

# The *Bariatric Beat* at Regional West

February 2026



## Special Announcements

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our support group, scheduled for 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. Scan the QR code at the bottom of this page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register.



SCAN ME

### Success Stories

“My journey with obesity included many struggles before I understood it as a complex, chronic disease. Starting with a BMI over 35 and weighing 245 pounds, I focused on quick results and lacked self-compassion. Pursuing an Obesity Medicine certification changed my perspective, revealing the importance of medical management, support, and education beyond surgery. Today, with BMI of 22 and weight of 132 pounds, I lead by example supporting patients with realistic goals and ongoing compassion throughout their lifelong journey.”

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



## *Ask the Expert*

### Understanding Body Image After Weight Loss

In this month's support group, we explored the article "Beyond the Looking Glass: An Honest View of Body Dysmorphic Disorder" by Merrill Little Berry and discussed how body image can continue to evolve long after bariatric surgery or during medical weight management. One of the most important lessons was recognizing that weight loss changes the body, but it does not automatically change how we see ourselves. Many individuals expect confidence and satisfaction to come naturally once the weight is gone, yet it is common to still notice perceived flaws, struggle with excess skin, or feel disconnected from a rapidly changing body.

We learned that there is a difference between normal body dissatisfaction and Body Dysmorphic Disorder (BDD). Occasional frustration with appearance is common, but persistent distress, obsessive focus on specific body parts, or avoiding social situations due to appearance concerns may signal a need for additional support. According to the American Society for Metabolic and Bariatric Surgery (ASMBS) and behavioral health guidance, emotional adjustment is a normal and ongoing part of the journey.

Participants shared that healing includes learning body acceptance, practicing patience, and redefining success beyond the number on the scale. Health improvements, increased mobility, and confidence in daily life are meaningful victories. Most importantly, we were reminded that this process is not about achieving a "perfect" body, but about learning to live in and care for the one we have with compassion and respect.

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

### Dietitian's Corner by Amber

#### Chocolate Chia Pudding

- 3/4 c. Oikos Triple Zero Vanilla Greek Yogurt (or any low-fat and low-sugar Greek yogurt)
- 1 tbsp. Bariatric Fusion Chocolate High Protein Meal Replacement or any chocolate high protein meal replacement powder
- 1 tbsp. chia seeds
- 1/4 c. chocolate almond milk, unsweetened



In a blender, add the Greek yogurt, protein powder, chia seeds, and almond milk. Pour the pudding into a mason jar or small glass container. Enjoy immediately, or set the pudding in the fridge for about 10 minutes to firm up.

#### **Nutrition Information**

Serving Size: 1 serving, Calories: 208, Fat: 5g, Carbs: 17g, Fiber: 7g, Sugar: 4g, Protein: 24g



## Health Tips

### Five Helpful Tips to Stay Motivated

1. Focus on health gains, not just appearance changes.
2. Limit comparison to others. Every journey is different.
3. Wear clothes that fit your current body comfortably.
4. Talk kindly to yourself, especially on hard days.
5. Reach out for support if negative thoughts feel overwhelming.