

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 this letter finds all of you and your families well and healthy. Since the beginning of the pandemic, it has been a unique and challenging time for all. As our knowledge grows, information and learning about COVID-19 is developing rapidly. In response, I think this is an appropriate time to reflect on a few things related to obesity, COVID-19, and healthcare.

As you are likely all aware, the effects of this respiratory disease are especially severe in specific populations, including people with pre-existing respiratory and cardiac disease, seniors, and compromised immune systems. As we know, people with obesity have a higher likelihood of having these comorbidities and should be considered at increased risk for the serious and sometimes fatal disease, COVID-19.

I suspect many of you acknowledge and understand those severities. Therefore, you are putting effort into maintaining the weight that you have already lost. Contrarily, if you are struggling to keep the weight off or jumpstart a diet, Southcoast Health's Weight Loss Center offers a great alternative program.

Our team of Weight Lost Specialists, Dr. Inwood, Dr. Simpson, and our Nurse and Behavioral Practitioners, have instituted an outstanding non-surgical weight loss program, F.R.E.S.H. Start.

The F.R.E.S.H. Start program is a personalized holistic, nutrition-based weight loss program that teaches better eating through whole food choices, behavioral changes, and medications (if necessary).

As a further reminder, our monthly support groups and Back on Track program are still

running virtually via Zoom. We have all of the tools you need to succeed and meet your weight loss goals, and we are committed to ensuring our resources and support will allow you to be successful in maintaining a healthy weight.

As a personal note, it was enriching and joyful to communicate with many of you via Telehealth. I felt fortunate to keep in touch with my patients, both seeing your faces and hearing your voices. Through these interactions, I realized how significant your weight loss has been in your life and the positive effects it has brought to each of you.

The technology of Telehealth is here to stay and has proven highly beneficial in times such as these. Our goal as providers is to make healthcare accessible to our entire community and more readily available and convenient for people with limited mobility, time, or transportation options. I would encourage you to sign up for MyChart. With MyChart, you have a way to be tuned in to your health at your convenience. This online tool allows you to view your medical records, appointments, interact and stay up-to-date with your health. I am proud to say that we are pioneers in this space, and I love staying connected with you virtually.

Finally, if you know somebody that would benefit from Bariatric services, invite them to attend a seminar (or watch one online) to learn more and determine eligibility for weight loss surgery, then contact a bariatric specialist to schedule a consultation to discuss their weight loss goals.

I hope everyone has a great summer – remember to enjoy the outdoors safely and responsibly.

— Jorge A. Huaco, MD

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
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

Behavioral Health — Connect with us!

We are happy to announce that we offer our online support groups, virtual post-op check-ins, and the Back on Track Program via the video conference app ZOOM. Moreover, we are also available in-person and via telehealth.

At Southcoast Health, we know these last few months have been stressful and uncertain. Many of us have struggled with gaining weight and a decrease in healthy routines. We want to reassure you that these setbacks are okay and normal. Restarting and resetting is always an option. In response, we offer a variety of programs and support to getting back to a healthier you!

The Back on Track Program consists of 5-6 sessions held weekly (via zoom) for patients who have regained weight post-operatively and are ready to recommit to their weight-loss and health journey. Contact us, and we will place you in the next available group.

Sometimes all we need is a little support. Post-op check-ins are welcomed and encouraged! We are ready to work with you to find support groups, behavioral health care

(outpatient), and problem-solve matters that feel emotional or psychological. Check-ins are available both in-person and via Telehealth.

Finally, yet importantly, we offer ongoing support groups via Zoom. Our support groups are led by both a behavioral and nutritional specialist. The group session is for one hour and meets three times per month. Please contact us if interested and we will send you the schedule and appropriate Zoom links to log in. Downloading Zoom ahead of time has proven helpful. Zoom can be downloaded and utilized via smartphone and digital devices. Please visit <https://zoom.us/download> for further instructions.

We encourage and welcome all post-op participants! We love connecting with you and inviting new members into our weight-loss community. Support groups can consist of those who are one-week post-op to 10 years post-op. We support our weight-loss community no matter where they are in their journey to better health. This program is always open and free to join. We're here for you – then, now and always.

Nutrition



Alexandra Carlin, RD | Meaghan Coon, RD | Natia Corsi, RD | Maureen Fletcher, RD | Stacy Medeiros, RD | Susan Oliveira, RD

The COVID-19 Pandemic has changed a lot about our former lifestyles: how we socialize, work, travel, and even what we are eating. Many of us felt the impact of several unavailable foods during the pandemic – due to increased demand or stalled production. Without menu creativity and proper preparation, small variations to our regular healthy habits can turn into poor diet decisions.

Fortunately, grocery stores are restocking their shelves. Local farm-fresh produce is more readily available, and many restaurants and food services are opening their doors again and offering healthier choices. Now that you have undergone weight-loss surgery, you have taken the first step towards looking

good, feeling great, and being healthier – we encourage you to eat nutritious foods and nourish your body with the energy it needs.

Southcoast Health has prepared a set of general tips to stay on track and eat healthier during these uncertain times:

1. Plan your meals for the week and make a grocery list – think about your protein needs first.
2. After buying your food, take the time to prepare what you can for the next few meals.
3. Aim to eat three meals per day – remember protein first!

4. Track what you eat, using a nutrition app or food journal.
5. After your meals, reflect which foods gave you energy and which foods did not or even made you feel poorly – track it in your journal!

As always, we hope to see you in our support groups and speak with you over the phone. Office visits and MyChart check-ins for additional guidance from our dietitians are always welcomed and encouraged! As clinical dietitians, we can help support your diet and health through a variety of nutrition services available to you, when you need it most.

Nurse's Corner



Bethany Abde, NP | Victoria Cabral, NP | Suzanne Clancy, RN | Michelle Croft, RN | Rachel Fortes, NP | Jodie Plouffe, PA-C
 Not pictured: Dawn Giampa, RN

COVID-19, Communicating with patients, and Telehealth

The COVID-19 pandemic has changed how we interact with our patients – given the need to maintain social distancing and quarantine measures. In response, Telehealth services have been implemented to help expand health care coverage during this pandemic by increasing social distancing.

Telehealth delivers healthcare remotely utilizing live video-conferencing – allowing you to interact with your provider as an alternative to visiting their office. Contrarily, your appointment is conducted in your own home using a smartphone, computer, or tablet device. Southcoast Health provides guidance on how to prepare for your Telehealth appointment:

- Make sure your device(s) are fully charged.
- Before your appointment, try writing down any symptoms you have been experiencing or questions you may have.
- Find a quiet, private area, preferably inside – make sure you are on a secure internet connection.
- Have your medications or a current medication list available.

Leading up to your Telehealth appointment, you may receive up to 3 separate phone calls: First, the medical administrator will call you the day of your appointment and check you into the system. Second, the medical assistant will call you closer to your scheduled appointment to review COVID-19 screen-

ing questions, medication lists, allergies, current weight, and blood pressure (if available). Lastly, the provider will call you for your Telehealth visit. At the end of your appointment, the provider will determine when your next meeting will be and whether it can be done in the office or by Telehealth. The call will be transferred to the administrator for checkout, and the next appointment will be made at that time.

Please note if labs are required for your appointment, arrange for tests to be completed before the scheduled visit. You will need to call 508-973- 5306 to make an appointment at a Southcoast lab. If your labs are conducted at an outside facility, please make sure we have received results prior to your visit.

Existing patients can now have their video visit appointment right in MyChart. Meeting with your provider by video visit is a convenient way to receive care without coming to the office in person. For more information on MyChart and download instructions please visit southcoast.org/mychart.

Please note that not all concerns can be addressed via Telehealth, and in-person appointments may be necessary on a case-by-case basis.

Postoperative Bariatric Surgery Support Groups | August 2020 to January 2021

Use the Zoom ID and Passcode for each day. Psychology and Nutrition are combined in one-hour group sessions, each with a topic.

Date	Day	Time	Topics
Aug. 5	Wed.	11am	A Calorie is a Calorie? Curbing After Dinner Cravings
Aug. 18	Tues.	6:30pm	Body Image Issues Curbing After Dinner Cravings
Aug. 27	Thurs.	6pm	Living with WLS Curbing After Dinner Cravings

Sept. 2	Wed.	11am	Changes in Relationships Plan Your Success
Sept. 15	Tues.	6:30pm	Addiction Issues Plan Your Success
Sept. 24	Thurs.	6pm	Emotional vs. Mindful Eating Plan Your Success

Oct. 7	Wed.	11am	Planning and Food Mindful Eating
Oct. 20	Tues.	6:30pm	Guest Speaker Mindful Eating
Oct. 29	Thurs.	6pm	Self Care Mindful Eating

Date	Day	Time	Topics
Nov. 4	Wed.	11am	Hunger 5 Ingredient Meals
Nov. 17	Tues.	6:30pm	Strategies: Learn and Use Em! 5 Ingredient Meals

Dec. 2	Wed.	11am	Navigating the Holidays Replace Refined Carbs and Sugar
Dec. 17	Thurs.	6pm	Celebrating WLS Style Replace Refined Carbs and Sugar

Jan. 6	Wed.	11am	Setting Realistic Goals Mason Jar Meals
Jan. 19	Tues.	6:30pm	Lifestyle Forever Mason Jar Meals
Jan. 28	Thurs.	6pm	Food Addiction Issues Mason Jar Meals

Wednesday sessions:	Tuesday sessions:	Thursday sessions:
ID: 845 8483 1097	ID: 811 7564 5583	ID: 895 5163 6277
Passcode: 595313	Passcode: 789981	Passcode: 002580