

The *Bariatric Beat* at Regional West

October 2025



Special Announcements

Wednesday Support Group

Embark upon this exciting journey with our newly initiated support group meeting, scheduled 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

Have you experienced a victory on your weight loss journey, big or small? We want to hear about it! At Regional West Bariatric Weight Loss Program, we believe every success matters, whether it's a number on the 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

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

In-Person Support Group

Dec. 3, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Break through the Mental
Maze and Find Freedom
from Stuck Thoughts



SCAN ME

Ask the Expert

Cravings Uncovered: How Food Addiction Hijacks Success

Food addiction is a powerful and often misunderstood factor in weight regain after bariatric surgery. According to Nicole Avena, PhD, in *Common Foods People Develop Addiction to and Why*, certain foods can trigger brain responses similar to those seen in substance addiction. Highly processed foods such as pizza, chocolate, chips, and ice cream are especially problematic because they stimulate the brain's reward center, releasing dopamine and reinforcing the desire to eat more. Bariatric surgery changes the body, but it does not alter the brain's learned response to rewarding foods.

Understanding food addiction allows patients to identify personal trigger foods and recognize the difference between physical hunger and emotional craving. Strategies such as meal planning, protein first eating, and mindful awareness can reduce relapse into old habits. Food addiction is not a lack of willpower, but a biological response. By learning how certain foods manipulate the brain's chemistry, bariatric patients can take back control, make informed choices, and protect the health progress they have worked so hard to achieve.

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

Dietitian's Corner: Focusing on Nutrition

Buffalo chicken wing wonton cups

These bite-sized wonton cups deliver a burst of flavor and spice to your palate!

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon chipotle chili powder
- 24 wonton wrappers
- 4 ounces 1/3 less fat neuchatel cheese bar
- 1/4 cup plain Greek yogurt
- 1/2 cup hot sauce
- 3 ounces blue cheese crumbles

Preheat oven to 350 °F. Spread olive oil over chicken breasts then sprinkle evenly with paprika and chili powder. Place in a baking dish and cook for 25 to 30 minutes. Remove chicken and let cool, then shred. While the chicken is cooking, place wonton wrappers in 24 mini baking cups, pressing the wrappers into the sides of the cups. Bake wrappers for five minutes or until light brown. Mix cream cheese, yogurt, and hot sauce. Add the chicken and stir until well coated. Fill each wonton cup with a tablespoon of the creamy chicken mixture, then add a pinch of blue cheese crumble. Return wonton cups to the oven and cook for another five minutes, or until the cheese is melted. Remove and serve immediately.



Health Tips

1. Recognize trigger foods that cause cravings and loss of control.
2. Choose whole, minimally processed foods for balanced nutrition.
3. Eat protein before carbohydrates to stay full and reduce cravings.
4. Practice mindful eating to notice true hunger and satisfaction cues.
5. Plan meals ahead to avoid impulsive or unhealthy choices.

