

# 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

Hi everyone,

The New Year is a very exciting time of year. It's a great time to reflect on how your life went last year. Lots of you might be thinking about how great you felt after surgery, maybe how hard it was at the beginning but how satisfying it was seeing the pounds disappear and your health improve.

Are you several years after surgery? Maybe this is the time to reassess how you did and what you would like to improve. Reset yourself, improve your diet and boost your exercise; it is never too late. If you have not seen us recently,

maybe you should come to the office and evaluate how you are doing. You might need to see our newest addition, Dr. Inwood, a specialist in obesity medicine. Perhaps you might want to see your surgeon, nurse practitioner, or dietitian — to check-in. We are here!

The important message I want you to get is that you always have opportunities to make a change, and we can help.

Happy New Year and have a great 2020!  
Jorge A. Huaco, MD

## 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

### "Falling Off the Wagon" (weight regain)

Most bariatric surgery patients maintain successful weight-loss long-term. However, as many as 50-percent of patients may regain a small amount of weight back (approximately 5%) two years or more following their surgery. Studies found that "successful" weight-loss is defined as weight-loss equal to or greater than half of their excess body weight. Often, positive results are determined by the patients and their own perceived improvement in their quality of life, including the resolution of co-morbidities.

If you begin to regain weight after bariatric surgery, don't run away and hide; we are all

human and have many obstacles in life. Weight regain is a barrier that we can help you overcome. Call the office and schedule an appointment sooner rather than later. Remember, it is easier to take off a few pounds before it becomes several pounds.

You may have a sense of what's causing your weight to regain; however, you may need a more thorough evaluation to determine contributing factors. Whether it be medical, psychological, lifestyle changes, or dietary indiscretion we are here to provide you with a judgment-free and

*continued inside*

### 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  
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

### What's your plan for 2020?

Here we are at another new year and another new decade. Happy 2020! It is an opportunity to reflect on our lives and make additional changes we truly want to make going forward. Change is not easy, as all of you know, but it is possible if you WANT to. So think about what you want to be different this year and this decade. It can be anything truly important to you...to be kinder to yourself, to seek out more fun and laughter, to clean up your finances, learn a new language, make health-related changes...there is no limit to the possibilities.

Take the time to write yourself a list of things to accomplish in the short term and another for longer-term projects. Whittle those lists down to just a few things. Now, what do you need to do to prepare for these changes? Figure out the small steps that will lead to bigger changes and start there. Are there any barriers in your way? What can you do about those? Taking the time to plan for success is a huge part of being successful. Jumping in with unrealistic ideas and goals without thinking them through and planning often derails us quickly. We then give up and feel bad about that. Sound like the familiar resolutions we often make at New Years?

You are someone who has chosen a challenging and brave path when you chose weight loss surgery. You have had



success and setbacks. That is life and we will never be goal-directed and successful at every moment. If there are health and weight-related goals in your new year/decade plan, remember we are here to help. Attend a Back on Track session, check out a support group (we have some great speakers coming-up), make an appointment with a provider, and connect with others walking this same journey. We all have time to make changes that will find us improved in 2020 and in ten years. We will be older then, but living an even better life!

## Nutrition



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

### Dietary Collagen

Collagen is a protein that is found in connective tissue such as bones, ligaments, tendons, cartilage, and skin. It is not a complete protein like milk, meat, or egg protein because it lacks the essential amino acid tryptophan. Collagen is not absorbed whole but rather in smaller protein pieces called peptides. In the body, these peptides are used to make other proteins including collagen. Food sources of collagen include bone broth, animal muscle, fish, egg whites, and the algae spirulina, but it can also be synthesized from any good dietary protein source. Vitamin C, zinc, and sulfur are nutritional cofactors in collagen production. Existing collagen can be damaged by high sugar intake, smoking, and sun and pollution exposure.

Some preliminary studies have indicated that collagen

may improve joint pain, skin elasticity, wound healing, bone loss, muscle growth, and weight loss. Most studies have been done using collagen supplements. Many are funded by the industry which is cause for some skepticism. It may be that similar results would be found using protein in general rather than collagen specifically. More unbiased studies are needed. Consuming protein from minimally processed, natural food sources is the best way; when supplements are used, it may be best to choose a complete protein source until we learn more about collagen supplements.

Ref: "Dietary Collagen – Should Consumers Believe the Hype?" by Jamie Santa Cruz. *Today's Dietitian* Vol. 21, No 3, p. 26.

## Nurses Corner: "Falling Off the Wagon" (weight regain)

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positive environment. Medical causes of weight regain are rather uncommon, but if your surgeon or nurse practitioner is concerned that it could be an anatomy problem they may order additional testing. It's also possible that your diet and exercise habits have "slipped," in which case you can, with support from our nutritionists and knowledgeable staff, lose the regained weight. You could also choose to lose weight the old-fashioned way, both by reducing your calorie intake and increasing your daily physical activity. Either way, we can provide you with the help you need.

We offer multiple options for weight regain including "Back on Track programs," monthly support groups, nutritional support, psychological support, as well as medical weight management through the use of medications. We have dedicated nurse practitioners who will work with you to determine

which medications will be successful for your weight loss along with continued monitoring through follow up appointments that will guide you through every step in this process.

Bariatric surgery can be an effective treatment for obesity, and most people do lose weight after the procedure if they are adequately prepared for the necessary changes. You may be at risk of falling off that path and possibly regaining weight. Even if it occurs years later, we are here to help you get "back on that wagon" with multiple options and solutions. Please call the office today to discuss any concerns or questions about getting back to a healthier you.

The comeback is always stronger than the setback.

## Postoperative Bariatric Surgery Support Groups | February – July 2020

Rosebrook Building, Wareham — Tuesday evenings Nutrition at 5:30pm followed by Psychology at 6pm		
<b>Feb 25</b>	<b>Nutrition</b> <b>Psychology</b>	Breaking Plateaus Kate Leite, DPT Exercise
<b>Mar 24</b>	<b>Nutrition</b> <b>Psychology</b>	Plan Your Success Dr. Jessica Inwood
<b>Apr 28</b>	<b>Nutrition</b> <b>Psychology</b>	Curbing After Dinner Cravings Dr. Rachel Cimaomo
<b>May 26</b>	<b>Nutrition</b> <b>Psychology</b>	Mindful Eating Addiction Issues
<b>Jun 23</b>	<b>Nutrition</b> <b>Psychology</b>	Favorite Cooking Methods and Recipes Dr. Jorge Huaco
<b>July 28</b>	<b>Nutrition</b> <b>Psychology</b>	Replace Refined Carbs and Sugar Panel of Expert Patients

The Cape Codder Resort, Hyannis — Wednesday evenings Nutrition at 5pm followed by Psychology at 5:30pm		
<b>Feb 5</b>	<b>Nutrition</b> <b>Psychology</b>	Breaking Plateaus Lifestyle Habits for Success
<b>Mar 4</b>	<b>Nutrition</b> <b>Psychology</b>	Plan Your Success Mindful Eating
<b>Apr 1</b>	<b>Nutrition</b> <b>Psychology</b>	Bariatric Advantage Guest Speaker Addictions
<b>May 6</b>	<b>Nutrition</b> <b>Psychology</b>	Curbing After Dinner Cravings Body Image
<b>Jun 3</b>	<b>Nutrition</b> <b>Psychology</b>	Favorite Cooking Methods and Recipes Planning!
<b>July 1</b>	<b>Nutrition</b> <b>Psychology</b>	Replace Refined Carbs and Sugar Exercise & Resistance Training

Charlton Memorial Hospital, Fall River — Thursday evenings Nutrition at 5:30pm followed by Psychology at 6pm Cardiac Conference Room*		
<b>Feb 27</b>	<b>Nutrition</b> <b>Psychology</b>	Breaking Plateaus Transforming the Relationship to Food
<b>Mar 26</b>	<b>Nutrition</b> <b>Psychology</b>	Bariatric Advantage Guest Speaker Panel of Experts: Post-op Bariatric Patients
<b>Apr 23</b>	<b>Nutrition</b> <b>Psychology</b>	Curbing After Dinner Cravings Panel of Experts: Addiction Issues
<b>May 28</b>	<b>Nutrition</b> <b>Psychology</b>	Plan Your Success Strategies for Self Compassion
<b>Jun 25</b>	<b>Nutrition</b> <b>Psychology</b>	Favorite Cooking Methods and Recipes Body Image after WLS
<b>Jul 23</b>	<b>Nutrition</b> <b>Psychology</b>	Replace Refined Carbs and Sugar Mindful Eating for Life

St. Luke's Hospital, White Home — Wednesday evenings Women's Group • 5:30 - 6:30pm		
<b>Feb 5</b>	<b>Psychology</b>	Dealing with Winter Doldrums
<b>Mar 4</b>	<b>Psychology</b>	The Truth about Carbohydrates
<b>Apr 1</b>	<b>Psychology</b>	The Unknown and Coping with Change
<b>May 6</b>	<b>Psychology</b>	Plan & Shop: Home Cooked Meals
<b>Jun 3</b>	<b>Psychology</b>	Information Superhighway and WLS
<b>Jul 1</b>	<b>Psychology</b>	Finding Joy in Routines: Rituals and Rites

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