

Send in your questions, recipes, comments, or topics of interest!

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The Benefits of Support Group

Weight loss surgery is a comprehensive treatment that will affect all areas of your life. From diet to exercise, significant lifestyle changes are necessary for success. To help cope with the changes, Support Groups are recommended for all pre and post-op Weight Loss Surgery patients.

The University of Rochester Medical Center in New York reports that ongoing support after weight loss surgery can lead to a higher rate of success. There are many forms of Support Groups. Support groups can be online or an organized group that meets monthly.

Support groups of any kind can help with:

- **Developing a healthy perspective about change**
- **Setting realistic weight loss and maintenance goals**
- **Overcoming food issues and creating a healthy meal plan**
- **Addressing physical ailments and finding resources for the right treatment**
- **Managing changes in personal relationships**
- **Developing healthy coping skills to manage changes**
- **Meeting other patients that can become Work Out/Walking partners or a place to share Bariatric recipes**

Turn to page 4 for a comprehensive list of OWLO Support Groups. Online support can be accessed at www.owlo.com and click on **Discussion Forums**. This will lead to the different online groups.

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OWLO News:

- **New Satellite Support Group!!** A new Support Group has started in McAlester. Please look to page 4 for date and time. For more information please call Sherri Nixon at 918-469-2145.
- **New BALANCE session begins in January!** **BALANCE** is OWLO's 12 week non-surgical weight loss program that emphasizes three major areas: Nutrition Education, Behavior Modification, and Physical Activity. An introductory one-on-one consultation with a dietitian will address your individual needs and concerns. After the initial assessment, weekly group meeting will be held to cover a variety of topics. Groups are limited to 10 participants, so if you are interested call a Registered Dietitian at 405-360-7100 to reserve your spot!



Oklahoma WEIGHT LOSS Options is recognized by the ASMBS as a *Center of Excellence* and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



Patient Spotlight

This month we would like to feature **Wanda Ratliff**. Wanda had RNY surgery July 10, 2007.

- How much weight have you lost since surgery? **82 pounds**
- What are your favorite Meal Replacements or protein supplements? **Muscle Milk Light Chocolate Mint, Vanilla, and Root Beer Float. I also like the Caramel Nut bars.**
- Do you have any health conditions that have improved? **Blood pressure, GERD, and cholesterol have improved. I also have less flares of fibromyalgia and Lupus.**
- What is one piece of advice you have for other Bariatric patients? **Follow Dr orders! Take vitamins– meet your protein goal– exercise!!!**



Recipe Corner

Mashed White Beans with Roasted Garlic And Rosemary

Ingredients:

3 tablespoons olive oil
 2 large cloves garlic, peeled, but left whole
 1 sprig fresh rosemary
 Two 14 oz cans Cannellini beans, drained, rinsed
 1-2 Tablespoons chicken broth
 1 tablespoon freshly grated Parmesan cheese
 Kosher salt and Black pepper to taste

NUTRITION FACTS:

Per serving

Calories– 169
 Protein– 8 grams
 Fat– 5 grams
 Carbohydrate– 13 grams

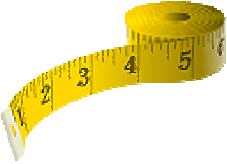
Directions:

In a large skillet heat olive oil over medium-low heat. Add whole garlic cloves and rosemary sprig. Sauté until garlic is soft and rosemary is crispy. Smash garlic with the back of a wooden spoon. Remove rosemary, slide off the leaves and mince them; return to skillet. Add beans and heat through, stirring and drizzle with additional olive oil. Serve hot. Makes 6 Weight Loss Surgery servings.



Mashed White Beans with
Roasted Garlic and Rosemary

Measure Progress Without the Scale



As 2008 comes to an end, we often reflect back on the year's past events. After weight loss surgery many thoughts come back to the amount of weight lost (or not lost). But, the scale is not the only way to measure success. When a person is participating in cardiovascular and strengthening exercises, it is possible to lose fat and replace it with muscle. Muscle weighs more than fat so the scale is not always the best indicator of progress. There are other signs of success.

1. **Take a trip to your own closet.** Take out a pair of pants or shirt that was snug before you started your weight loss journey. If it is looser and easier to get on that is a sure sign of progress! There are many everyday indicators that reveal a firmer body such as sitting more comfortably in a booth or being able to cross your legs.
2. **Aside from weight, use other numerical signs of progress.** When first beginning a weight loss program it is a good idea to take measurements of your waist, arms, neck, and hips. It is possible to not lose pounds on the scale, but losing inches all over your body by increasing your muscle mass. Measurements can be a reliable source of progress. Other numerical indicators include a reduction of blood pressure or cholesterol, heart rate, and body fat percentage.
3. **Monitor how a healthy diet and regular exercise affects your energy levels.** Being able to work out longer at the gym is a huge success, but also being able to do everyday chores easier is also desired! Plenty of daily activities require energy and weight loss can give you more energy. Grocery shopping, house cleaning, and playing with your kids/grandkids could be done with more ease!
4. **Lastly, be aware of how you feel emotionally.** To reach weight loss goals it requires hard work and determination. Hopefully, the hard work will come with a boost in self-esteem, confidence, and happiness. Work on keeping a positive attitude to keep you motivated.

Just because the scale has stopped moving does not mean you are hitting a plateau. All healthy behaviors are well worth the effort so do not give up in frustration. To remember how far you have come look at a Before picture. Often you will be the last person to realize how much weight you have lost. So, when the scale will not budge, remember the other signs of success.



DECEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm	5	6
7	8 <u>Ada Satellite Group</u> Ada Church of Christ 5:30-6:30	9 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm <u>McAlester Group:</u> McAlester Regional Wellness Center 5:30-6:30 pm	10	11 <u>Bethany Support Group:</u> Lake Overholser Church of the Nazarene 6-7pm	12	13 <u>Norman Group:</u> Norman Regional Hospital Education Center 11 am <i>* 2nd Saturday of month due to holidays</i>
14	15	16 <u>Enid Satellite Group</u> Wesleyan Church 7-8 pm	17	18 <u>Ft. Smith Group</u> Ft. Smith Library 7-8 pm	19	20
21 	22	23	24	25 MERRY CHRISTMAS 	26 	27
28	29	30 <u>Madill Support Group</u> Integris-Marshall Memorial Hospital 5:30-6:30 pm	31	1 		



Don't forget the OWLO office will be closed December 25, 26 and January 1.