

The *Bariatric Beat* at Regional West

August 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 to register. Empower yourself to make informed decisions for a healthier life!

Success Stories

We're looking for success stories, and we know they're out there! Have you experienced a victory on your weight loss journey, big or small? We want to hear about it! We believe every success matters, whether it's a number on scale, a health improvement, or simply feeling better in your daily life.

Don't be shy—your story could inspire someone else to take the first step. If Regional West has made a difference in your life and you'd like to share your personal success story, let us know! We'd be honored to celebrate your journey.

Upcoming Events:

In-Person Support Group

Sept. 3, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Find the Energy You've Been
Missing – Explore Why
Fatigue Lingers

In-Person Support Group

Oct. 1, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Cravings Decoded:
Understand Food Addiction
and Take Control



SCAN ME

Ask the Expert

Navigating Relapse in Obesity Care

Obesity is a chronic, relapsing disease that requires consistent, individualized medical care. Relapse is not a sign of failure—it is a natural part of managing long-term conditions such as diabetes or hypertension. The same applies to obesity. Setbacks are expected and manageable with the right support system in place. Regular follow-up appointments allow us to adjust treatment plans, monitor progress, and address new or ongoing challenges before they become barriers.

We strongly encourage routine annual evaluations and screenings so your care remains on track. For individuals with a history of bariatric surgery or medical weight loss, this includes annual—and sometimes semi-annual—bariatric-specific lab work. These labs are essential for monitoring nutritional status, organ function, and overall health outcomes.

Have you had your annual bariatric labs checked? If not, now is the time. Keeping up with these routine evaluations allows your provider to detect issues early, provide timely interventions, and support long-term success. Your health and well-being are our highest priorities.

Obesity management is not about perfection; it is about persistence, support, and routine care. Whether you are navigating a relapse, maintaining progress, or just getting started, you deserve comprehensive care that treats obesity as the complex, chronic disease it is.

Warmest regards,

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

Dietitian's Corner: Focusing on Nutrition

Strawberry salsa

- 20 strawberries, finely diced
- 1/3 medium red onion, minced
- 1 jalapeno, minced
(remove seeds for less heat)
- Juice of 1 lime
- Handful of cilantro, chopped
- Fresh cracked black pepper

Simply mix these ingredients together and enjoy!



Health Tips

Fall is a natural time to reset routines, making it the perfect season to prioritize your annual health screening. The U.S. Preventive Services Task Force recommends yearly obesity screening and ongoing support for adults with a BMI of 30 or higher. These evaluations help detect early issues, guide treatment, and monitor lab values, especially after bariatric surgery. Your health deserves attention year-round; schedule your visit today and start the season focused on you.

