

The *Bariatric Beat* at Regional West

September 2026

Taking Control: Managing Obesity-Related Conditions



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 or visit RWMCWeightLossOptions.com to register.



SCAN ME



Successes and Program Updates

Please welcome Robert McNeill and Kacie Foelschow to the 100 lbs. Down club! Since starting medical weight management, Robert has lost 100 lbs. and counting. Kacie has made remarkable progress following gastric sleeve surgery. Thank you both for letting us be part of your tremendous achievements! We're here to support you every step of the way.

Upcoming Events:

In-Person Support Group

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

Nov. 4, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Equipping People with
Realistic Holiday Strategies
and Gratitude-Based
Mindset Reinforcement

Coordinator's *Corner*

Pick one of the five foundations from the Health Tips and set one small, measurable goal for the next 30 days. A few ideas to get you started:

- Carry your water bottle to work
- Plan tomorrow's protein the night before
- Walk for 10 minutes three times this week
- Move your bedtime routine up 30 minutes
- Set a reminder for your prescribed vitamins
- Schedule that overdue bariatric or medical follow-up

Small, consistent steps build the foundation for lasting change. You don't have to fix everything at once.

Ask the Expert

This month's support group focused on obesity as a complex, chronic disease, not simply a matter of willpower or personal choices. We discussed how excess fat tissue affects multiple systems throughout the body, which is why obesity is so closely connected to conditions like type 2 diabetes, high blood pressure, heart disease, acid reflux, polycystic ovary syndrome (PCOS), and fatty liver disease. Genetics, environment, behavior, hormones, and other health conditions can all play a role, and much of that is outside anyone's direct control.

A central theme of the evening was shifting away from measuring success only by the number on the scale. Participants shared meaningful non-scale victories, including better blood pressure readings, improved sleep, more energy, easier mobility, and better blood glucose control. We introduced five foundational areas for long term health: hydration, meal planning and food quality, movement, sleep, and medication and vitamin monitoring. Rather than trying to overhaul everything at once, the group practiced choosing just one or two realistic behaviors to focus on.

We closed by asking each participant to privately identify one area they want to work on, one barrier that might get in the way, and one strategy to use when that barrier shows up. The takeaway for the month: progress is measured in health and function, not only in pounds lost.

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

Dietitian's Corner by Amber

Greek Chicken Bowls

- 1 lb. boneless, skinless chicken breast
- 1 Tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 2 c. cooked brown rice
- 2 c. chopped cucumbers
- 2 c. halved cherry tomatoes
- ½ c. crumbled feta cheese
- ¼ c. tzatziki
- Salt and pepper, to taste

Season the chicken with olive oil, garlic powder, oregano, salt, and pepper. Grill or sauté for about six to seven minutes per side, until cooked through. Slice into strips. Divide the rice among four bowls. Top with chicken, cucumbers, tomatoes, feta, and a spoonful of tzatziki. Serves four with approximately 35 grams of protein per serving.



Health Tips

Five Foundations for Managing Obesity-Related Disease

1. Hydration — Getting enough fluids supports normal body function. Try carrying a water bottle as a simple daily reminder.
2. Meal Planning and Food Quality — Plan ahead for lean protein, vegetables, and fruit so you're not deciding what to eat while hungry, tired, or stressed.
3. Movement — Let go of the "exercise" mindset. Walking, gardening, dancing, and housework all count toward better health.
4. Sleep — A consistent sleep routine supports both metabolic health and better food choices the next day.
5. Medications, Vitamins, and Monitoring — Review your medications and vitamins regularly with your care team, and keep an eye on markers like blood pressure, A1C, and labs. They often tell you more than the scale does.

