



## *“The Weight Loss Surgery Lifestyle”*

As most of you who have had bariatric surgery know, it is not a quick fix. After surgery, the difference in your body makes it physically easier to adjust your eating and lifestyle habits. Fortunately, you will not have to go through the process alone. Our team of professionals will be here to help support your efforts. Positive changes in your body, your weight, and your health will occur, but you will need to be patient through the recovery process.

### **Diet After Surgery:**

The changes made to your gastrointestinal tract will require permanent changes in your eating habits that must be followed for successful weight loss in your new life after the surgery.

You may hear about post surgery dietary guidelines; it is important to remember that these guidelines will be different depending on the type of procedure and surgeon that is used. As a reminder, the following are some general rules to stick to after your surgery:

- \* When you start eating solid food it is important to chew thoroughly and eat very slowly; especially when eating steak or chunks of meat. Try to wait 2-3 minutes before taking your second bite of food.
- \* Do not drink fluids while eating. They will make you fill full before you have eaten enough food. Fluids consumed with meals can cause vomiting and dumping syndrome, and can lead to early hunger.
- \* Do not eat desserts and other foods with more than 3-5 g of sugar per serving.
- \* Avoid Carbonated drinks, high calorie nutritional supplements, milk shakes, foods high in fat, and foods with no nutritional value.
- \* Avoid Alcohol
- \* Limit snacking between meals. Eating after the surgery will be much different than your eating habits before.

### **Support Groups:**

The widespread use of support groups has provided weight loss surgery patients an excellent opportunity to discuss their various personal and professional issues. Most learn that weight loss surgery will not immediately resolve existing emotional issues or heal the years of damage that morbid obesity might have inflicted on their emotional well-being. LCWLS have support groups in place to assist you with short and long-term questions and needs, including diets and exercise post surgery. **\*\*Please join us for our monthly support group at P&S Surgical Hospital Ste.405-A, every 3rd Thursday of the month at 5:30 p.**

### *Test your “Nutritional “knowledge:”*

- |   |                                       |
|---|---------------------------------------|
| 1. Which food is the BEST source of vitamin C?                  | 5. Which is the BEST source of Fiber? |
| a Strawberries  | a Raw kale                            |
| c Chili Peppers   | b Apple Slices                        |
| c Oranges   | c Oat bran flakes                     |
| d Diced tomatoes  | d Orange sections                     |
| 2. Which food contains the MOST amount of folic Acid or Folate? | 6. Which is a good source of protein  |
| a Asparagus   | a Pinto beans                         |
| b Kidney Beans  | b Navy beans                          |
| c Raw Spinach   | c Milk                                |
| d Strawberries  | d Cheese                              |
| 3. Which food has the MOST calcium?                             | e all of the above                    |
| a Cow’s milk  |                                       |
| b Goats Milk  |                                       |
| c Sardines  |                                       |
| d Rhubarb   |                                       |
| 4. Which food has the MOST Vitamin A?                           |                                       |
| a Beet Greens   |                                       |
| b Kale  |                                       |
| c Cooked Spinach  |                                       |
| d Sliced Carrots  |                                       |

Correct answers: b,b,c,d,c,e

## *Louisiana Center for Weight Loss Surgery*

### *Calendar of Events:*

#### **\*\*Support Group\*\***

Thursday, March 20, 2008

P&S Surgical Hospital

Ste 405-A

5:30

**\*\*MUST RSVP: 398-2984\*\***

**Easter Sunday: March 23, 2008**



## Coronary Artery Disease continued...

Coronary artery disease (CAD) is the most common type of heart disease. It is the leading cause of death in the United States in both men and women.

CAD happens when the arteries that supply blood to heart muscle become hardened and narrowed. This is due to the buildup of **cholesterol** and other material, called plaque, on their inner walls. As the buildup grows, less blood can flow through the arteries. As a result, the heart muscle can't get the blood or oxygen it needs. This can lead to chest pain (angina) or a **heart attack**. Most heart attacks happen when a blood clot suddenly cuts off the hearts' blood supply, causing permanent heart damage.

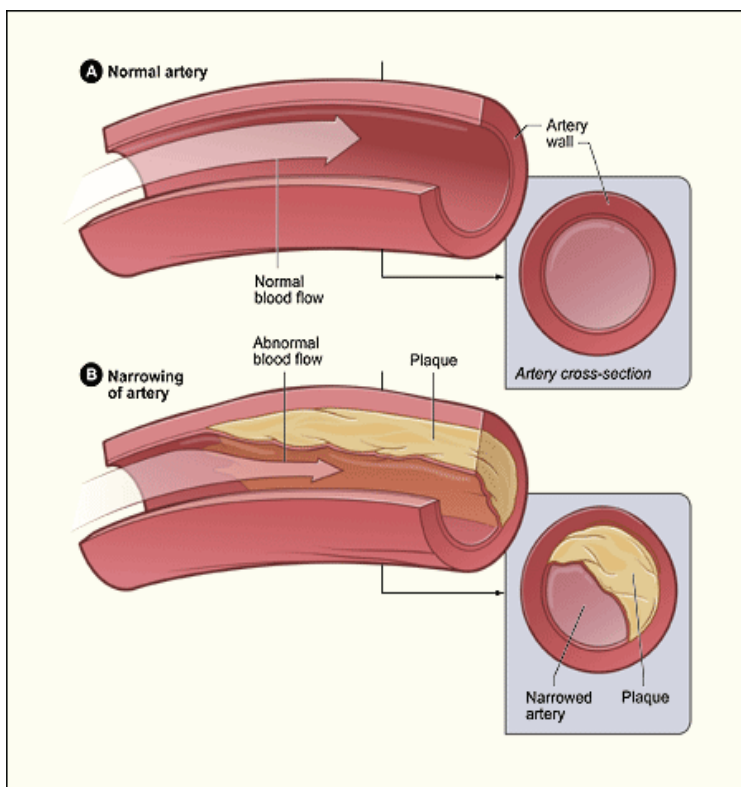
Over time, CAD can also weaken the heart muscle and contribute to heart failure and arrhythmias. Heart failure means the heart can't pump blood well to the rest of the body. Arrhythmias are changes in the normal beating rhythm of the heart.

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can stick to the walls of your arteries. This is called plaque. Plaque can narrow your arteries or even block them.

High levels of cholesterol in the blood can increase your risk of **heart disease**. Your cholesterol levels tend to rise as you get older. There are usually no signs or symptoms that you have high blood cholesterol, but it can be detected with a blood test. You are likely to have high cholesterol if members of your family have it, if you are overweight or if you eat a lot of fatty foods.

You can lower your cholesterol by exercising more and eating more fruits and vegetables. You also may need to take medicine on a regular basis to lower your cholesterol.

<http://www.nlm.nih.gov/medlineplus/>



### *Types of Cardiovascular Disease:*

1. Heart Attack
2. **Coronary artery disease**
3. Cardiomyopathy
4. Congenital heart disease
5. Aneurysm
6. Valvular heart diseases
7. Pericardial diseases
8. Heart failure
9. High blood pressure
10. Stroke
11. Peripheral arterial disease & claudication
12. Arrhythmias



### Everyday aches and pains:

Do you sometimes wake up feeling sore and stiff? After age 40, muscle and joint pain may become more frequent and recovery from strenuous activity is slower. The back, hips, knees and feet are especially vulnerable to strains injury and arthritis. Fortunately, treatment options for ongoing pain and disability from muscle and skeletal problems are advancing rapidly. Each year brings less invasive procedures, more tolerable pain relievers, and success with alternative therapies. In addition, prevention of muscle and joint problems has now moved to center stage. Experts believe everyday aches and pains are less about aging and more about body mechanics— posture, lack of fitness, mental and physical tension and lack of adequate rest.



### What Makes Us Ache?

**Lack of Sleep:** After a long day of work, whether sitting, standing, or on the go the body becomes fatigued. And so do the muscles and joints, sometimes to the point of soreness. They need rest restorative sleep to recover.

**Stress:** When mental stress runs high the body tenses and restricts blood flow to the muscles and nerves, especially through the upper body. Prolonged muscle tension can produce fatigue and even trigger back pain or headache.

**Posture:** Sedentary activities, such as sitting at a computer or driving for long periods, can produce headaches and stiffness in virtually every muscle group. Proper posture that maintains the natural curve of your spine can help reduce tension in the back, neck and shoulders.

**Injury:** Past injuries of the joints or muscles can produce recurring pain or create a permanent weakness. Because these

steps to ensure their full recovery and protection.

**Muscles:** We tend to use the same muscles day after day for work, play and exercise. Meanwhile, other muscles may get little use and lose mass. Adequate muscle helps stabilize the joints and prevents strain and injury.

**Exercise:** new exercisers often try to do too much too soon. Exceeding your body's ability to adapt to the increased physical demand can result in injury. Introduce increases in physical activity gradually.

**Weight:** Any excess weight you carry adds stress to your joints and increases the pain and risk of osteoarthritis. Reducing excess fat around your abdomen may reduce the strain and achiness in your lower back muscles.

### Instant Tension Relief

When your muscles are calling for relief from work, play or sport, simple stretches can help ease the tension. **Examples:**

#### **Seated Stretch:**

Lower your head and slowly curl your spine forward as shown. Feel the back muscles relax. Hold for 10 seconds. Unwind slowly, allowing the spine to gently uncurl. Repeat several times a day.



#### **Standing Stretch:**

Stand with weight equally distributed, arms relaxed at your sides. Slowly curl your spine forward as shown for a gentle stretch. Hold for 10 seconds. Unwind slowly, allowing the spine to gently uncurl. Repeat several times a day.



# *Heart Healthy Recipes*

## **1-2-3 Jambalaya**

### *Ingredients*

1 large onion, diced  
1 large green bell pepper, diced  
1 pound smoked sausage, cut into 1/4-inch slices  
1 tablespoon olive oil  
4 cups chopped cooked chicken  
3 cups uncooked long-grain rice  
2 (10 1/2-ounce) cans French onion soup, undiluted  
1 (14 1/2-ounce) can chicken broth  
1 (14 1/2-ounce) can beef broth  
2 to 3 teaspoons Creole seasoning  
2 to 3 teaspoons hot sauce  
Garnish: fresh cilantro sprigs

### *Preparation*

Sauté first 3 ingredients in hot oil in a Dutch oven 4 to 5 minutes or until sausage is browned. Stir in chicken and next 6 ingredients.

Bake, covered, at 350° for 40 minutes, stirring after 30 minutes. Garnish, if desired.



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