is yours to explore.

Now, most of us probably have gym memberships, which is great for all of the obvious reasons, but what about those days when you're snowed in? There's freezing rain and black ice? The temperature is in the single digits? I don't know about you, but getting in my car and driving to the gym under those circumstances is not my idea of a good time.

Hello, YouTube! Hello, Xfinity! Hello, Amazon Prime! Hello, every other streaming platform! If you have access to the internet, you have access to literally thousands of fitness workouts that you can do right in the privacy of your own home. Take a look around the web and you will find work-

outs for every body, every fitness level, every condition, with or without equipment. There are workouts that last a few minutes, and those that last an hour and a half. Yoga, Pilates, cardio, strength training, Zumba, tai chi, aerobic walking, high intensity interval training, you name it, you can find it and stream it on the internet! Join an exercise challenge group on social media, log your steps or exercise minutes on an app, keep a journal of your progress, and come to our support groups and share what you've learned with others. The more we are vigilant about our daily maintenance, and the more we involve other positive people in our endeavors, the more accountable and successful we will be.

So get yourself a pair of workout shoes, a couple of hand weights, a yoga mat, and get started. Remember, consistency is key to any exercise program, so give yourself a chance to get conditioned, get those Zumba moves shaking, and relax into child's pose. Then make yourself a nice hot cup of tea and know that you're taking good care of yourself and honoring all the hard work you've already done in making your weight loss journey a success!



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

Importance of Vitamin D

Many bariatric patients have weight-loss surgery with the hopes they will be able to stop taking many of their daily medications. It can be a job keeping up with daily blood pressure, cholesterol, and diabetic meds. It's true that with weight loss comes improvement in overall health and for many that means fewer comorbidities and fewer daily pills. However, there are "pills" — vitamins and supplements — you are asked to take after bariatric surgery including your multivitamin, B12, and calcium citrate. You may be asked to take additional vitamins such as a daily or weekly vitamin D supplement.

Many patients think they don't need extra vitamin D or don't understand why it is so important to overall health. According to the CDC, over the last 20 years more research has come out connecting vitamin D deficiency with certain cancers, cardiovascular disease, autoimmune disease, metabolic

disorders, and musculoskeletal disorders. It is also essential for efficient absorption of calcium and phosphorous.

A good way to get vitamin D is through dietary intake (fatty fish, vitamin D enriched dairy products) though the average dietary intake nationwide is typically less than 5% of the body's vitamin D requirement. Another way is through sun exposure, however the average person's lifestyle and place of residence (New England...br) allows little time to be spent outdoors. Other things that may be a factor in vitamin D absorption include prescription medications, age, and weight.

These concerns about vitamin D are why your bariatric team checks your levels with your standard lab work and why a daily or weekly vitamin D supplement may be one more pill you need to take. So, be sure not to skip it, if your doctor recommends it.

Postoperative Bariatric Surgery Support Groups | February – May 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 pm followed by Psychology at 6 pm

Feb 26	Nutrition	<i>Health benefits of the Mediterranean diet</i>
	Psychology	<i>Guest speaker: Exercise</i>
Mar 26	Nutrition	<i>To count or not to count calories</i>
	Psychology	<i>Your support system: bring your support person</i>
Apr 23	Nutrition	<i>How does the post surgery diet compare to the Ketogenic diet</i>
	Psychology	<i>Panel of long-term patients</i>
May 28	Nutrition	<i>What are food additives and are they healthy?</i>
	Psychology	<i>Self esteem and self image</i>

The Cape Codder Resort, Hyannis — Wednesday evenings

Nutrition at 5 pm followed by Psychology at 5:30 pm

Feb 6	Nutrition	<i>Nutrition for a healthy heart</i>
	Psychology	<i>Exercise</i>
Mar 6	Nutrition	<i>To count or not to count calories</i>
	Psychology	<i>Self esteem and self image</i>
Apr 3	Nutrition	<i>How does the post surgery diet compare to the Ketogenic diet</i>
	Psychology	<i>Consistent persistence!</i>
May 1	Nutrition	<i>What are food additives and are they healthy?</i>
	Psychology	<i>Family changes: bring your support person</i>

Charlton Memorial Hospital, Fall River — Thursday evenings

Nutrition at 5:30 pm followed by Psychology at 6 pm

Mooney Room, Cancer Center entrance at 506 Prospect St.		
Feb 28	Nutrition	<i>Health benefits of the Mediterranean diet</i>
	Psychology	<i>Addiction post-WLS: guest speaker</i>
Mar 28	Nutrition	<i>To count or not to count calories</i>
	Psychology	<i>Self care</i>
Apr 25	Nutrition	<i>How does the post surgery diet compare to the Ketogenic diet</i>
	Psychology	<i>Let's get moving: guest speaker</i>
May 23	Nutrition	<i>What are food additives and are they healthy?</i>
	Psychology	<i>Mindful eating</i>

St. Luke's Hospital, White Home — Tuesday evenings

5:30-6:30 pm

Mar 5	Psychology	<i>Spring reboot</i>
Apr 2	Psychology	<i>New ways to cope</i>
May 7	Psychology	<i>Maintenance</i>

Back on Track reunion — Rosebrook Building, Wareham

February 12, 5-6:30 pm (for former BOT members only)

Spanish speaking support group — Fall River

March 12, 10-11 am