

The *Bariatric Beat* at Regional West

April 2025



Special Announcements

Monthly Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process of weight loss surgery. Scan the QR code at the bottom of this page or visit RWMCWeightLossOptions.com to register. Empower yourself to make informed decisions for a healthier life!

Your Weight Loss Journey Continues

Bariatric surgery is just the beginning of your transformation, and we're committed to your long term success! Our clinical reviewer and bariatric coordinator are reaching out to past patients to provide ongoing support, celebrate achievements, and make sure your health remains a priority.

We'd love to hear your story, help keep you motivated, and inspire others with your journey. Your success matters, and we're here every step of the way. Stay connected, stay healthy, and let's continue this journey together!

Upcoming Events:

In-Person Support Group

May 7, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Find Clarity in a World of
Health Hype!

In-Person Support Group

June 4, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Is Fast Food Truly the Foe?



SCAN ME

Ask the Expert

Internal Bias

Let's talk about internalized weight bias. If you're on a weight loss journey or considering bariatric surgery, you may recognize that inner voice echoing society's judgments. It's when we absorb negativity from doctors, social circles, or even strangers, making us believe our worth is tied to our weight.

Experiencing bias can lead to different reactions. Some fight back, others withdraw, and some seek comfort in food. Over time, these messages become part of our self-talk. But ask yourself: would you tell a loved one they must lose weight before seeing a doctor? Would you tell a friend they're too big for the gym? If not, why say it to yourself?

Challenging internal bias takes time, patience, and support. Therapy, support groups, and compassionate communities can help. If you're struggling, seek a mental health professional through your healthcare facility or resources like Psychologytoday.com.

This journey isn't just about weight; it's about self-worth. Let's not just fight external bias but also change how we see ourselves. You are enough.

Warmest regards,
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Check out this fresh spring recipe for keto deviled eggs!

Keto Deviled Eggs

- 6 hard boiled eggs, cooled
- ¼ cup mayonnaise
- ½ teaspoon prepared mustard
- 1 tablespoon dill pickle juice, or to taste
- Salt and pepper to taste
- Pinch of paprika

Peel hard boiled eggs and slice in half lengthwise. Gently remove the yolks and place in a bowl. Add the remaining ingredients, except for paprika, and mash until smooth. Season with salt and pepper to taste. Place filling in a piping bag or freezer bag and pipe into the egg whites. Sprinkle with paprika and serve.



Health Tips

Spring into Better Health!

Spring is the perfect time to reconnect with nature and boost your well-being. Just 10 minutes of walking barefoot on the ground or gardening can improve focus and reduce symptoms of depression. Gardening helps you stay grounded while walking barefoot (known as "earthing") calms your mind and reduces stress. Take advantage of the season and spend 10 minutes outside to refresh, recharge, and let nature work its magic on your mental and emotional health!