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Southern Oregon Bariatric Center



at Rogue Valley Medical Center
1-877-404-SOBC • www.sobariatrics.com
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Medford, OR 97504

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Calendar of Events

Upcoming bariatric symposiums:

Medford • 7 to 9 p.m.
Thursday, July 24
Thursday, August 21
Thursday, September 25

Grants Pass • 11 a.m. to 1 p.m.
Saturday, July 12
Saturday, August 2
Saturday, September 6

Recipe

Minted Summer Smoothie

Put all ingredients except ice in a blender and puree until smooth. Add ice cubes and blend on high about 30 seconds until chilled.

- 1/2 cup ripe honeydew melon, diced
- 1/4 cup cucumber, peeled, seeded, and diced
- 6 fresh mint leaves
- 1/2 cup plain fat-free yogurt
- 1 packet artificial sweetener
- 2 ice cubes

Amount per Serving Makes 1 serving. Calories: 140. Protein: 9.7 g. Carbohydrates: 26.6 g. Source: *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 & Michele Bontempo-Saray

SUMMER 2008

Welcome to the summer issue of CHOICES. This issue highlights real concerns that people face after bariatric surgery and offers suggestions for how to overcome them.

—Kathleen Kellenbeck, Program Coordinator
Southern Oregon Bariatric Center

“My whole outlook on myself and life... is outstanding.” —Roni E.

My one-year anniversary was March 23, 2008. It all started back in November 2006, right after Thanksgiving. I was just returning from a family reunion. I was at my highest weight ever. When my family and I returned home, I was very unhappy with everything. I wasn't sleeping well, and I'd have to get up an extra 20 to 30 minutes to warm up my ankles and knees. I was 25 at that time—too young to feel that old and in that much pain. With the support of my

continued inside



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Southern Oregon Bariatric Center

at Rogue Valley Medical Center

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

“...my whole outlook on myself and life...is outstanding.” *continued*

dad and mom, I attended a symposium to listen to one of the doctors about all the options I would have. I knew in my heart that it was time.

I can honestly say that I look back, and that young lady I once was was very sad and very unhealthy! I was a chronic drinker, and I would drown my sorrows in booze and food. But now—I can't even tell you how my life has changed and how exciting it is. I wear more color, my ankles don't hurt,



Before

After

and my whole outlook not just on life but on myself is outstanding!

My family and friends have been a major help in so many ways, and the reaction I get from people who haven't seen me is so cool. I hear from people often, “You look amazing! How are you doing it?” And I tell them about the Bariatric Center and the great things that have been granted to me since my surgery. Right now I'm 90 pounds down, and it's been just three months since my one-year anniversary. Drinking is no longer my crutch; life is! To be able to go to the store and see something that I would love to have and actually get to take it home is wonderful. I wear heels now, and I dress up—no more sweatshirts, no more frumpy clothes. I love looking cute, and I love the confidence that has also come with everything. My health is great, and I treasure the fact that I don't mind parking at the other end of the parking garage or taking stairs. I treasure it all!

Helpful Hints

Here are some great reminders of how to stay or get back on track to support your long-term weight-loss success.

- Eat protein first; 50% of each meal should be protein.
- Drink at least 64 ounces of water each day. Avoid drinking with meals as well as right before and within 90 minutes after eating. You don't want to fill up on water or dilute the food in your pouch, causing it to empty out sooner.
- Exercise for 30 or more minutes each day.
- Take the vitamins recommended by your physician.
- Eat three solid, nutritious meals each day—no grazing or snacking between meals!

Practice these keys to success and transform fear into courage, using these five rules as your best friends!

—Kathleen Kellenbeck

Maintaining the Gift You've Given Yourself —Reeger Cortell, FNP-C

Fear. In my conversations with my post-weight-loss-surgery patients, we talk about a lot of different things. Each person's story is unique; each circumstance is different. Across all the diversity and individuality however, there is one common theme: fear of weight regain. I hear it all the time: “I am so afraid I will regain the weight.”

Why is this? The answer is no great mystery. You've heard the stories: he or she had the surgery, lost all the weight, and then regained it again a few years later. The risk of weight regain is real for anyone who has lost weight, no matter what method they have used, but it is not a foregone conclusion.

Weight maintenance is not elusive or mysterious. It is not out of your control. In fact, it is just the opposite. Weight maintenance is found in everyday life through the regular, ordinary decisions you make and you control.

Don't believe me? Research confirms that successful maintainers are those who continue to monitor their diet, calories, fat intake, and portion sizes.

They also keep physically active, and they surround themselves with people who care about and support them. In summary, successful weight maintainers continue to act like successful weight losers.

Is this simple? Yes. Is this easy? No—but that's okay. Because you are strong, in control, and able to maintain the gift you have given yourself. Have courage. You can do it!

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) 282-6698 to attend a support group meeting.

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