

Your Journey to Healthy Living



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

Notes from your surgeons



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It's that time of the year when we start feeling that the excitement and energy of the summer season is wearing off. I bet most of you had a fantastic summer and maybe started a new exercise program or became more active outdoors. There is nothing like fresh air and good weather to get us motivated to move. I hope you will continue with that spirit and commitment and not compromise your health by cutting back on your healthy activity in the coming fall and winter.

I am confident that most of you already mastered your diet and stick to small portions to make the most of your surgery, but an important part of the program involves creating a habit of exercise. You don't need to train for a marathon or swim Buzzards Bay to consider

yourself active. Simple things like walking daily plus lifting light weights two to three times a week can make a difference.

You don't have time? How can you find it? How do other busy people do it? Make a choice to find the time. Schedule 30 to 40 minutes a day for yourself. It may be Yoga, meditation or some form of exercise. Taking that time is an investment in your wellness. Surgery really works but long-term success is really all you.

In a few weeks the Obesity Week International Conference is taking place. I will go there and bring the newest and best science in Bariatric surgery to our program. Stay tuned!

— Jorge Huaco-Cateriano, MD, MPH

We are here to help!

If you have any nutrition or health concerns related to your post-op lifestyle changes, please call and speak with a nurse or dietitian or make an appointment to speak with us in-person.

Back on Track

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

The "Easy Way Out"?

It is easy for those who have not chosen weight-loss surgery (WLS) to think of it as the "easy way out." Of course, you know better! Undergoing WLS and working daily to improve your lifestyle and health is anything but easy.

There are all kinds of challenges both physically and psychologically to contend with as days, months and years go by. Some of the emotional challenges early on are: grieving

the loss of food, regrets, changes to relationships and fear of weight regain. Challenges later include: relapses with old routines and patterns, body image concerns, negotiating the world where food is such a focus and more. My guess is that we could create a long list of challenges!

Of course, there are wonderful benefits to WLS and some patients seem to glide easily

continued

Nutrition



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

Alcohol and You

We recommend that you be very careful about consuming alcohol after weight loss surgery for several reasons:

1. Alcohol provides empty calories (no benefit). There are 7 calories per gram of alcohol. One standard drink (12 oz. 5% beer, 5 oz. 12% wine, 1.5 oz. 40% distilled spirits) provides 14 grams of alcohol and 98 calories.
2. Alcohol is absorbed more quickly than it is before surgery.
3. The stomach is the main source of the enzyme alcohol dehydrogenase, which breaks down alcohol for processing by the liver. With less enzyme available, the blood alcohol level rises more quickly than it does pre-surgery. A study done in gastric bypass patients found that 10 minutes after consuming one alcoholic drink, blood alcohol levels

rose to more than 0.08%, the legal driving limit. In another study, women who have had sleeve gastrectomy surgery were found to become intoxicated with half the number of drinks they consumed before surgery.

4. Alcohol may take longer to be eliminated from the body.
5. Studies have also shown that after weight loss surgery there is a greater risk for developing new-onset alcohol use disorder and for relapsing after a period of good control.
6. It is important to avoid alcohol altogether during the rapid weight loss phase, typically during the first post-operative year. Alcohol metabolism during this time puts additional stress on the liver, which is also processing the byproducts of extensive fat metabolism.

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

Be Sure to Get Your Zzzz's

Sleep is critical to good health. The Centers for Disease Control and Prevention (CDC) states that most adults need at least seven hours of sleep each night. However, more than one in three American adults report they don't get the recommended amount of sleep. While we may be able to function for a day or two with insufficient rest, over time it can lead to serious health concerns. Sleeping poorly can increase a person's risk for developing obesity, diabetes, high blood pressure or heart disease.

A lack of sleep can create multiple changes in the body resulting in weight gain. For instance, sleep deprivation causes changes to the hormones that regulate hunger and appetite. The secretion of the hormone ghrelin, which sparks the appetite, is stimulated, triggering increased feelings of hunger. Leptin, which indicates when the body is satiated (full), levels drop. This can lead to increased food intake without compensating body outlay.

Food interests are also affected with increased cravings for fatty or sugary foods. You're more likely to be impulsive and give into unhealthy choices. You may also eat more than you typically would on a normal day. This in turn leads to weight gain.

Creating a healthy sleep pattern is essential in weight management. Our behaviors during the day especially before bedtime can impact our sleep. There are many techniques listed in the literature that can improve our ability to fall asleep and stay asleep. First, set a regular bedtime; this is not just for children. Adults can also benefit from regular sleep times.

Be sure it is early enough for you to get at least seven hours of sleep. Create a peaceful environment that is quiet and comfortable.

Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone. Turn off electronics at least 30 minutes

before bedtime. Get enough natural light by going for a morning walk. Physical activity is important during the day, do not exercise a few hours before bedtime. Do not eat a large meal before going to bed. If you are hungry, have a light, healthy snack. Avoid alcohol and foods that are high in fat or sugar. Avoid consuming caffeine in the late afternoon.

If you are having difficulty sleeping or want to improve your sleep hygiene, try some of the techniques listed. Keep a sleep journal, as the pattern may help uncover what is keeping you awake. For those who have sleep apnea, while this condition can improve with weight loss, it is important to continue your treatment. Discuss the appropriateness of changing your treatment with your doctor before making any modifications.





Psychology: The “Easy Way Out”?

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from one phase to another while many others hit bumps in the road. The surgery itself is a great “jumping off” platform to change, but everything else comes from your effort and hard work. Most people tell me they don’t regret their surgery and decisions to change after they get through the first few weeks. But easy it is NOT.

Perhaps we need to acknowledge that there is no real “way out” of obesity. It is a hard disease, a persistent disease and a lifelong one as well. Choosing WLS provided you with an important tool to help you with the challenges along with a helping hand to rely on in the obesity battle. Easy? No way!

Pat yourself on the back for choosing the tool and going to battle with obesity. Acknowledge to yourself and to others that nothing about this is easy. You are a determined warrior who charges forward towards health and quality of life knowing you will take some hits, get bruised and battered, but will continually stand up to fight again. Not “easy” but in fact very hard! That is something to be proud of.

Be very careful!

Emotional eaters, who are no longer able to eat their previous comfort foods, may turn to alcohol after surgery. Individuals with addictive personalities may transfer their addiction from food to alcohol. Alcohol-sensitive individuals may find that they now enjoy the feeling they get from a buzz.

BE MINDFUL!

DON'T DRINK AND DRIVE!

TAKE YOUR VITAMINS!

SEEK HELP IF YOU THINK YOU NEED IT!

Ref: ASMBS position statement on alcohol use before and after bariatric surgery. M. Parikh, MD et al. Surgery for Obesity and Related Diseases 12 (2016) 225 – 230.

Postoperative Bariatric Surgery Support Groups | October 2019 – January 2020

Rosebrook Building, 3rd fl., Wareham — Tuesday evenings Nutrition at 5:30pm followed by Psychology from 6 - 7pm

- Oct 29** Nutrition *Processed Foods That Are Healthy?*
Psychology *Plastic Surgeon Presentation*
- Nov 26** Nutrition *Metabolism 101*
Psychology *Developing Curiosity and Compassion*
- Dec** **No Groups**
- Jan 28** Nutrition *Food Cravings*
Psychology *Vitamins - Guest Speaker*

The Cape Codder Resort, Hyannis — Wednesday evenings Nutrition at 5pm followed by Psychology from 5:30 - 6:30pm

- Oct 2** Nutrition *Processed Foods That Are Healthy?*
Psychology *Exercise as a Lifestyle*
- Nov 6** Nutrition *Metabolism 101*
Psychology *Practicing Self Focus*
- Dec 4** Nutrition *Holiday How-To*
Psychology *The Gifts of WLS*
- Jan 8** Nutrition *Sleep Well to Eat Healthy*
Psychology *Developing Curiosity and Compassion*

Charlton Memorial Hospital, Fall River — Thursday evenings Nutrition at 5:30 pm followed by Psychology from 6 - 7pm Cardiac Conference Room*

- Oct 24** Nutrition *Vitamins*
Psychology *Celebrating the Holidays After WLS*
- Nov** **No Groups**
- Dec** **No Groups**
- Jan 23** Nutrition *Processed Foods That Are Healthy?*
Psychology *Goals for the New Year*

St. Luke’s Hospital, White Home — Wednesday evenings Women’s Group • 5:30 - 6:30pm

- Oct 2** Psychology *Fear*
- Nov 6** Psychology *Developing Gratitude*
- Dec 4** Psychology *Surviving the Holidays*
- Jan 8** Psychology *Realistic Goal-Setting*

*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.