

Helping you to be healthier one pound at a time.

The Bariatric Buzz

U H G e a u g a M e d i c a l C e n t e r

M a r c h , 2 0 0 8

Adopt good eating habits!

- Slow down!
Take 20-30 minutes to eat each meal
- Eat several small meals per day
- Put your fork down in between bites
- Chew your food at least 30 times per mouthful
- When you feel full
QUIT EATING!
- No eating after 7 pm

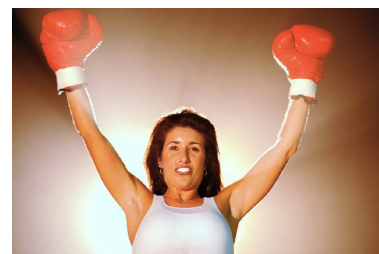
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It's time to fight back!

Obesity, especially in America, is running rampant and is 2nd only to smoking as the leading cause of preventable death and that is not a good thing! The good news is that you are not alone and help is at your fingertips...your weight is under your control!

Everywhere you go, obesity is making headline news; in magazines, health reports, on TV and on the radio. The hard cold fact is that millions of people just like you are struggling with weight issues and the toll obesity has on our health and taking years off our lives.



KO Obesity!
You can do it!

The solution to a healthier life and weight loss cannot be found in an expensive bottle of diet pills or by starving yourself, but is really as simple as learning how to eat, picking the right foods and exercise. This doesn't mean just for a couple of weeks, but incorporating lifestyle changes for the rest of your life.

The Bariatric department at UH Geauga Medical Center is committed to giving you a helping hand by providing the tools you need to succeed at losing weight and keeping it off long term. Are you ready to become a healthier you and add years to your life? We thought so! This issue offers some super information you can use starting right now to get on the right track.....read on!

Good VS Bad—the SKINNY on Fats

All fats are made up of carbon, hydrogen and oxygen and play an important role in human health. There are several types of fat; to help you sort the good from the bad, here are some basics as outlined from the Obesity Action Coalition (OAC).

Saturated These fats are solid when at room temperature but turn into a liquid oil when heated. These fats are found in meat, egg yolks and full fat dairy foods. They are also found in coconut, cocoa butter & palm oil. When consumed in excess, these foods are associated with heart disease and elevated cholesterol levels.

Monounsaturated These are some of the healthiest fats. These tend to be solid

Good VS Bad continued



Read the Nutrition Information on Food Labels

“Cholesterol is very important to the structure of all cells”

\$4.3 Billion per year !



when refrigerated and liquid at room temperature. These fats include olive oil, peanut oil, and canola oil. They are a good choice for cooking, as they are not prone to being damaged by heat. Foods high in this type of fat include avocado, peanuts, cashews, almonds, pumpkin seeds and sesame seeds.

Polyunsaturated These fats are liquid when cold and at room temperature. They are primarily vegetable oils and some fish oils. There are different kinds of this fat—both good and bad. These fats can be damaged by both light & heat, should be kept refrigerated and are not the best choice for frying. These fats include corn, safflower, sunflower & cottonseed oils. Food sources: walnuts, soybeans & fatty fish.

Essential Fatty Acids (EFAs) This group of fats are a requirement for normal health and cell function. The body cannot make these fats, so they must be absorbed from an outside food source or dietary supplement. Good sources of EFAs are those found in fatty fish & fish oil, flax oil, walnuts, vegetable oil & pumpkin seeds. The greatest health research points to the benefits of fish & fish oils including sources such as anchovies, mackerel, salmon, tuna and halibut.

Hydrogenated & Partially Hydrogenated These are both man-made fats and are frequently used to extend shelf life of baked goods. Hydrogenation is a process that adds more hydrogen to an unsaturated fat making it more solid. A fat is partially hydrogenated if it remains somewhat unsaturated. In addition to baked goods, they are also found in margarine & vegetable shortening.

Tran fats These fats are getting a lot attention lately in the role they play in cardiovascular disease and have shown that they increase the LDL (bad) and also lower the HDL (good) cholesterol. These fats are created when a fat is partially hydrogenated. The trans fat content of a food can be found on the Nutrition label under the saturated fat content—those products with 0.5 g or less per serving can be listed at zero. These fats are commonly added to processed foods & baked goods to provide greater stability. Common sources: margarine, French fries, doughnuts, crackers, chips, cookies and microwave popcorn.

Cholesterol is very important to the structure of all cells & is the precursor to the creation of hormones like estrogen & testosterone. This substance is both made by humans & found in fat containing animal products. Most cholesterol is made by you & is greatly influenced by genetics. Daily cholesterol intake in excess of 300 mg per day can raise these levels and contribute to heart disease. All sources of dietary cholesterol are from animal product sources: eggs, shellfish, dairy products, beef & poultry.

Did you know?

Obesity and morbid obesity are associated with increased rates of work absenteeism? The estimated cost of

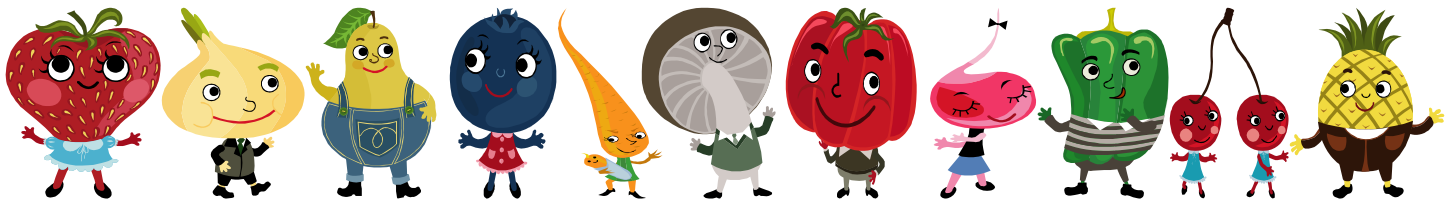
\$4.3 billion per year in the US alone, according to a study in the December, 2007 issue of the Journal of Occupational

and Environmental Medicine.

Staying fat healthy

When looking at the foods we eat, here are some easy ideas for staying fat healthy:

- ◆ Read labels. Look for high fat content. Look for the words hydrogenated or partially hydrogenated or trans fat.
- ◆ Choose healthy oils from olive, grape seed, corn, canola and sunflower.
- ◆ Include healthy fats from fish, nuts and seeds several times per week.
- ◆ Limit or eliminate your intake of fried foods, cream sauces, ice cream, mayonnaise, chips and breaded foods. Choose baked, grilled, steamed or poached instead.
- ◆ Beware of baked goods.
- ◆ Include naturally low fat and fat free foods such as fruits, vegetables, whole grains, lean meats and poultry, beans, peas and low or non fat dairy products.
- ◆ Practice moderation and portion control



Your body needs protein, carbohydrates and fat to maintain good health. Here is what the USDA Guidelines recommend:

- ◆ Consume less than 10% of calories from fatty acids and less than 300 mg/day of cholesterol and keep trans fats as low as possible.
- ◆ Keep your total fat intake between 20-35% of calories consumed, with the most fats coming from polyunsaturated and monounsaturated fatty acids like those found in fish, nuts and vegetable oils.
- ◆ When choosing and preparing meat, poultry, dry beans, milk or milk products, opt for choices that are lean, low fat or fat free.
- ◆ Limit your intake of fats and oils high in saturated and/or trans fatty acids and pick those products low in those fats and oils.

What's for Supper?



Herbed Beef Patties with Garlic Beef Cream Sauce

Prep time: 10 minutes Cooking time: 12 minutes Yield: 4 (3 oz) servings

- | | |
|--------------------------------|---|
| 1 Pound fresh lean ground beef | 1/4 tsp each of basil, oregano, thyme, garlic powder & onion powder |
| 1 large egg | 2 tsp Romano cheese |

In a large mixing bowl, combine all ingredients until thoroughly mixed. Form into 4 round patties. Sauté the beef patties over medium high heat for 4 to 6 minutes, turning the patties over every 2 minutes. Remove the beef patties from the pan and drain excess fat from the pan. Prepare the Garlic Beef Cream Sauce and when the sauce has started to simmer, add the cooked beef patties to the sauce & simmer on low for 2 minutes. Garnish with fresh chopped basil and serve.

Garlic Beef Cream Sauce

- 2 tsp beef bouillon granules 1/4 C skim milk 1/2 C light sour cream 1 tsp garlic powder Salt & pepper to taste

In sauté pan over medium heat, combine the beef bouillon granules and skim milk until dissolved. Add the light sour cream, garlic powder and salt & pepper stirring constantly until the mixture begins to lightly simmer. Tip: To prevent burning and separation, do not let sauce boil.

255 Calories, 13 g Fat, 137 mg cholesterol, 725 mg sodium, 5 g carbohydrates, and 26 g protein (0 g dietary fiber)

Start slow and increase gradually

Exercise is vital to good health and weight loss. Make sure you warm up to get your body ready for action. The purpose is to slowly increase your heart rate to your individual training level, to warm up your muscles and help prevent injuries. Stretch your muscles before and after every workout to help you

be more flexible, improve your blood flow and feel more relaxed. Now you are ready for your exercise routine, a good beginner aerobic session is 12 minutes at low to moderate intensity, using a comfortable movement such as walking or pedaling a stationary bike. Your entire workout should last 16 or 17

minutes at first to include your warm up and cool down. Make sure you cool down, including stretching to protect your heart, relax your muscles and prevent injury. Gradually work your way up to 60 minutes a few times per week. As you exercise more, your heart will become more efficient.

You should always be able to talk to a friend while you are exercising; If you are so breathless you cannot speak, ease up right away!

Dining out? You have choices!

McDonalds™ anyone? You can still eat fast food, just opt for a healthy choice!

A Big Mac, medium fries and medium soft drink weighs in at:

1, 370 calories, 31 g protein, 59 g fat, 175 g carbs and 1,558 mg sodium

Choose instead:

Asian salad with grilled chicken, apple dippers and apple juice that has only:

425 calories, 32 g protein, 10.5 g fat, 54 g carbs and only 940 mg sodium



Save 945 calories, 48.5 g fat, 121 g carbs and 618 mg sodium & gain 1 g protein!

It's easy to reach us!
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option 1

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Our surgical weight loss program is a complete program that includes Nutritional counseling, pre-operative classes and post-operative monthly support groups.

Do you have questions or do you know someone you can be a support person for? Learn more at our Free Patient Educational Seminars, you can register to attend by calling (440) 285-6469.

Upcoming Seminar dates:

March 20, 2008,	5:30 pm
April 3, 2008,	10:00 am
April 17, 2008,	5:30 pm
May 1, 2008,	10:00 am
May 15, 2008,	5:30 pm



Little bites

«Curves in Chardon has a special membership discount offer for our Bariatric program patients, please contact our office for more detailed information.

«Walk from Obesity E-newsletter is a quarterly newsletter designed to keep you up to date on the latest walk information; to register for this newsletter, go to www.obesityaction.org/walk/walkfromobesitynewsletter.php.

«Did you know that 1 gram of fat is equal to about 9 calories?

«Visit Weight Control Info network on line at: win@info.niddk.nih.gov

«Congratulations to our twelve 2007 post surgery patients, who have lost a total of 514.1 pounds since July! Nice job!



Is it normal to have bad breath and dry mouth after surgery?

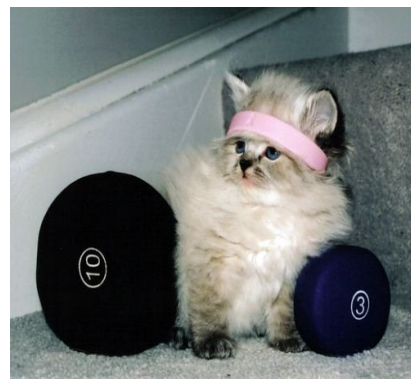


Yes it is! A dry mouth can last for weeks after surgery. Be sure to take in at least 48-64 fluid oz every day. Sugar free popsicles can also help. Bad breath may also be a sign that you need more hydration. Other causes may be: Food is not emptying from your pouch well; you can try an antacid for help. Ketotic Breath could also be a possibility. Ketotic breath has a slight sweet smell and can occur as your body is losing weight, indicating a breakdown of proteins. A urinalysis will show

ketones to confirm this diagnosis. Increase your protein intake to see if your breath improves.

Teamwork:

Dietary changes + Exercise



One won't work without the other...GOTTA DO IT!