

# The *Bariatric Beat* at Regional West

June 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

You can discover all you need to know about stapling bariatric procedures through our free education seminar. Dive in for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of this page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!

### Success Stories

Shoutout to our recent 100 lbs. down club members Anita Pennel, Brittney Hall, Rebecca Bleck, Anna Cochran, and Diane Summerville! These ladies have achieved incredible weight loss milestones following weight loss surgery. We are proud of you and your continued progress toward better health!

*Congratulations!*



## Upcoming Events:

### In-Person Support Group

July 2, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Consistency is Key: Unlock  
the Secret to Lasting Health

### In-Person Support Group

Aug. 6, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Reframe the Fight: Managing  
Obesity for Long-Term Success



**SCAN ME**

## Ask the Expert

### Fast Food and Your Journey: Making Peace, Not War

Fast food often gets a bad rap, but it doesn't have to derail your progress. For those in medical weight management or post-bariatric surgery, success lies in balance and awareness, not perfection. While many menu items are high in calories and sodium, smarter options like grilled proteins, smaller portions, and skipping extras can make a difference.

Beyond nutrition, fast food is tied to emotion, comfort, convenience, and even celebration. Learning to pause, plan, and choose mindfully puts you in control. As the Obesity Medicine Association reminds us, long-term change is built on progress, not guilt.

Instead of fearing fast food, approach it with a new mindset. You're not just managing meals; you're building a healthier relationship with food, one choice at a time.

You have the tools. You have the strength. Every step forward counts.

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

### Dietitian's Corner: Focusing on Nutrition

#### *Cod and asparagus bake*

- 4 salmon filets (4 oz. each)
- 1 lb. fresh thin asparagus, trimmed
- 1 pint cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1 ½ teaspoons grated lemon zest
- ¼ cup grated Romano cheese



Preheat oven to 375° Fahrenheit. Place cod and asparagus in a 15 x 10 x 1" baking pan brushed with oil. Add tomatoes, cut sides down. Brush fish with lemon juice; sprinkle with lemon zest. Sprinkle fish and vegetables with Romano cheese. Bake until fish just begins to flake easily with a fork, about 12 minutes. Remove pan from the oven; preheat broiler. Broil cod mixture three to four inches from heat until vegetables are lightly browned, about two to three minutes.