



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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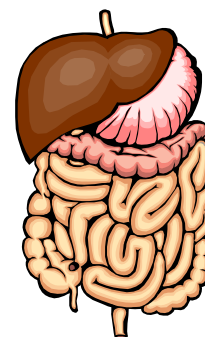


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10 Tips to Build and Maintain Digestive Health

1. Eat your fruits and veggies! Focus on a variety of color, like the rainbow. They are packed with important vitamins, minerals, and other nutrients like fiber, that provide digestive health benefits.
2. Get plenty of fiber. Fiber helps with regularity, blood sugar regulation, and cardiovascular health. Choose foods high in fiber, like oat bran, dried beans, and 100% whole grain products.
3. Consume adequate protein, including vegetable proteins which contain fiber. Good sources include soy and beans.
4. Get the right nutrients. Calcium and vitamin D are important to digestive health. Calcium and vitamin D can be found in fortified foods like milk.
5. Limit saturated fat and concentrated sweets. Choose whole grain foods and avoid foods high in sugar.
6. Stay hydrated. Get enough fluid from beverages and foods. Water, herbal decaffeinated tea, and sugar-free drinks are great choices!
7. Eat mindfully. How you eat is as important as what you eat! Eat slowly...savor every bite! Stop eating when you feel full. Make time for proper nutrition.
8. Keep moving. Being physically active everyday is important to keeping the digestive system moving, too! Choose activities like walking, swimming, or riding a bike.
9. Stay calm. Manage your stress by adding relaxation time into your routine.
10. Pay attention to your body. Listen to what it needs and put your health as a top priority!



OWLO News:

- ◆ Sadly, OWLO is losing the dietitian, Kasey, at the end of January.
- ◆ Lisa C. Gibson will be replacing Kasey and is available through the following contact information. Phone: 360-7100; E-mail: nutrition@owlo.com
- ◆ “Hi all! I am excited to be a part of the OWLO team! I hope to get to know each and everyone of you soon! Please feel free to stop by and introduce yourself or send me an e-mail!” —Lisa

Patient Testimonial: Twila Martin

I, Twila Martin, went to my first seminar in May 2004, with questions and concerns about weight loss surgery.

After leaving the seminar I knew I needed and wanted the Roux-en-Y Gastric Bypass. Upon talking with Dr. Keith about my health and the concerns associated with the surgery, I felt the only hope I had for a better quality of life and an end to the yo-yo dieting (Pondiment/redux, Broadway Clinic), was having the surgery.

I had great confidence that I would be okay after surgery, although my family was less certain. They knew our neighbor's daughter had died from the same surgery, however her many health problems far outnumbered mine. After much consideration of my family's concern, I decided to have the surgery.

On June 24, 2004 weighing in at 270 lbs, I had my surgery. Surgery was no piece of cake! I ended up having an open R-N-Y with 72 staples, because a grapefruit-sized hernia was lying behind my intestines. It took me 3 months to heal from the surgery, with numerous trips to Dr. Keith's office.

On December 24, 2004 I

had my 6 month check-up. I had lost a total of 100 pounds! Going from a plus size 30-32 to a size 16!!!

My yearly check-up on June 24, 2005 I had lost a total of 139 lbs and was wearing a size 10!

As of January 24, 2006 I have lost a total of 151 lbs and have maintained my weight for 3 months!!!

I cannot say enough about all of the support and information I get from the support group. I have faithfully attended since May 2004. All of the new friends I have made are a real inspiration. Watching and being a part of their experience in this process gives me a wonderful feeling. One of the ladies even remarked that I was her "inspiration and idol!" I truly believe that my success has been because of the support groups I attend, and the 100% effort put forth at each meeting by the moderators and participants. I know exactly where to turn with questions and answers.

Dr. Keith and his staff have been the icing on the cake! Without their help and support, I know I would not have made it as far as I have today.



Twila-before RNY

Having the R-N-Y surgery has changed my life for the BEST! I can enjoy my 4 kids and be a part of the things they like to do, instead of sitting on the side lines. The best feeling is having my 6 year old draw before and after pictures of me and seeing the change through her eyes. Her favorite thing to do is wrap her arms around me until they touch and have me turn in circles without touching her arms! Before my surgery she could only put her arms halfway around my body! My kids "love their new mom"! My husband comments "you're just a regular Skinny Minnie".

I know how important it is to take my vitamins and get in my protein, which is hard sometimes, but I do my best. My advice: "REMEMBER WATER, WATER, WATER!"



"Skinny Minnie"

1-1/2 years later

"REMEMBER WATER,
WATER, WATER!"



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 Twila!

—LG

RECIPE: Trail mix

Submitted by: Becky Stranes

1 cup Kashi Crunchy Fiber Twigs, Soy Protein Grahams, and Honey Puffs

1 cup Kashi Naturally Sweetened Multigrain Clusters

1 ounce Soy Nuts

1. Mix one serving of each.
2. Divide into 1/2 cup serving bags.
3. Take for and on-the-go snack!

Nutrition Facts: 1/2 cup

Calories: 67 Kcals
 Carbohydrate: 13 g
 Protein: 4 g
 Fiber: 3 g
 Fat: 1 g



FUN FACT:

Milk was not available in US grocery stores until after WWII.



www.consumerpsychology.net/brandlab/foodfacts.htm

RECIPE: Crunchy Snack Mix

Submitted by: Sharlotte Burkes

1/3 cup Good Sense Sesame Oat Bran Sticks

2/3 cup Kellogg's Crunchy Blends Low Fat Granola

1 cup Nature's Path Optimum Power Breakfast Cereal

1. Combine all ingredients.
2. Enjoy!

Nutrition Facts: 1/2 cup

Calories: 117 Kcals
 Carbohydrate: 26 g
 Protein: 2 g
 Fiber: 5 g
 Fat: 2 g

The Dietitian says: These are great salty and crunchy snacks to ease that craving. Both of these contain whole grains and protein sources. Whole grains are important for digestion and are packed with fiber! When you have choice between refined grains (white bread) or 100% whole grain, go for the whole grain. Protein is essential to our body for growth, healing, and muscle maintenance. It is important to get a protein source at each meal and snack to help meet your individual protein needs. Plant proteins, like soy have the added nutrient of fiber! If you have a great bariatric appropriate recipe, email it to me! Thank you Sharlotte and Becky for sharing your recipes with us!

Lisa C. Gibson

Next Step for Kasey

Hello everybody!

I am off to take the next step in my career. I just wanted to say thank you to all of you for sharing and teaching me so much, not only about adjusting to life after bariatric surgery...but the courage, the determination and the hope it takes to make and maintain such a big life change. You are truly an inspiration and thank you for let-

ting me be a part of your journey.

I have thoroughly enjoyed my time at Oklahoma WEIGHT LOSS Options and getting to know you all. It is very hard to leave, and I will miss everyone so much! I'll stop by support groups to say "hi" every now and again...(you can't get rid of me that easily)!

Lisa is an awesome dietitian and knows her stuff. She is a good

friend of mine and we went to school together. She is eager to dive right in get started, so don't hesitate to call or email her if you need anything.

Good luck and remember that you are changing your LIFE, not just the number on the scale. Live it up!



Due to Valentine's Day, there will be no RNY support group on February 14th.



February 2006

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bariatric Seminar NRH Education Center 6:30-8pm	2 AGB Support Group- HealthPlex (3rd floor) 6-7pm <i>"Knowing the Truth: Weight Management"</i>	3	4
5	6	7 ***No support group due to Valentine's Day***	8 Bariatric Seminar NRH Education Center 6:30-8pm	9 AGB Support Group- HealthPlex (3rd floor) 6-7pm <i>"Solving Problems"</i>	10	11
12	13	14 ***No support group due to Valentine's Day***	15	16 AGB Support Group- HealthPlex (3rd floor) 6-7pm <i>"Solving Problems"</i>	17	18
19	20	21	22 Bariatric Seminar NRH Education Center 6:30-8pm	23	24	25
26	27	28 RNY Support Group HealthPlex (3rd floor) 6-7pm <i>"Mental vs. Physical Hunger"</i>				