

The *Bariatric Beat* at Regional West

February 2024



Special Announcements

Education Seminar

Did you know? You can discover all you need to know about stapling bariatric procedures on the Bariatrics & Weight Loss Surgery webpage. Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Click here to go to the webpage, or scan the QR code at the bottom of this page.

Empower yourself to make informed decisions for a healthier life!



Success Story

Join us in celebrating Yesenia's incredible success! Her 100 lb. weight loss journey with bariatric surgery is a testament to the transformative power of embracing a healthier lifestyle. We're here to support you on your own journey.

Explore the benefits of bariatric surgery and take the first step toward a positive change. Contact us for more information, or to schedule a consultation. Your journey to wellness begins here!

Congratulations, Yesenia!



Upcoming Events:

In-Person Support Group

March 6, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Greek Yogurt: From Yuck to Yum
With a Few Tweaks

Dr. Holloway Lap Band Presentation and Appointment

March 13, 2024

Surgery, Vascular Diagnostics
Please call 308-632-2872
to make an appointment.

In-Person Support Group

April 3, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Let's Get This Party Started:
Social Settings After Surgery

Dr. Holloway Lap Band Presentation and Appointment

April 10, 2024

Surgery, Vascular Diagnostics
Please call 308-632-2872
to make an appointment.

Ask the Expert

Is there a best weight loss option?

While the sleeve gastrectomy is the most popular weight loss surgery, it may worsen reflux or heartburn. Someone with severe reflux would be better served with a lap band or gastric bypass.

The Roux en Y gastric bypass is the best anti-reflux operation and is suited for severe reflux disease. The new stomach is sensitive to gastric irritants like tobacco, NSAIDs, or steroid medications.

The lap band is also an anti-reflux operation. The band offers a greater safety profile and is also reversible. The lap band does not require specialized vitamin supplements because absorption is not affected by the surgery.

Each operation has strengths and weaknesses. Choosing the right surgery for each individual is important for the best possible outcome.

Jason LaTowsky, MD

Dietitian's Corner: Loving Yourself

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

February is the month of love and relationships, but it can be frustrating when we hit plateaus in our weight loss journey. Even when you feel discouraged, love yourself enough to not quit.

There are many measures of progress besides the scale. How are you sleeping? How are your clothes fitting? Can you walk up the stairs without shortness of breath, or is it easier than it was a month ago? How are you managing your stress? What is your strength like compared to a month ago? Love yourself enough to not quit; you are making progress!

When it's cold out, I like to make sheet pan meals for a fast, healthy dinner with fewer dishes to wash! It is recommended that we eat fish two times per week. Try this tasty recipe for a dish your whole family can enjoy. You can also experiment with other meats, seasonings, and vegetables.

Sheet Pan Salmon with Sweet Potatoes and Broccoli

- 3 tbsp. reduced calorie mayonnaise
- 1 tsp. chili powder
- 1-2 limes; make 2 tsp. zest and 2 tsp. of juice, with remaining lime to wedge
- 2 medium sweet potatoes, peeled and cubed
- 4 tsp. olive oil, divided
- 1 tsp. salt, divided
- 1/2 tsp. ground pepper, divided
- 4 cups broccoli florets (approx. 8 oz. or 1 medium crown)
- 4 (5 oz.) salmon filets
- 1/4 cup grated parmesan or cotija cheese (optional)
- 1/2 cup chopped fresh cilantro (optional)

Preheat oven to 425 degrees. Line a large rimmed baking sheet with foil and lightly coat with cooking spray. Combine mayonnaise, chili powder, lime zest, and lime juice in a bowl. Set aside. Toss sweet potatoes with 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp.

pepper in a medium bowl. Spread on the prepared baking sheet and roast for 15 minutes. Toss broccoli with the remaining 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper in the same bowl. Remove the pan with sweet potatoes from the oven, stir, and push them to one side. Add broccoli to the other side and return to oven for 15 minutes. Spread mayo mixture evenly over salmon filets. Pull vegetables out of the oven, stir, and move them to the side. Arrange salmon in the center of the pan, return to oven, and bake until the sweet potatoes are tender and the salmon reaches an internal temperature of 145 degrees. Top fish with cilantro and cheese if desired; serve with lime wedges on the side.



Health Tips

Weight loss is not just a physical transformation; it's a journey that significantly impacts mental health. While successful weight loss often brings positive psychosocial changes, it's crucial to acknowledge the potential challenges. Some may face a return of pre-existing mental health issues or encounter new ones, especially during weight regain. As providers, we emphasize the continuous assessment of well-being throughout the whole process. Our commitment is unwavering; we are here to support patients in every aspect during their weight loss journey. Together, let's practice a holistic approach to well-being.