

good future

your path to wellness



BON SECOURS RICHMOND HEALTH SYSTEM

february 2009

Surgical Weight Loss Newsletter

Relationships with Food

Food from the past has many meanings to us in our adult years. It can bring us back to pleasurable moments in our life as well as remind us of times when we may have used food to cope with different stressful events in our life. In addition, it may have been used to fill gaps or a void in our life.

Acknowledging what different foods mean to us is an important part of cultivating a good relationship with food. This month when we celebrate lovers and relationships, it's important to notice that we each have a relationship with food—and that this relationship is often far from loving. Many of us have restricted food, attempting to control our weight. We often abuse food, substituting it for emotional well-being. Others ignore food, swallowing it whole before we've even tasted it.

Our goal with weight loss surgery is to change our relationship with food; from a destructive pattern to a more healing relationship with food. We want to create new memories around our relationship with food, one that invites healing and promotes our health.

To create these new experiences with our body, we want to show our bodies love and care as if we were in a healthy relationship with one another. How

would we nurture this relationship? Would we ignore the person, be harsh with them, show the other person disrespect or abuse the other person or try to harm them in the relationship? If this was a relationship we cared about, we would do none of these things. We would treat that person with a sense of gentleness, playfulness, communicate with them in an honest fashion, and treat them with respect and love.

We need to think of ourselves as a loving partner in a relationship when it comes to taking care of our bodies. The next time you eat something, do so with awareness, pause and ask yourself will this nurture or harm my body. In the beginning, you need to take the time to practice asking your-self these questions. You may not always follow your heart and eat the right thing. You may give into boredom, loneliness, and stress. However, over time when you ask yourself the question you will begin to make the right decision and choose a path of nurturing with foods that are healing to the body.

Testimonials

We are interested in hearing your story and would appreciate hearing about your success. If you would like to share your story at one of our support group meetings, please contact Irene to arrange a time to speak at one of our Support Group Meetings.

■ good news

Walk for Children's Health

Our walk this year is scheduled for April 18, 2009 at Byrd Park. Registration begins at 8:30 AM and our walk starts at 10:00 AM. We would love to see you walk with us and bring you family. We will have lots of great activities for children and plenty of give away prizes. So please save the date. If you are interested in volunteering that day, we will gladly put you to work. Just call Irene Zolotorofe at 804-281-8090.

Our Speakers

Henry B Wilson, MD, FACS

Lectures: March 9, 2009 and July 9, 2009

Dr. Henry Wilson, a third-generation surgeon, is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. He received his B.A. from Harvard University and his M.D. from Vanderbilt University. He completed his residency in general surgery at the University of Medicine and Dentistry at New Jersey, where he performed research in breast and plastic surgery while serving as chief resident. He then completed his residency in plastic surgery at the Medical College of Georgia. Dr. Wilson, who maintains a specific interest in surgery to improve breast and body contour, chose to gain advanced training in this area by spending an additional year at the Breast and Aesthetic Surgery Fellowship at Georgetown University Hospital in Washington, D.C..

While completing his fellowship, Dr. Wilson served as an Instructor in Plastic Surgery at Georgetown. Furthermore, he is a contributing author to the latest edition of *Surgery of the Breast, Principles and Practice*, 2nd ed., considered to be the authoritative medical text book on cosmetic and reconstructive breast surgery

Brooke Davila

Lectures: February 9, 2009, March 12, 2009, April 12, 2009, and May 12, 2009

A recognized teacher, speaker and wellness consultant, Brooke Davila presents her expertise in nutritional counseling, the Pilates technique and the science of yoga in a fresh and innovative way. She believes that taking the steps to improve one's health should be done in a supportive, educational and non-dogmatic environment.

Brooke spent most of her life as a professional classical dancer in New York City and abroad. In 1998, while rehabilitating from a knee injury, she was introduced to the Pilates technique. Bringing together her love of the body and concepts of dynamic alignment she completed her comprehensive training on the mat and full apparatus in 1999. In 2004, she graduated from the Institute for Integrative Nutrition in New York with a degree in Holistic Nutrition. This past year, after a decade of her own practice, Brooke completed her 200-hour yoga teacher training through Yoga Source in Richmond, VA.

Brooke's dedication to educating her clients, both in a private and corporate sector, motivates her to deepen and update her knowledge. She believes in presenting her information in a simple, easy to use, fun manner.



■ good nutrition

Food Focus: Beans

Legumes, a class of vegetables that includes beans, peas and lentils, are an excellent source of plant-based protein and many vitamins and minerals. They provide fiber, calcium, B vitamins, iron, potassium, magnesium, and phytonutrients. For this reason, they are included in two food groups on USDA's recommended healthy eating plan!

Beans, the focus this month, are found in most traditional cultures as a staple food. Offering a very inexpensive source of many nutrients, beans can be rich, delicious and satisfying. They provide a good source of protein while offering no saturated fat or cholesterol. Research has shown diets including beans may help to reduce the risk of certain types of cancer and heart disease. As a rich source of fiber, they promote bowel regularity, blood sugar control and satiety.

Beans have a reputation for causing digestive distress, but this is usually because they have been undercooked or improperly prepared. To help reduce gas-forming properties, soak beans overnight prior to cooking, increase cooking time, add spices like bay leaf, oregano or cumin, or kombu (a sea vegetable) while cooking.



Easy Beans and Greens

Prep time: 20 minutes

Cooking time: 10 minutes

Ingredients

1 can black beans (or pinto, red, kidney—your choice)
1 bunch collard greens (or kale, spinach—your choice)
Toppings, such as salsa, guacamole,
and light sour cream

Directions

1. In a medium saucepan, heat drained beans. Add your favorite seasonings, as desired.
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil.
3. Wash and chop greens (you can use the stems, too) and add to boiling water.
3. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.

On a plate, arrange a portion of the greens, top with a portion of the beans, and finish with toppings of your choice. **(Be careful to use moderation if garnishing with higher calorie guacamole or sour cream)**

Per 1/2 cup serving

75 calories, 8 grams protein, 1 gram fat, 4 grams fiber

■ good rules

Daily Meal Plan

Breakfast 3 oz of oatmeal (prepared with a small amount of water), 10 blueberries and 6 walnuts

Lunch 2 oz (1/4 cup) of Easy Beans and Greens and 2 oz of sliced turkey breast

Dinner 4 oz (1/2 cup) of either chili recipe

Lap band patients: add a protein water to your day to supplement your protein needs. For example, Isopure Plus has 15 gms of protein in 237mls of fluid and only 60 calories.

By Pass patients: add a protein supplement or drink to you day. For Example, Prostat 64, contains 15 gms of protein in 30 mls of fluid and only 60 calories.

Daily Rules to Remember

Maintaining Your Lap Band Weight Loss Goals

1. Measure all meals in a measuring cup. The total volume is 4 oz or 1/2 cup.
2. No drinking liquids with solid foods (30 minutes before and 60 minutes after meals).
3. No liquid calories.
4. Eat meals that are solid; try to avoid liquid meals.

How do I know if I need a band fill?

1. I am eating solid meals and I am able to tolerate more the 4 oz at each meal.
2. I am getting hungry within one-two hours of eating a solid meal.
3. Poor weight loss (less than one pound per week).

Maintaining Your Gastric bypass surgery

5. Measure all meals in a measuring cup. The total volume is 4 oz or 1/2 cup.
6. Eat protein at every meal (strive for 40-60 gms of protein per day).
7. No liquid calories.
8. Remember to take your vitamins every day.

Veggie Chili

Prep time: 20 minutes

Cooking time: 55 minutes

Ingredients

7 1/2 cups cooked beans, like pintos, anasazi, adzuki, or kidney (roughly four 15-oz cans or 1 pound dried beans, cooked)

2 tbsp. extra-virgin olive oil

2 large onions, diced

1 dried or canned chipotle pepper

1 tbsp. mild red New Mexican chili powder, or to taste

1 tbsp. dried whole oregano

1 tbsp. ground cumin

1/2 tsp. allspice

1 large can (28 ounces) crushed tomatoes, undrained

5 cloves garlic, mashed

Salt and pepper, to taste

Directions

1. Drain beans in a colander.
2. Heat oil in a large Dutch oven or saucepan. Add the onions and sauté over medium heat until onions are soft and golden.
3. Crush the chipotle pepper if using dried, or mince if using canned.
4. Add the chipotle pepper, red chili powder, oregano, cumin and allspice to the onions. Cook for 2 minutes.
5. Add the tomatoes and beans. Simmer for 45 minutes, adding liquid if the mixture gets too dry.
6. Add salt and pepper to taste, and more chili powder if you want a hotter dish.
7. Serve in bowls with warm tortillas. Garnish with chopped raw onion, chopped tomato, and shredded lettuce.

Per 1/2 cup serving

98 calories, 5 grams protein, 2 grams fat,

5 grams fiber



recipe

Tempeh Chili

Prep Time: 10 minutes

Cooking Time: 55 minutes

Ingredients

- 2 tsp. extra-virgin olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 8 oz cake of tempeh, crumbled
- 1 can organic crushed tomatoes
- 1 can kidney beans, drained and rinsed
- 1 green pepper, diced
- 1 red pepper, diced
- 2 jalapeno peppers, seeded and diced
- 1/2 cup cilantro (fresh), chopped
- 1 tbsp. cumin, ground
- 1 tsp. salt
- 1 small can chipotle chili en adobo (optional)

Directions

1. Heat olive oil in a large saucepan.
2. Add chopped onion, red and green peppers, jalapenos and the crumbled tempeh to saucepan. Stir-fry for five to six minutes.
3. Stir in the cumin and salt.
4. Add canned tomatoes, kidney beans, chopped cilantro and chipotle pepper, if you're using it
5. Allow the mixture to simmer for about 40 minutes.
6. Sprinkle with low-fat cheddar cheese, if you like.



recipe

■ good support

Support Group Schedule

You are welcome to attend any of the following support groups to assist you in reaching your weight loss goals. During our meetings we provide emotional and behavior support for members trying to make significant lifestyle changes in their health. We provide nutritional education and assist members to make appropriate food choices. In addition, members will learn a number of problem solving methods relating to postoperative eating behaviors, food choices, physical activity and coping with the changes involved with bariatric surgery.

The following support groups are available for you to take advantage of:

1st Thursday of the Month Open to all maintenance patients, those seeking to lose the last 20-40 lbs, and for those struggling with maintaining their weight loss. This group offers additional support to you and reaching your goals and maintaining your new lifestyle. **We meet from 6:30 to 8:00 PM, Room 163. Appropriate for both lap band and gastric bypass patients.**

2nd Thursday of the Month Forever Thin Support Group. Open to all surgical weight loss patients whether you are thinking about **gastric bypass surgery**, just had surgery or you are five years out from surgery. It is an opportunity to learn more from other members. Family members and friends are also welcomed to this meeting. **We meet from 7:00 to 9:00 PM Room 164.**

3rd Thursday of the Month Open to all new post-op patients (one year or less) looking for some emotional support, what to eat, how to get the protein in. Then this is a meeting for you. We will help you adapt your new eating behaviors into your life. **We meet from 5:30 to 6:30 PM, Room 163. Appropriate for both lap band and gastric bypass patients.**

4th Thursday of the Month Open to all pre and post-op patients wishing to learn more about proper nutrition and supporting weight loss goals. We meet from 6:30 to 8:00 PM, Room 163. **Appropriate for both lap band and gastric bypass patients.**

2nd Monday of the Month Open to all lap band patients or individuals considering the surgery as a tool for weight loss. This is a new group being offered for the first time. **We meet from 7:00 to 8:30 PM, Room 164.**

Our support groups are staffed with professional staff and seasoned surgical weight loss members to assist you on this journey. Remember in our support groups you will meet people who really understand what your life has been like and what your life can be. You will find the meetings enjoyable, inspirational and motivational. The only cost to you is your time.

If you have any questions or suggestions about support groups, would like to contribute to the newsletter, or you would like to share your story at support group, please contact Irene Zolotorofe at 281-8090 or email me at Irene_zolotorofe@bshsi.org.



Support Group Speaker Schedule 2009

Lap Band

January 12th Goals for the Year

February 9th Exercise (Brook Davila)

Physician Participation: Matthew Brengman

March 9th Henry Wilson (Plastic Surgeon)

Physician Participation: Joseph Karch

April 13th Cooking Demo (Keith De Mars)

Physician Participation: Matthew Brengman

May 11th Exercise (Brook Davila)

Physician Participation: Eliseo Bautista

June 8th Nutrition Program (J. Thompson)

Physician Participation: Brennan Carmody

July 13th Share a Meal

Physician Participation: Gregory Schroder

August 10th What to Eat (Irene Zolotorofe)

Physician Participation: Joseph Karch

September 14th Realize Website (David Powell)

Lap band Website (Meagan Mc Daries)

Physician Participation: Matthew Brengman

October 12th Nutrition Program (J. Thompson)

Physician Participation: Gregory Schroder

November 9th Life is Hard: Food Is Easy (Jill Ascari)

Physician Participation: Matthew Brengman

December 14th Share a Holiday Meal

(both lap band and gastric by pass patients)

Gastric Bypass

January 8th Goals for the Year

February 12th What to Eat (Irene Zolotorofe)

Physician Participation: Eliseo Bautista

March 12th Exercise (Brook Davila)

Physician Participation: Brennan Carmody

April 9th Exercise (Brook Davila)

Physician Participation: Joseph Karch

May 14th Life is Hard: Food Is Easy (Jill Ascari)

Physician Participation: Brennan Carmody

June 11th Nutrition Program (J. Thompson)

Physician Participation: Neil Hatcher

July 9th Henry Wilson (Plastic Surgeon)

Physician Participation: Neil Hatcher

August 13th Nutrition Program (J. Thompson)

Physician Participation: Neil Hatcher

September 10th Cooking Demo (Keith De Mars)

Physician Participation: Eliseo Bautista

October 8th Gastric Bypass Website (David Powell)

Physician Participation: Eliseo Bautista

November 12th Cocoon Party

Physician Participation: Gregory Schroder

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Good Help to Those in Need®