

The *Bariatric Beat* at Regional West

June 2026



*Creating memories
without the menu*

Special Announcements

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

Successes and Program Updates

Attending the American Society for Metabolic and Bariatric Surgery (ASMBS) 2026 Annual Conference and Bariatric Coordinator Program Development Course reinforced what makes Regional West's bariatric program exceptional. During a session with representatives from approximately 400 bariatric centers, I was recognized among a small group of coordinators whose programs demonstrated advanced capabilities and strong compliance with Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) standards. This experience highlighted the impact of Jason LaTowsky, MD's leadership. His vision, commitment to quality, and support of program development have helped position Regional West as a leader in bariatric care. Our recent MBSAQIP reaccreditation reflects the high standards he has helped establish and maintain for our patients and community.

Upcoming Events:

In-Person Support Group

July 1, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Emphasizing Summer
Survival Kits, Protein-First
Strategies, and Preventing
Dehydration

Coordinator's *Corner*

Challenge yourself this month to plan one "Date Without the Plate." Whether it's with a spouse, friend, child, family member, or simply yourself, focus on creating a memory rather than a meal. You may be surprised how fulfilling the experience can be.

Ask the Expert

Creating Memories Without the Menu

During our support group discussion around Nina Crowley's article "Creative Dates Without the Plate," participants explored how food has traditionally played a role in social activities, celebrations, and relationships. We discussed the challenges many bariatric patients face when navigating social situations after surgery and how shifting the focus away from food can help support healthy habits and weight loss goals.

The group shared creative ideas for spending time with loved ones, including hiking, attending community events, game nights, sporting events, volunteering, crafting, and exploring new hobbies. We also discussed how food is often used as a reward and identified alternative ways to celebrate accomplishments that support overall wellness.

One key takeaway was that meaningful connections come from shared experiences rather than shared meals. By intentionally creating non-food-centered traditions, patients can strengthen relationships while supporting their long-term bariatric success.

"The best memories are not about what was on the table - they're about who was about who was around it."

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

Dietitian's Corner by Amber

Baked Protein Oatmeal

- 1 c. rolled oats
- 2 scoops Vanilla High Protein Meal Replacement Powder
- 1 ½ c. unsweetened almond milk
- 1 tsp. vanilla extract
- ¼ c. blueberries
- 1 Tbsp. natural peanut butter

Preheat oven to 375 °F and spray an eight-inch baking dish with cooking spray. Mix all ingredients in a bowl until well combined. Pour mixture into the baking dish and spread evenly. Bake for 30 to 40 minutes or until set. Let cool, portion out, and enjoy.

Nutrition information: Serving Size: ½ bowl, Calories: 306, Fat: 5g, Carbs: 39g, Fiber: 7g, Sugar: 4g, Protein: 21g
Recipe courtesy of Bariatric Fusion



Health Tips

Creative Dates Without the Plate

1. Plan Active Adventures: Take a walk, hike, bike ride, or explore a local park.
2. Focus on the Experience: Make conversation, laughter, and connection the priority instead of the meal.
3. Create New Traditions: Try game nights, movie nights, crafting, volunteering, or family outings.
4. Reward Yourself Differently: Celebrate milestones with experiences, self-care, books, flowers, or fitness gear instead of food.
5. Schedule Fun Activities: Put non-food-centered activities on your calendar to help create lasting healthy habits.

