

The Milestone

A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in questions, recipes, comments, topics of interest, etc.

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Protein, Protein, Protein.

Yes, the word of the day, the word you get so sick of hearing...but it is still there, every bit as important as when you first came home from the surgery.

60 grams of protein per day is the BARE MINIMUM. It's hard to eat 60 grams a protein a day if you have a normal sized stomach. That is basically just enough protein to take care of your organs and most of your muscle tissue. Your hair, skin, nails and some muscle are just feeling left out...not getting any at all.

Protein is essential to keep your body going, so it doesn't break itself down and you end up looking like skin and bones (not a good thing). If you don't eat enough protein, your body thinks it is starving itself and will hold on to everything...making weight loss slow if at all.

When you hit a weight loss plateau, increase your protein by 20 grams per day and change your exercise routine and you will likely see the weight loss start again.

Let's talk about protein supplements or meal replacements. I know...they are like dirty words to some people but they are the easiest way to definitely reach your protein goals.

Typically, a 10 oz. protein supplement will have 20-30 grams of

protein, which is almost HALF of your days worth of protein in just one drink. Meal replacements are to be used in the place of a meal and should have at least 25% of your daily vitamins and minerals and at least 25 grams of protein. These are perfect to do for breakfast or on lunch if you do not have adequate time to sit and chew your food well.

Protein supplements include protein powder, protein bars, or protein drinks. Protein powder is effective when mixed with liquid or mushy foods. Even if you are 6+ months post op, you can still benefit from a scoop of protein powder in your food.

Healthy protein foods include: homemade chili, soft cooked chicken, fish, eggs, low fat dairy, beans, soy, etc. Sausage, bacon, rib-eye steak are foods that you want to avoid. They are typically 10% protein, 90% FAT.

Do not be afraid of soy. It used to be just absolutely horrible, but it has come a long way. Go to the freezer section and pick up some Boca Burgers®, or other soy product. Soy is a lot softer than meat, naturally low in fat and it has fiber!

There are a lot of RNY patients coming into the office and support groups having trouble with hair loss. Unfortunately, that is just a common side effect with rapid

weight loss. Eat enough protein (aim for more than 60 grams), use flax oil (1 tbsp. per day, 4 capsules or 2-4 tbsp. ground flax seed), stay hydrated, and take your vitamins. Easier said than done, but that's the story. If hair loss still is a problem, you can take additional vitamins, etc. Contact me with additional questions regarding hair loss.

Bandsters! Do not dismiss the importance of protein, even if you are not at your 'sweet spot' yet. Because you will get there eventually, then you are in the same boat as the RNY-ers, and needing a lot of protein, but a little space to put it in.

Consider including a protein supplement or meal replacement drink in your everyday routine...even if you do not "have" to drink them anymore. That is just a foolproof way to help reach your protein goal and allow you to be a little bit more liberal with the rest of your meals to include more fruits and vegetables (still every bit as important as they were before surgery). Find a brand and flavor that you like and can tolerate. Contact me with any questions regarding protein!

Kasey Koster R.D., L.D.
Bariatric Dietitian
Editor

Vince D'Amato

Vince was recently featured in an advertisement in the July 31st issue of the Sunday Oklahoman to bring awareness to the public about weight loss surgery and OKlahoma WEIGHT LOSS OPtions. He was also a model in the "Reflections" Fashion Show that was held in April of this year. He is a frequent speaker at the informational seminars and an active member in the bi-monthly support groups at Norman Regional Hospital. The following are excerpts from the ad.

Due to obesity, Vincent's blood pressure was too high, he had sleep apnea, and he was at risk for diabetes. Even if he could ignore all that, he could not ignore have to buy 2 airplane seats when he flew on business trips, and the humiliation of needing a seatbelt extension: or not being able to play ball with his son, much less tie his own shoes. "My father is Italian and in our family we like to eat", explains D'Amato, who attempted to break old habits by trying various diets and programs. Nothing worked. Finally, he decided to check out gastric bypass surgery by attending an orientation by Dr. Keith.

That was last September. Fast-forward to today, after

Vincent has undergone the laparoscopic procedure, he has lost 160 pounds! Normal clothes fit, and there are no limits to Vincent's daily activities. "I am so happy now," he says.

It takes serious commitment. "This is one of the top-rated programs in the country," Vincent says. "You attend a support group monthly...there, people who have already had the surgery will tell you what to expect and answer your questions". Vincent describes post-op as being "very painful," but the soreness fades in about 2 weeks. "You eat smaller, so you must eat nutritiously," he says. Dr. Keith monitors patient's nutrition and progress for 5 years. D'Amato reports that junk food, sugary foods, and greasy food no longer appeal to him. He exercises regularly. And he loves the change this has made in his life. "I can take my son to the park and play baseball, do yard work, cross my legs...sex life and everything is better! If I had to do it again I would in a heartbeat. Next to having my kids, this is the best thing I ever did."



BEFORE



AFTER

Check out this hot website:



<http://www.mypyramid.gov/>

New healthy guidelines for Americans that emphasize exercise and balanced meals.

"Next to having my kids, this is the best thing I ever did."

Note from the Editor:

If you would like to share your journey with weight loss surgery...send me your story! We all would like to hear it!

Thanks Vince!

—KK

Broccoli and Cheddar Gratin

- 4 cups broccoli florets
- Butter-flavored cooking spray
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup low-fat, low-sodium vegetable broth
- 1/2 pound low-fat grated cheddar cheese
- 1/4 cup ground soy nuts



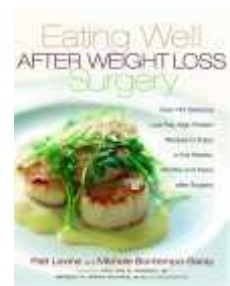
Recipe from: *Eating Well After Weight Loss Surgery*. Patt Levine and Michele Bontempo-Saray. 2004

1. Preheat oven to 400° F
2. In a pot fitted with a steamer basket, steam broccoli over 3/4 cup water, covered, for 15 minutes or until soft.
3. Coat a large skillet with cooking spray and sauté garlic and red pepper flakes over medium heat for 1 minute until just fragrant. Remove from heat and stir in broccoli, broth, and 1/4 cup grated cheese.
4. Coat a 2-quart casserole with dish cooking spray and pour in broccoli-cheese mixture. Top with remaining cheese and sprinkle with ground soy nuts. Then spray top with cooking spray.
5. Bake for about 12 minutes until cheese is melted and topping is golden.
6. Makes 4 servings

Nutrition Information

1 serving:

Calories.....	172
Fat.....	7g
Carbohydrates.....	9g
Fiber.....	2g
Protein.....	20g



The Dietitian says:

I paid about \$13 for this book online and I love it...and highly recommend it. It has great tips for bariatric cooking, ways to increase flavor, items to stock in your pantry, and nutrition information for each recipe. Some of the recipes are fancy shmancy , and some are pretty basic, like the one above. They provide creative ways to cook and eat high protein foods in the smaller portions necessary. It is more than just a cookbook...it teaches you how to cook as a bariatric patient. Add it to your collection!



Speaking of cookbooks...I say it's time to make our own! A bariatric cookbook created by the patients for the patients. Please send me your favorite bariatric-appropriate recipes that you have created or found to be wonderful to your taste buds and we will share them with everybody. Let's get cooking!

NORMAN REGIONAL
PHYSICAL PERFORMANCE
CENTER**It's 100 Degrees Outside and You Expect Me To Exercise?!**

Summer is HERE! Mother Nature is out in full force. It is hot, humid and absolutely miserable outside and somehow you are supposed to exercise 5 days a week. What is a person to do? This is a dilemma that every health conscious person faces this time of year. You are not alone. Here are suggestions that should help.

1. **Wear loose cotton clothing.** Our body has its very own cooling system. Our body cools itself when our sweat evaporates. As the temperature rises and the humidity increases, it is more difficult for this process to occur and you feel more uncomfortable in the heat. Loose clothing will allow air to flow across the skin and help with the cooling process.
2. **DRINK LOTS OF WATER-** Remember, if you are thirsty, your body is already dehydrated. Drink water before you workout and carry a 16-20 oz. bottle of water with you when you workout (inside or outside). This will help keep you hydrated.
3. **Decide if you are a morning or night person.** It is cooler between 5:00-7:30 a.m. and 8:00-10:00 p.m. than other times of the day. The great thing about Oklahoma is that this will be an adjustment for a month or two. Soon the fall weather will be here and you can return to your normal routine.
4. **Use those pools and lakes.** Get in the water and walk, swim, dance or jog. It also feels great on those arthritic joints. You may not want to get out. Also check your community pool. Some communities close the pool to kids for an hour at night to allow adults to come in and water walk for a minimal fee. It is worth a call. Remember the sunscreen!
5. **Pull out the exercise videos.** You do not have to do the full program but get your 30 minutes in for the day.
6. **Hit the Mall-** Call the mall in your area. Many malls open early and close late for walkers. They usually can tell you how far it is around the mall and some even have walking club. Most of all...IT IS AIR CONDITIONED!!!
7. **Personal Fitness Equipment:** If you are one of the lucky ones that own a bike, glider or treadmill at home, take of the clothes you have hanging on it and use it while it is too hot to exercise outside. Move it in front of the TV or turn on your radio to help the time pass.
8. **Try something new.** Joint a class with a friend. Many communities have classes at Recreational Centers in the summer. Classes like yoga, Pilates and even belly dancing can be fun and aerobic.

These are just a few suggestions that may help you get through the summer. This is always a busy time for families and it is easy to let your exercise routine slide. Try to make that extra effort during these months. Your health is important.

Rose Kalinski, PT



Sammy Schaekel



Sammy and Jerry

Sammy has been working for Dr. Keith for 5 years! She is a registered X ray technician and phlebotomist. She has worked in the medical field for over 30 years.

Sammy has been with the program from the very beginning and has seen it evolve over the years to what it is today and is proud to be a part of it.

She lives in Tuttle with her husband Jerry and their dog Max. In her free time, she enjoys visiting with her mother, and spending time with her two sons and four grandchildren.

She loves to travel with her family and recently got back from a big family vacation in Port Aransas, TX.

Gardening is a hobby of Sammy's and the office is always filled with cucumbers, tomatoes and pears (thanks Sammy!)

When there is a birthday in the office, everybody always knows to look forward to Sammy's specialty...Sopapilla Cheesecake! (everything is "ok" in moderation!)

FUN FACT

Earthworms are made into a broth in China. They are actually nutritious, containing 72% protein and less than 1% fat!



Why Does Popcorn Pop? © 1995

Upcoming events and next issue...

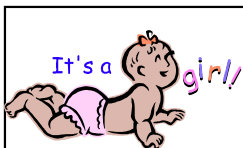
- Clothing exchange AUGUST 20th in the South Lobby of the NRH Education Center after LOD Face to Face meeting (11-2pm). Bring clothes that you have "under-grown" and swap them for clothes in your new size. Saves money on shopping and gives you a chance to meet new people!
- Aspartame-free fruit protein drinks are available in the office. We have pineapple orange, and the peach mango is on the way!

If you know of any weight loss patients who would like to receive this newsletter, email kkoster@owlo.com to be added to the contact list.

If you do not wish to receive this newsletter, send an email to the address above to unsubscribe.

Until next time!

-KK



Office Update:

Sarah Kitchen had her baby! Taylor Michelle Kitchen was born on July 22nd and weighed 5 lbs 13 oz. CONGRATULATIONS!!

