

The *Bariatric Beat* at Regional West

August 2026



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

Regional West Bariatric Coordinator Amber Schulze was recently appointed to the American Society for Metabolic and Bariatric Surgery (ASMBS) Integrated Health Bariatric Coordinator Committee, supporting collaboration and excellence in bariatric care nationwide. This is a two-year commitment.

Well done, Amber!

Upcoming Events:

In-Person Support Group

Sept. 2, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Focus on Labs, Blood Pressure, Diabetes Management, and How Bariatric Surgery Improves Chronic Disease

Oct. 7, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Teaching Practical Anti-Craving Strategies, Sleep Hygiene, and Structured Eating Routines

Coordinator's Corner

Once a day before eating, ask yourself one simple question: "Am I physically hungry or emotionally hungry?"

No tracking. No judgement. No need to change what you eat. Just notice. The goal this month is awareness, not perfection. Keep track of your progress throughout the month and celebrate every day you complete all five goals. Small, consistent actions lead to lasting success.

Ask the Expert

Understanding Why We Eat

This month's support group explored "Comfort Foods: Why Do They Make Us Happy?" and the powerful connection between food, emotions, memories, and the brain's reward system. We discussed how comfort eating is not always driven by physical hunger. Stress, boredom, loneliness, celebration, fatigue, and even nostalgia can trigger the desire to eat.

Participants learned to recognize the difference between physical hunger and emotional hunger, identify personal triggers, and consider what they may need when a craving appears. Instead of focusing on restrictions, we discussed building additional coping strategies that do not rely solely on food.

One of our biggest takeaways was simple: food can satisfy physical hunger, but it cannot fix an emotion. Long-term bariatric success comes from increasing awareness, understanding our patterns, and practicing new responses one choice at a time.

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



Health Tips

Five Tips for the Month

1. Pause before you eat. Ask yourself, "Am I physically hungry, or am I responding to an emotion?"
2. Learn your triggers. Notice when cravings occur and what happened immediately beforehand.
3. Use HALT. Ask yourself, "Am I Hungry, Angry, Lonely, or Tired?"
4. Build a non-food coping toolbox. Try walking, music, journaling, calling someone, prayer, exercise, or another activity you enjoy.
5. Skip the guilt. Get curious. If emotional eating happens, ask, "What triggered me, what did I need, and what could I try next time?"

Dietitian's Corner by Amber

Chili Lime Salmon Skewers

- 1 lb. salmon, cut into cubes
- 1 red bell pepper, cut into chunks
- 1 zucchini, sliced into thick rounds
- Juice of 1 lime
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- Salt and pepper
- Wooden or metal skewers



Preheat the grill to medium heat. In a bowl, toss salmon and vegetables with olive oil, lime juice, chili powder, salt, and pepper. Thread salmon and vegetables onto skewers. Grill for eight to 10 minutes, turning halfway through, until salmon flakes easily.