

The *Bariatric Beat* at Regional West

May 2026



Special Announcements

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 to register.



SCAN ME

Success Stories

We're celebrating Colleen Franklin, our newest member of the 100 lbs. down club! After her sleeve gastrectomy, Colleen has managed to lose 100 lbs. and counting through dedication, determination, and hard work. You are an inspiration, Colleen, and we are so proud to be on this journey with you!



Upcoming Events:

In-Person Support Group

May 6, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Neurology of Craving
Dopamine Cycles and
Behavioral Reinforcement

In-Person Support Group

June 3, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Socialization Without Food

Ask the Expert

Listening to Your Tool

This month's bariatric support group focused on a powerful but often overlooked concept: your surgery is a tool, and your body is constantly communicating how well you are using it. Many participants shared real-life experiences navigating life after surgery, including moments of success, frustration, and learning. A key takeaway was understanding that symptoms such as vomiting, food intolerance, dumping syndrome, and plugging are not failures; they are signals. These "alarm signs" often occur when eating too quickly, not chewing thoroughly, introducing foods too aggressively, or eating beyond fullness.

We discussed how these experiences can be normal, especially when trying new foods, but become concerning when they are frequent or ignored. Recognizing patterns is critical. The group also explored how maladaptive behaviors—such as drinking high-calorie liquids, grazing on slider foods, or eating until discomfort—can quietly stall progress or lead to regaining weight. Awareness is the first step toward change.

Equally important was the reminder that long-term success requires patience and consistency. Weight loss is not always linear, and plateaus are a normal part of the journey. Those who succeed are not perfect; they are persistent. They learn from their body's feedback and adjust accordingly.

The most meaningful insight shared was this: your body is not working against you. It is working for you. When you slow down, stay mindful, and respond to those internal cues, you strengthen your ability to succeed long-term.

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

Dietitian's Corner by Amber

Omega 3 Salmon and Farro Winter Salad

- ½ c. dry farro
- 8 oz. salmon filet
- 1 Tbsp. olive oil
- 2 c. arugula or mixed greens
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- Black pepper to taste

Cook farro according to package directions. Drain and set aside. Heat olive oil in a skillet over medium heat. Season salmon with salt and pepper and cook three to four minutes per side until just cooked through. Flake salmon into large pieces. Combine warm farro, greens, and salmon. Drizzle with lemon juice and toss gently.

Nutrition highlight: Salmon provides omega-3 fats that support skin barrier function, while farro contributes fiber and steady energy during winter months.



Health Tips

Listen to Your Tool

1. Slow down your meals. Take small bites, chew thoroughly, and allow time for your body to signal fullness.
2. Respect early warning signs. Symptoms like dumping or vomiting are feedback. Pause and reflect on what triggered them.
3. Avoid slider foods and liquid calories. These can bypass restriction and increase caloric intake without satiety.
4. Stick to a consistent eating schedule. Avoid long gaps without eating to prevent overeating later.
5. Adjust and don't ignore patterns. If symptoms or habits repeat, it's time to make a change, not push through it.

