



Is Weight Loss Surgery Right for Me?

Are you fed up with not being able to lose weight or afraid you won't have enough energy to play with your kids? Are you faced with life threatening health conditions or just want a better quality of life? Candidates for a bariatric surgery procedure are people who remain severely obese after conventional approaches to weight loss, such as diet and exercise have failed or who have an obesity-related disease. For other patients, however, greater efforts toward weight control, such as changing eating habits, behavior modification and increasing physical activity, may be more appropriate. If you've been thinking about weight loss surgery as a tool in losing your excess weight and maintaining your ongoing health goals, you can use the guideline to determine if Bariatric Surgery is the right option for you. Surgery should be considered as a treatment option for patients with a Body Mass Index (BMI) of 40 kg/m² (weighting at least 100 pounds over your ideal body weight) or greater who instituted but failed an adequate exercise and diet program (with or without adjunctive drug therapy). A BMI of 35 to 39 also may qualify for the procedure if you are present with obesity-related co morbid conditions such as hypertension, cardiovascular disease, impaired glucose tolerance, diabetes mellitus, hyperlipidemia, and obstructive sleep apnea.

Weight-loss surgery is a tool, not a cure. Morbid obesity is a disease requiring life-long treatment. For long-term success in achieving and maintaining a healthy weight, you will need to commit to lifestyle changes such as regular exercise and a healthy food plan

The benefits of this surgery are more than skin deep. Bariatric Surgery will not only help you look better; more importantly, with proper post-surgical care, it will help you feel better and healthier.

Consider these facts about Weight Loss Surgery:

- Most patients lose at least 60% of excess body weight.
- Most people with hypertension and/or diabetes no longer need medications.
- A return of normal periods for young women with abnormal or absent menses and improvement of fertility.
- Improved sexual function for many males.
- The majority of patients with sleep apnea no longer have disrupted breathing at night following weight loss.
- Many people find dramatic improvements in joint pain, back pain and arthritic conditions following surgery.
- Digestive issues, such as acid reflux and heartburn, are resolved following surgery.
- Improves self-esteem with more energy also improves shortness of breath, circulation and mobility.



Tips for Vacation

Summer vacations are a time for relaxation. But as you plan your trip, take time to think about eating, physical activity and hydration. Keep meals and snacks three to four hours apart. If it means carrying snacks, plan accordingly. Pack non perishables like peanut butter and crackers, nuts and dried fruits or trail mix.

Sitting for too long can make you feel tired and unmotivated. Plan ahead for some “get up and move” time. Walk in the airport, stretch at a rest area.

Of course drink plenty of water to stay well hydrated so you can enjoy your trip.

Exercise Tips While Vacationing

*Sightseeing. The gentle stroll of discovering other cultures and history. Walking around provides an ideal cardio workout, without necessarily realizing it. Once your mind is absorbed in the fascinating alternative surroundings, you have combined a need for a break with simple exercise.

*A stroll or jog along the beach at sunset as the sun shimmers on the horizon.

* A gentle swim in the ocean or resort pool to invigorate and refresh.

*A hike in the woods breathing in the fresh, mountain air.

*A round of golf or a game of tennis.

*A slow ski or snow board down the glistening white snow.

* Shopping - Debatable as to the energy levels required for this holiday pastime, can also prove to be very tiring.

Road Trip Breakfasts

Just because you are on the road does not mean you should skip breakfast. Try one of these ideas for fewer than 400 calories.

- ◆ Fresh fruit, bagel with jam, low fat milk
- ◆ Cereal with low fat milk, fresh berries or banana, coffee or tea.
- ◆ Low fat yogurt and fresh fruit.
- ◆ One scrambled egg, whole wheat toast, 1/2 grapefruit

Smart Snacking On the Road

- ◆ Snack only when you are hungry. Skip the urge to nibble when you are bored, frustrated or stressed.
- ◆ Keep portion control in mind. Have a Single serve container of yogurt or small handful of nuts ready.
- ◆ Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand such as whole grain crackers and low fat cheese or fruit already cut up and ready to go.



Pork Marsala

Ingredients

1 pound pork tenderloin
1 tablespoon Italian seasoning
Olive oil cooking spray
1/4 cup Marsala wine
2 cups presliced mushrooms
1/2 tablespoon garlic
1/2 cup chicken broth
1/4 cup balsamic salad dressing
Hot cooked spaghetti

Preparation

Slice tenderloin into 8 pieces. Pound pieces to 1/2 inch thick. Sprinkle both sides of pork with Italian seasoning.

Coat a large skillet with cooking spray. Cook pork over medium heat for 2-3 minutes on each side or until cooked through. Set pork aside.

Add Marsala wine to skillet, add mushrooms and garlic. Cook and stir over medium heat for 2 minutes. Add chicken broth and salad dressing. Bring to boil over high heat. Cook until mushrooms are tender. Reduce heat and return pork to skillet. Simmer for 3-4 minutes or until heated through.

Serve over spaghetti

Yield

4 servings (2 pieces each)

Nutritional Information

Calories 187

Total fat 6 gram

Carbohydrates 4 grams

Fiber 2 gram

Protein 26 grams

Kiwi Frozen Yogurt

Ingredients

1 1/2 cups kiwi fruit, peeled and mashed
1 3/4 cups plain yogurt well drained
1 tablespoon lemon juice
1/4 cup sugar
1 teaspoon vanilla extract
1 kiwi peeled and sliced, for garnish
1/2 cup chopped walnuts for garnish
Fresh blueberries, rinsed for garnish

Preparation

Combine the first five ingredients. Cover and chill in the refrigerator for at least one hour. Follow manufacturer's instructions for freezing.

Garnish with chopped walnuts, blueberries and kiwi slices.

Yield

Makes 8 servings

Nutritional Information

Calories 157

Total Fat 6 grams

Carbohydrates 23 grams

Fiber 3 grams

Protein 5 grams

Louisiana Center for Weight Loss Surgery

****Support Group****

Thursday, July 17, 2008

P&S Surgical Hospital

Ste 405-A

5:30pm

Call 998-8162 for more information

Check Out our updated Website!

www.laweightlossurgery.com

You can now download past issues of newsletters as well as check out our BLOG



Louisiana Center *for*
Weight Loss Surgery

A whole new perspective on life.

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