

OKlahoma WEIGHT LOSS OPtions OWLO QUARTERLY

VOLUME 1 ISSUE 1

SPRING 2010



Wellness Idea!

Take vanilla protein powder and mix it with decaffeinated coffee in the mornings. Do this by mixing the protein powder with a small amount of skim milk until smooth. Add mixture to coffee, just make sure the coffee's not too hot, otherwise the protein will clump.



Julie Routzahn at the 2010 Fashion Show.

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“Reflections” on the 2010 Fashion Show

February 19th was our 4th installment of the Reflections Fashion show. Thirty two of our current patients strutted their stuff on the runway at the National Cowboy and Western Heritage Museum in Oklahoma City to songs of their choice ranging from N'SYNC to AC/DC.

Along with the catwalk, the event also featured door prizes and a silent auction. Guests made bids on makeovers, photo shoots —even a Joe “Silver Shoes” Washington autographed football. The event raised over \$1,500 thanks to our generous patients and associates.

Local businesses donated all the auction baskets and door prizes for the event. The silent auction benefited the American Society for Metabolic and Bariatric Surgery. This non-profit group aims to improve

society through obesity prevention and bariatric research.

Sephora donated makeup sessions and the Norman-based Imagine Paul Mitchell Partner School donated all the hairstyles for all our female models who wished to be pampered.

Christy Olson, on staff dietitian, was in charge of the event's planning and execution. Christy worked for three months booking the Cowboy Hall of Fame, picking out flower arrangements and securing donations for the silent auction. She likened the event to planning a wedding for 28 brides and 4 grooms.

This year's fashion show was the “best ever” according to Dr. Keith.



Cheryl Wood on the runway during Patti La Belle's “New Attitude.”

By the Numbers

Estimated attendance:
350 guests

Number of models:
32

Number of pounds lost:
4,520 pounds

Average weight loss per model:
141 pounds

Surgeries represented at show:
1 VSG, 3 AGB, 28 RNY

Number of pounds lost by OWLO patients:
250,000 (that is the weight of a fully-loaded space shuttle orbiter)

Money raised for ASMBS:
\$1, 545

Special Awards presented to: Norman Regional Hospital President and CEO David Whitaker, retired Registered Nurse Kathy Whittle, and Manager Metabolic Surgery Unit at Norman Regional Hospital, Mark Obermiller RN, CBN.

Employee Spotlight: Meagan—Receptionist Extraordinaire



When you check in for your appointments or order supplements you are likely to receive your greeting—and oftentimes forms to fill out—from Meagan Limke. She sits in the front reception desk and is one of the people patients must get through in order to see Dr. Keith or Winter.

In addition to checking in patients, answering phones, and shipping supplements, Meagan is in charge of all patient registration for the office. Those pesky forms help Meagan update patient information and register patient insurances.

Meagan joined the Oklahoma WEIGHT LOSS OPTIONS team in May 2009. Meagan admits she has a weakness for Mexican food but since being hired she has made an

effort to improve her own wellness—even purchasing a treadmill and using Chike meal replacements.

The soon-to-be-married receptionist is also in school studying to become a nurse. Once finished, Meagan wants to work in the demanding and rewarding world of labor and delivery.

Meagan is also a huge football fan. She and her fiancé attended all of OU's home games last fall. The couple admit they are a little obsessed—even planning their wedding for the spring so as not to interfere with OU's football schedule.

Boomer Sooner!

Onion and Mushroom Burger

CALORIES
202.87

PROTEIN
26.21 grams

FAT
6.89 grams

CARBOHYDRATES
11.44 grams

You will need:

1 large sweet onion, thinly sliced and separated into rings
2 c. fresh mushrooms, sliced
1 tbs. paprika
1/4 tsp. each of ground red pepper and ground black pepper
1/2 tsp. dried thyme
1 lb. lean ground round
2 tbs. balsamic vinegar
2 tbs. concentrated beef broth
1/2 c. water
2 tbs. horseradish

Coat the bottom of a medium skillet with cooking spray. Sauté onion rings over medium-high heat until slightly browned.

Reduce heat to medium, add mushrooms and cover for about 5 minutes. Remove onion-mushroom mixture from pan and reserve the liquid.

In a bowl, mix dry spices together.

Divide meat into 4 burgers; coat both sides of burgers in spices.

Sauté the burgers over medium-high heat. De-glaze pan with balsamic vinegar removing any fat. Add concentrated broth, water and horseradish, bring to a simmer then add reserved onion-mushroom mixture.

Simmer, uncovered, stirring occasionally for about 3 minutes until slightly reduced.

Healthcare Provider Profile: Winter Bathé

Winter Bathé is a native Oklahoman. She has been working as Dr. Keith's Physician Assistant since 2005. Winter is a graduate of the University of Oklahoma and the University of Oklahoma Health Sciences Center. As a PA Winter is involved in follow up care for many

Bariatric patients and assists Dr. Keith in all of his surgeries.

A graduate from OU, Winter is a huge football fan—even getting into a bidding war at this year's fashion show for a Joe Washington autographed football. She won this war.

Winter is often described as a

“straight shooter” when it comes to patient care. She is not afraid to correct poor habits but is just as eager to praise successes.

In addition to her work with Oklahoma WEIGHT LOSS OPTIONS Winter and an associate have opened a store at Robinson Cross-

ing in Norman. Guyz 'n Galz is a clothing boutique catering to fashionable parents and their little guys and gals.

Patient Spotlight: Linda Powell



Linda Powell at the 2010 Reflections Bariatric Fashion Show.

Linda is a Bariatric patient of OWLO. She had gastric bypass performed in January of 2009 and has been very successful in her weight loss journey. Since

her surgery Linda's life has changed dramatically: she has lost 145 pounds and no longer has to deal with any of her previous blood pressure issues.

The office nutritionist described Linda as "an ideal patient" because she has followed the recommendations for diet and exercise. When asked how she meets her protein needs, Linda said she uses the supplements daily even though she does not have a particular favorite.

Due to her success, Linda recently modeled in our Reflections Bariatric Fashion Show. She owned the runway in a beautiful red dress and modeled her new figure to the tune of Rascal Flatts' "God Bless the Broken Road."

When asked about the benefits of weight loss surgery, Linda says she enjoys the smaller thing like crossing her legs and not needing a seatbelt extender on an airplane.

Her advice for other patients? Linda wants to remind patients that surgery is not just a tool for weight loss but is a lifestyle change: it's not always easy and takes work.

Norman Regional Hospital and OWLO: Recognized for Excellence



Oklahoma WEIGHT LOSS OPTIONS and Norman Regional Health Systems were recently recognized as an ASMBS Center of Excellence as well as received the Joint Commission Accredited Healthcare Organizations' Gold Seal of Approval.

These distinctions recognize Oklahoma WEIGHT LOSS OPTIONS, in conjunction with Norman Regional Health Systems, as having passed some of the most rigorous evaluation processes in the country.

In order to attain these titles and accreditations OWLO and NRHS must meet stringent criteria set forth by experts in the field, demonstrate experience, show willingness to participate in quality improvement initiatives and show exceptional outcomes.

These recognitions admit OWLO into an elite group of health care providers. OWLO and NRHS are among the 411 facilities recognized as Centers of Excellence in the United States.

March is National Nutrition Month!



Every year, our country celebrates March as National Nutrition Month®. This year's theme is Nutrition from the Ground Up. With this theme, the American Dietetic Association emphasizes improving American's nutritional health by taking small steps daily. This month, focus on incorporating more vegetables, fruits, beans, legumes, and whole grains into your diet.

These foods are basic building blocks of a healthy diet and are full of vitamins and minerals. As you incorporate these foods

into your diet, keep in mind that because you have had weight loss surgery, protein will continue to be your key nutrient.

Also, help to stimulate the Oklahoma economy and shop for fresh produce at local farmers markets. This affordable option will become available again this year as sunshine and warmer weather quickly approach us.

Follow these tips and work towards making spring 2010 your healthiest yet!

OKlahoma WEIGHT LOSS OPTions

IMPORTANT DATES

Support Groups

RNY & VSG

3-9-10
 3-23-10
 4-1-10*
 4-15-10*
 5-6-10*
 5-20-10*

AGB

3-4-10
 3-18-10
 4-1-10*
 4-15-10*
 5-6-10*
 5-20-10*

Saturday Group

3-20-10
 4-17-10
 5-15-10

NW OKC

3-11-10
 4-8-10
 5-13-10

Ada

3-8-10
 4-12-10
 5-10-10

Ft Smith

3-18-10
 4-15-10
 5-20-10

Wichita

3-8-10
 4-12-10
 5-10-10

Madill

3-23-10
 4-27-10
 5-25-10

McAlester

3-9-10
 4-13-10
 5-11-10

Woodward

3-3-10
 4-7-10
 5-5-10

Enid

3-9-10
 4-13-10
 5-11-10

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Seminars

Seminars will be held each Thursday at 2:00 and on Tuesday/Wednesday night every 3rd week. Please call the office (405)360-7100 to schedule a seminar or find out additional dates.

* Starting in April RNY & AGB support groups will be held the same day.

AGB 6:00-6:45

RNY 7:00-7:45

BARIATRIC WORD SCRAMBLE

S Y A B P S

T C G A S I R

N O R P I T E

S P I L R A A P O C O C

Bonus word! Use the letters in the marked squares to form another word.

Hint! You can use this as a snack.