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Calendar of Events

Upcoming bariatric symposiums:

Medford • 7 to 9 p.m.
Thursday, April 17
Thursday, May 15
Thursday, June 26

Grants Pass • 11 a.m. to 1 p.m.
Saturday, May 3
Saturday, June 7
Saturday, July 12

Recipe

Strawberry Ricotta Whip

- 2 1/2 C fresh strawberries, quartered
- 1/2 C fat-free ricotta cheese
- 1/2 C fat-free plain yogurt
- 1/2 tsp grated orange zest
- 1/2 tsp vanilla extract
- 4 pkts artificial sweetener
- 6 T egg white substitute
- 1/2 tsp cream of tartar

Combine strawberries, ricotta, yogurt, orange zest, vanilla, and sweetener in a food processor. Process until smooth. In a medium bowl, whip egg white substitute and cream of tartar until stiff peaks form. Gently fold beaten egg whites into strawberry mixture. Pour into 4 small dessert bowls and chill overnight. Makes 4 servings.

Amount per Serving Calories: 85.92; Protein: 8.89 g; Fat: 0.38 g; Carbohydrates: 14.01 g. From Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months, and Years after Surgery by Pat Levine and Michele Bontempo-Saray (Marlowe, 2004)

SPRING 2007

Welcome to the spring issue of our quarterly newsletter. Each issue addresses some aspect of the choices we face with weight-loss surgery. Our featured guest author in this issue shares some valuable information about healthy eating.

—Kathleen Kellenbeck, Program Coordinator
Southern Oregon Bariatric Center

“The change in my lifestyle has made my life more complete.”

—Roseanna B.

I am very happy with my success. I have gone from wearing a size 26 pants and 3X tops to wearing a size 6 pants and a medium ladies top. I am shocked at how quickly the weight came off in just seven months!

continued inside



CHOICES

COURAGE
HEALTH
OPPORTUNITY
INSPIRATION
CURIOSITY
EXERCISE
SOLUTIONS



Southern Oregon Bariatric Center

at Rogue Valley Medical Center

Providing the support you need, every step of the way.

"The change in my lifestyle has made my life more complete." *continued*

The change in lifestyle has made my life more complete now. I have the determination to also change other aspects of my life for the better! My blood pressure is normal, and I have perfect cholesterol levels. I can outwalk my sister, who has always been in great shape.



Before

After

Losing weight has helped me feel good enough to get through the day without being tired. I don't even have to lie down for daily naps. I have more energy than I have ever had! I never imagined that in just seven months I could feel this great!

This is a serious decision that should be thought out carefully, but I am very glad that I decided to go ahead with the surgery. The program has totally changed my life for the better. The support from the Southern Oregon Bariatric Center staff is the finest and most complete of all the other programs I looked into. You are not left alone to figure out what to do. They always have an answer for whatever you may need during post-surgery.

Tips

- Shop and cook for more than one meal at a time
- Have a menu for the week and shop for it with a list
- Drag out all those cookbooks or search online—try one new recipe each month
- Buy in bulk; for example, whole chickens cost much less than skinless, boneless breast meat
- Line up your ingredients before starting to cook
- Learn to enjoy foods that don't require long cooking times
- Prep veggies before storing them
- Store foods in the fridge grouped according to their meal
- Have your pantry stocked with healthy staples
- Utilize those "timesaving devices" like your crock pot and food processor

But I'm Too Busy to Eat Healthy Foods —Kia Sanford, MS, CN

Often when our lives feel like they are moving too fast, to slow down we try to cut out things that "take time." Getting home from work after a long day with the prospect of making different meals for all the tastes in the household is overwhelming. Why are we doing this to ourselves and what are we teaching our children? Slow down! Take time out to remember what is most important: your health and your family's health. Take back the kitchen!

Thanks to many time saving devices we have fewer food preparation chores than we used to. Still, we are eating fewer real foods and less often at home or with our families. We have become convenience eaters. Have we forgotten what "real food" really is and what it tastes like? You can make easy, healthy food choices that do not come from a vending machine, drive up window or frozen microwave package. If you shift away from "food products" and back to "real foods" you are half way there!

Few of us are gourmet or short order cooks. Even so, you have all the talent it takes to make meals "from scratch". The reality is that it takes only a few minutes more to make something yourself than it

does to order out and it's much more affordable in the long run! Have fresh, healthy whole foods on hand and you will be more likely to use them. Enlist the help of your kids: make one meal for the entire family rather than one for each family member.

It may seem like a good idea to eat fast food in the short run but over time fast food will slow you down. Healthy choices can be fast and easy and they help you maintain energy, stamina and good health. Long-term health depends on your short-term choices!

Supporting You

Southern Oregon Bariatric Center Support Groups

In Medford

Smullin Health Education Center
Rogue Valley Medical Center campus
550 Medical Center Drive · Medford

6 to 8:00 p.m.

Gastric Bypass

0-5 months post surgery – 2ND Tuesday of the month
6 months and beyond – 3RD Wednesday of the month

6:15 to 8:15 p.m.

LAP-BAND® – 3RD Tuesday of the month
4TH Wednesday of the month

6 to 8:00 p.m.

Nutrition Basics – 2ND Monday of the month
Existing patients only. Advance registration required.
Call (541) 282-6688

In Grants Pass

Three Rivers Community Hospital
Washington campus · Conference Room B
1505 NW Washington Blvd. · Grants Pass

6 to 8:00 p.m.

Gastric Bypass/LAP-BAND

0-18 months and beyond – 1ST Tuesday of the month

Call (541) 282-6688 to attend a support group meeting.

If you would like to receive this newsletter by email, please notify the Southern Oregon Bariatric Center at kkellenbeck@sobariatrics.com

If you would like more information, please call Southern Oregon Bariatric Center at 1-877-404-SOBC or visit us at www.sobariatrics.com.