

The *Bariatric Beat* at Regional West

May 2024



Ramona Gonzalis



Brenda Bishop



Bianca Reynolds

Upcoming Events:

In-Person Support Group

May 1, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Extreme Makeover:
Pantry Edition

Dr. Holloway Lap Band Presentation and Appointments

May 8, 2024

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

In-Person Support Group

June 5, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Are You Getting Enough
Vitamin D?

Dr. Holloway Lap Band Presentation and Appointments

June 12, 2024

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

Special Announcements

**Celebrate every victory, big or small,
as you navigate your bariatric journey.**

Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. To watch the seminar, go to rwhs.org/bariatrics-online-seminar or scan the QR code at the bottom of the page.

Success Stories

Congratulations to Brenda Bishop, Bianca Reynolds, and Ramona Gonzalis on losing 100 pounds! Your dedication and hard work have paid off, and your success is nothing short of amazing. We're honored to have been a part of your journey and witness your transformation. If you're looking to embark on your own loss journey, or are seeking support, reach out to us. We're here to answer your questions and provide the guidance you need to achieve your health goals. Keep up the fantastic work!



SCAN ME

Ask the Expert

Is weight loss surgery a ‘cop-out’? To lose weight, should people with obesity just go on a diet and exercise?

Weight loss surgery is not a ‘cop-out’ for those struggling with obesity. Rather, it’s a medically proven solution for a complex problem. Despite sincere efforts with diet and exercise, many individuals find it incredibly challenging to shed excess weight and maintain the loss over time. The National Institutes of Health (NIH) Expert Panel confirms that severe obesity often necessitates surgical intervention for sustainable results. Unlike traditional weight loss methods, which can trigger hormonal responses that increase hunger and decrease calorie burn, bariatric procedures offer tangible physiological changes. By reducing stomach size and altering gut hormones, these surgeries effectively curb appetite, enhance satiety, and limit food absorption. Consequently, patients experience significant and enduring weight loss, addressing the underlying factors contributing to obesity. Rather than viewing surgery as a shortcut, it’s crucial to recognize it as a viable option supported by scientific evidence, offering hope and transformative outcomes for those battling obesity.

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

Dietitian’s Corner: Focusing on Nutrition

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

Most social events involve food, and they do not always include healthy, low calorie options. Remember to ask yourself, “is it worth it?” when you are choosing your foods. When you’re looking for snack ideas, think of your food groups to make your snacks nutrient dense. Do they have whole grains, fruit, low-fat dairy, lean protein, or vegetables in them?

Check out this healthy twist on a classic sweet treat. You can substitute the yogurts for different flavors and try other fruits such as blueberries and bananas.

Strawberry S’mores

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup (or 2 tbsp.) low-fat vanilla yogurt

Wash your hands with soap and water, then rinse the strawberries in water and slice them. Add the yogurt and strawberries to half of the graham cracker. Top with the other half of the graham cracker. Enjoy!



Health Tips

In the quest for weight loss, simplistic solutions fall short. Self-monitoring, however, offers a nuanced approach. By tracking food intake, exercise, and lifestyle choices, individuals gain insight and accountability. At Regional West, we recognize the power of self-awareness in fostering lasting change. Through self-monitoring, patients can tailor strategies to their unique needs, paving the way for sustained success on their weight loss journey.