

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 hope you are as excited with the coming season as I am. Yes! we made it through the winter and the good weather is here to help us with our physical activity. As you remember, after surgery, a good approach to success is an adequate diet, but at the same time you need to be consistent with your exercise. Four to five days a week of vigorous exercise will help tremendously to lose those pounds after surgery. Forming this habit will help with your long-term success.

Today, we are fortunate because of the technology available to keep us on track. There are several applications out there, but I found two that are particularly helpful: **Baritastic** and **MyFitnessPal**. Both of them will help you to keep records of your food intake, hydration, measurements and daily exercise. This is a

great way to see your progress over time, keep yourself motivated and help you to get into healthy habits. I also think it's important to follow social media, such as our Facebook page, to keep in touch with the program and other people who are on the same journey. This will help you to keep focus on your recovery and maintenance after surgery. One web page that I found very helpful is **Obesityhelp.com**. This site has several resources such as forums, community, bariatric products, recipes and more. I challenge you to take a look at them and incorporate them into your daily life as a tool for success after your surgery.

I hope you have an enjoyable and healthy summer.

— Jorge Huaco-Cateriano, MD, MPH

Addiction Peer-Led Support Group starting Wed., July 10 at 5:30pm

100 Rosebrook Way
Suite 300, Wareham

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

Healthy Coping and Addiction

In our pre-op workshops, we in psychology talk about learning healthy coping skills and new habits to manage our emotions after weight loss surgery. Before surgery, people often don't realize that they may have been leaning on food to deal with stress, boredom, anxiety, or depression. Some people come to

realize that they have also used positive occasions to overindulge in sweets, salty snacks and other foods.

Part of having success with weight loss surgery is learning to identify those times when we would turn to food when we were actually

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Nutrition



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

When To Count Calories

Phone apps such as 'Baritastic' and 'MyFitnessPal' have revolutionized the ease with which we can track our intake of nutrients such as calories, protein, carbs, and fluids. This is why they have become valuable tools for individuals who have had weight loss surgery. Most apps are free and easy to use. Enter the amount and what you ate and drank as accurately as possible and the app will do the rest and calculate your nutrient intake. At the end of the day you will have your totals and know if you have met your nutrient goals or not.

During the early post-op phase, focus on your fluid and protein totals. Calories and carbs will be low because you are eating small portions and you are focusing on choosing protein foods, vegetables, and fruits. If you do not experience any weight loss for a couple of weeks, do not worry. That is how weight loss happens; it is unlikely that you are eating too many calories. Just focus on meeting your fluid and protein goals, including some fiber in your diet, and exercising.

As you approach your one year anniversary, it becomes more important to track your calorie intake (as well as your weekly weight). This is typically when the weight maintenance phase begins and you may need to make periodic adjustments to your diet and exercise routine to keep your weight in a good place.

Use the following table as a guide for what is typical during these periods.

Months postop	Calories	Protein grams	Carbs grams
Up to 3 months	—	60-80	35-70
3-6 months	—	60-80	50-90
12 months and beyond	1200*	60-100	60-100

*Calorie needs vary depending on activity level, height, and BMI

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

Alcohol and surgery

Before you had your surgery our care team counseled you on the dangers of alcohol after weight loss surgery. You signed a contract stating you would avoid alcohol for one year and drink minimally thereafter. Unfortunately, some patients have found themselves in difficult situations related to alcohol use. In this portion of the newsletter, we will review how alcohol has a different effect on you after surgery and why you should still avoid it.

Drinking alcohol on an empty stomach before you had surgery may have made you feel the effects of alcohol quicker than when drinking alcohol when your stomach was full. This is because it takes longer for alcohol to pass through a stomach full of food to get to the small intestines where most of the alcohol is absorbed. On an empty stomach it gets to the small intes-

tines quicker. So it makes sense that if you have a smaller stomach, as would be the case after RNY and sleeve, you might feel drunk more quickly.

The effects of alcohol after RNY and Sleeve are not only are stronger and faster, there are many health dangers as well. Alcohol is toxic to the body. Weight loss surgery patients who drink are at a greater risk of developing alcohol-related health problems, such as acid reflux, gastric ulcers, gastric and esophageal cancer, liver damage and heart problems.

After weight loss surgery, patients are at risk for vitamin deficiencies. Consuming alcohol increases this risk. You are instructed to take vitamin supplements for LIFE to keep deficiencies away. However, deficiencies are not always avoidable if you drink

alcohol regularly. Drinking alcohol inhibits the absorption of certain vitamins. Some vitamin deficiencies have serious consequences if left untreated. Vitamin deficiencies such as B1 (Thiamine), B12, and folate can have symptoms, such as excessive vomiting, numbness, tingling of hands and feet, weakness, mood changes, confusion, and anemias. If at anytime you experience any of the symptoms listed above, a medical evaluation is recommended.

Each patients' relationship with alcohol is different, and your care team is here to help you if you have any questions about your lifestyle choices. Drinking alcohol after surgery can be risky. It is recommended that you steer clear of alcohol altogether or drink with extra caution.

Psychology: Healthy Coping and Addiction

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not physically hungry, and figure out other ways to cope, celebrate, and occupy our time. Some of the healthy coping strategies we discuss in workshops include exercise, volunteering, learning a new skill such as knitting or painting, meditating, spending time with a pet, and many others. These strategies help you cope with difficult emotions, and you don't end up regretting anything, the way you did with food.

We do know, unfortunately, that some people fall into unhealthy behaviors in an attempt to cope after weight loss surgery, when emotional reliance on food becomes physically impossible. Drinking alcohol, abusing drugs, gambling, overspending, and other behaviors can become addictive, often before a person even realizes. In particular, we speak at

length in our workshops about the dangers associated with alcohol post-surgery. Due to changes in the body's anatomy and physiology, weight loss surgery patients are particularly susceptible to the devastating effects of alcohol abuse, and extreme caution must be exercised.

In our upcoming support groups, we will be addressing the topic of addiction after weight loss surgery. Please refer to the June-September support group schedule for times and locations. In addition to the support groups, the psychology team is available to you individually if you need to talk. We know how difficult it can be to admit when you need help. Please don't wait — call us. We are here for you, and we understand.

Postoperative Bariatric Surgery Support Groups | June – September 2019

Rosebrook Building, Wareham — Tuesday evenings

Nutrition at 5:30pm followed by Psychology from 6-7pm

June 25	Nutrition	<i>Farmers markets</i>
	Psychology	<i>Plastic surgeon presentation</i>
July 23	Nutrition	<i>Stay on track on your vacation</i>
	Psychology	<i>Addictions</i>
Aug 27	Nutrition	<i>Underated and overrated foods</i>
	Psychology	<i>Speaker on exercise and movement</i>
Sept 24	Nutrition	<i>Food cravings</i>
	Psychology	<i>Chiropractor presentation: Your spine post op</i>

The Cape Codder Resort, Hyannis — Wednesday evenings

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

July 10	Nutrition	<i>Farmers markets</i>
	Psychology	<i>Emotional change</i>
Aug 7	Nutrition	<i>Food cravings</i>
	Psychology	<i>Coping strategies</i>
Sept 4	Nutrition	<i>Underated and overrated foods</i>
	Psychology	<i>Addictions</i>

Charlton Memorial Hospital, Fall River — Thursday evenings

**Nutrition at 5:30 pm followed by Psychology from 6-7pm
Cardiac Conference Room***

June 27	Nutrition	<i>Stay on track on your vacation</i>
	Psychology	<i>Self-compassion "diet"</i>
July 25	Nutrition	<i>Farmers markets</i>
	Psychology	<i>Mindful eating</i>
Aug 29	Nutrition	<i>Food cravings</i>
	Psychology	<i>Support after WLS: bring your support person</i>
Sept 26	Nutrition	<i>Underated and overrated foods</i>
	Psychology	<i>Addictions</i>

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

5:30-6:30pm

July 10	Psychology	<i>Exercise</i>
Aug 7	Psychology	<i>Addictions</i>
Sept 4	Psychology	<i>Relationship post WLS</i>

*Charlton Memorial Hospital Cardiac Conference Room:
Use the hospital main entrance and take Elevator M down one level to Ground. After exiting elevator, turn right, then left down hallway. Conference room is on the left.