



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 want to wish everybody a Happy New Year! I am sure that better times are coming for everybody and we will be able to close this hard time we had last year. Yes, we made it! One way or the other we could navigate through several obstacles last year and we are ready to take over new challenges.

As always, starting a new year is a time to reflect on what we have done with our lives and put new goals moving forward. I hope all of you were able to achieve your goals for last year. Bariatric surgery should be a helpful instrument to stay healthy and lose weight. Moving forward, I want you to think in what is important for you in this coming year; losing more weight?, getting more active?, completing a long time dream? No matter what you are planning to do this year, I have some advice to you.

First, start with a concrete goal and measurements of those goals. For example, if you are planning to lose more weight, just not think on it but put a number to it so you can get motivated to move forward. Challenge yourself and keep track of your progress. Every week you need a small goal to attain and a little victory to claim.

Second, form a habit and stick to it. As

important as having a good diet is to do regular exercise. This is really one of the pillars for success on your weight-loss journey. Having 30 to 45 minutes of moderate exercise every day is enough to keep you healthy and keep the weight under control. Start small, maybe 15-20 minutes a day and from there work your way up to your goal. You cannot run a marathon from one day to the other but maybe after a year or so you will be able to achieve a degree of fitness that will allow you to move better and increased your muscle mass.

Third, use the resources that we offer to keep you on track. Try not to miss your follow up appointments; now more than ever is easier to keep in touch with virtual visits (telemedicine). Request visits with Psychology and Nutrition as needed. Attend Bariatric support groups monthly and call us with any questions or concerns. The Bariatric team is more than ever committed to help you achieve your goals.

Finally, no matter how last year was for you, try to see things with a brighter side and enjoy what you have right now. Think that being healthy is one of the more precious things we have in our lives and after that, everything is just easier and will come at some point.

— 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

The overwhelming circumstances brought about by COVID-19 have been affecting individuals across the globe. Sadly, thousands have lost their lives, and even more have been saddled with grave illnesses from which they have still not recovered. Even still, the effects of this pandemic extend further than

our health and well-being. Our economies, education systems, and our social/political landscapes have been equally impacted and overwhelmed. These effects translate into a variety of inflammatory reactions. For many, the pandemic's remaining effects have resulted in anxiety, confusion, sadness,

continued

anger, and helplessness.

Maintaining self-care practices and a healthy lifestyle – eating well, exercising, managing stress, and staying optimistic can feel like an uphill battle. However, I want to stress the importance of maintaining the healthy habits you have worked so hard to establish. Speaking from experience and as a bariatric patient, I understand and empathize with the challenges of living through a lockdown. There are days when the food pantry/cabinets and refrigerator seem to demand my attention – more than usual. Comparatively, it seemed so much easier to keep those temptations at bay during the warmer months. We could replace a walk to the refrigerator with a walk around the neighborhood. During the summer, the numbers associated with COVID-19 were much more manageable and assuring. However, with the change in seasons came a change in the pandemics' status – placing us back inside and perhaps closer to our temptations, e.g., Halloween candy, Thanksgiving pies, holiday cookies, and all other tasty yet devilish treats! So how can we resist and place ourselves in a position to succeed? How can we manage our weight while balancing both diet and social restrictions? To help, I have put together a list of some tried and true strategies to help stay on track.

Cook

- + Put time into thinking about what you're eating/learn healthier versions of your favorite dishes.
- + Try new recipes and new foods (pick out a new vegetable to try!)
- + Try grocery/food delivery services focused on protein, healthy fats, and green leafy vegetables.

Move

- + Turn your living space into a home gym.
- + Use internet or cable and search for free in-home exercises.
- + Create an exercise schedule
- + Go the distance – park far away from entrances, take extra trips up and down your stairs, or take your dog on a walk!

Join Support Groups

- + Attend our support groups – available to all our patients free of charge
- + Check out the Back on Track program, available on Zoom to post-operative patients.
- + Learn more by visiting southcoast.org/weightloss.

Practice mindfulness

- + Establish healthy thought patterns and thinking habits.
- + Utilize handouts from your pre-surgical workshops; physical hunger vs. head-hunger
- + Pay attention to the pace at which you eat.
- + Check-in on the emotions you experience while eating (maybe even log it!)
- + Practice self-compassion
- + Create a list of your challenges/negative-emotions and create a list of your motivations.

Stay safe and be optimistic

- + Take stock in the positive
- + Limit your exposure to negativity, e.g., social media, news outlets, etc.
- + Remember to stay informed of the facts and get your information from reliable sources.
- + Remember, the COVID-19 Vaccine is becoming more readily available.
- + When you take care of yourself, you take care of your loved ones and your community.

— *Raechel McGhee, LICSW*

Nutrition



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

Vitamin Update

After your weight loss surgery, vitamin and mineral supplements become a vital part of your lifelong success and well-being. We recommend a complete multivitamin in chewable form for the first 3-6 months after surgery. After this time, if you would like to switch to a pill form, you may do so, otherwise continue to take a chewable as preferred.

Please note that we no longer recommend Flintstones Complete, Centrum Kids Complete, Up and Up Kids Multi Complete, and RiteAid Children's Complete due to formula changes.

Here is a list of the chewable complete-multivitamins we currently recommend:

- + CVS Children's Chewable
- + Walmart (Equate) Children's Chewable
- + Bariatric Advantage® Multi EA Chewable
- + Celebrate® Multivitamin Complete Chewable
- + OPURITY® Multivitamin Chewable
- + ProCare Health® Bariatric Chewable

Chewable vitamins should be taken twice daily at separate times and separately from calcium supplements by at least 2 hours. We still do not recommend gummy vitamins, vita-mints, or gumball vitamins. As always, you can get in touch with your dietitian through MyChart or receive guidance at our virtual support groups.

We wish you a happy and healthy New Year!

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

Following up

Why is it so important to follow up with us for your appointments, Obesity is a chronic long term disease. Yes, it is a disease. Most of our patients are consistent with follow up for the first two years. How do I know this? My job is to track your progress after your surgery, behind the scenes. I gather data about how you have stopped taking your blood pressure medication or your diabetes medication or even stopped using your CPAP. I track health improvements as patients lose weight. It's amazing to me what patients accomplish.

If you are struggling, remember, regular follow up visits with our center will help you maintain your weight loss goals and maintain your healthy new lifestyle. Routine checkups will help our providers assess your vitamin and mineral levels specific to your post-surgical needs. Our surgeons and nurse practitioners are trained to review your record and assess for

potential complications that can arise so we schedule your visits at certain intervals in order to avoid missing signs. Maintenance is the key to success and to your health. You have completed all the pre requirements and gone through with the surgery. Maybe it was six months ago, maybe it was nine years ago. Either way, checking in with us will only help you stay motivated in your battle to overcome this chronic disease. Our free support groups are now offered online with people in the exact same position as you, maybe even with the same questions as you that you don't want to ask. You can share, or you can listen.

You have come this far in your journey and we have been there right beside you. Let us be there for the long term victory, together we can beat this disease of obesity one person at a time. Just don't give up on us. We will be here for you, judgement-free.

Postoperative Bariatric Surgery Support Groups | March to July 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
Mar. 10	Wed.	11am	<ul style="list-style-type: none"> Navigating the Grocery Store Food-Free Rewards
Mar. 16	Tues.	6:30pm	<ul style="list-style-type: none"> Navigating the Grocery Store Why Exercise?
Mar. 25	Thurs.	6pm	<ul style="list-style-type: none"> Navigating the Grocery Store Your Support System at Home (invite them!)

Apr. 14	Wed.	11am	<ul style="list-style-type: none"> Food Prepped Parenting and WLS
Apr. 20	Tues.	6:30pm	<ul style="list-style-type: none"> Food Prepped Two Years and Beyond Post-Op
Apr. 29	Thurs.	6pm	<ul style="list-style-type: none"> Food Prepped WLS Patients Ages 18-30

May 12	Wed.	11am	<ul style="list-style-type: none"> Food Tracking with Apps Why am I not losing weight?
May 18	Tues.	6:30pm	<ul style="list-style-type: none"> Food Tracking with Apps Medical Provider Live!
May 27	Thurs.	6pm	<ul style="list-style-type: none"> Food Tracking with Apps Mindful Eating After WLS

Date	Day	Time	Topics
Jun. 9	Wed.	11am	<ul style="list-style-type: none"> Going Green with Veggies Weight Loss and Self Esteem
Jun. 15	Tues.	6:30pm	<ul style="list-style-type: none"> Going Green with Veggies Calling all MEN! Men's Group
Jun. 24	Thurs.	6pm	<ul style="list-style-type: none"> Going Green with Veggies Self compassion

Jul. 14	Wed.	11am	<ul style="list-style-type: none"> Infused H2O & other Fluid Tips Managing Head Hunger
Jul. 20	Tues.	6:30pm	<ul style="list-style-type: none"> Infused H2O & Other Fluid Tips Addiction
Jul. 29	Thurs.	6pm	<ul style="list-style-type: none"> Infused H2O & other Fluid Tips Body Image after WLS

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