

# The *Bariatric Beat* at Regional West

September 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

**Congratulations to Brandy Oldaker, Gaytha Oldaker, and Sandy Richins on losing 100 lbs. and counting!**

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

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

### In-Person Support Group

Nov. 5, 2025  
5:30 to 6:30 p.m.  
Regional West Medical Plaza  
South, Conference Room 1

Winter Wellness Starts Here:  
Stay Strong, Stay Healthy



**SCAN ME**

## Ask the Expert

### When Tiredness Signals Something More

Feeling constantly tired is a challenge many people face, especially those actively working on weight loss. However, persistent exhaustion may indicate underlying medical conditions, particularly because obesity is recognized as a chronic disease. In her article “Why Am I So Tired,” Dr. Nadia B. Pietrzykowska highlights that fatigue should never be ignored, as it often points to treatable health issues.

Several conditions associated with excess weight can drain energy. Hypothyroidism, a condition in which the thyroid produces too little hormone, slows metabolism and frequently leads to fatigue. Prediabetes and diabetes interfere with blood sugar regulation, leaving individuals feeling depleted even with adequate sleep. Anemia, metabolic syndrome, and sleep apnea are other common contributors to low energy levels. Hormonal changes, such as those occurring during menopause in women or low testosterone in men, can intensify tiredness. Nutritional deficiencies, particularly low iron or vitamin B12, are also widespread and can go undetected without proper testing. These challenges are not a reflection of personal weakness but rather consequences of complex biological processes that accompany obesity.

The good news is that interventions can make a meaningful difference. Even modest weight loss of around 10% can reverse prediabetes and improve energy. Treating thyroid disorders, correcting vitamin deficiencies, or addressing sleep apnea can significantly restore vitality. Small, consistent lifestyle adjustments combined with medical evaluation can help individuals feel more energetic and capable of sustaining healthy habits over time.

Anyone experiencing persistent fatigue should speak with a healthcare professional to identify potential causes and receive appropriate care.

### Dietitian's Corner: Focusing on Nutrition

#### Broccoli and Cheddar Mini Quiches

- 2 cups chopped broccoli
- 1 cup almond milk
- 1 cup heavy whipping cream
- 4 extra large eggs
- 1 cup shredded cheddar cheese
- ½ tsp. salt
- ½ tsp. pepper
- ¼ tsp. nutmeg

Preheat the oven to 350°F and line a large, rimmed baking sheet with foil. Grease eight cups in a 12-cup muffin tin and set aside. Pour one inch of water into a large saucepan and insert a steamer basket. Place the broccoli in the steamer basket, cover the pot, and steam over high heat until just tender, about five to six minutes. Let broccoli cool slightly, then chop into small pieces. In a medium bowl, whisk together the almond milk, cream, and eggs. Stir in the cheese, salt, pepper, nutmeg, and chopped broccoli. Place the muffin tin on the baking sheet, then ladle the egg mixture into the prepared muffin cups, filling each cup. Bake until lightly browned and set in the center, for about 25 minutes.



## Health Tips

If you are having difficulties on your weight loss journey, remember to:

1. **Check for underlying medical issues.** Fatigue can signal conditions like thyroid problems, anemia, sleep apnea, or prediabetes. Speak with your physician or provider about your concerns.
2. **Focus on balanced nutrition.** Be sure you are getting adequate iron, vitamin B12, protein, and essential nutrients to support energy levels.
3. **Prioritize sleep.**

