

OWLO E-Newsletter

www.owlo.com



“Be a life long or short, its completedness depends on what it was lived for.”

-David Starr Jordan

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

Email:

kkoster@owlo.com

Fax:

405-691-9112

Address:

1230 SW 89th St. Ste. C

Oklahoma City, OK 73139

“Kasey’s Korner”

Time for the office update: We are scheduled to set up shop in our new office building in March. Our new location will be in the Norman Regional HealthPlex (3400 W. Tecumseh Ste. 205). New contact numbers will be: telephone: (405) 360-7100 fax: (405) 364-9112.

We are excited about the move, as it will provide more patient rooms so appointments will be speedier, a conference room to hold dietary classes, etc., and it is closer to Norman Regional Hospital. We will be able to perform pulmonary function tests in the office, and Dr. Keller is moving in also. We look forward to seeing you there!

Post-op nutrition classes will be offered twice a month and anyone six months or more post-op is welcome to attend. The details are still getting worked out, but I will keep you informed!

Recently, our previous website, www.bigger-people.com has changed to www.owlo.com. This website is more user-friendly, and contains weekly nutrition tips, newsletters, a page to email us questions, BMI calculator, and a patient area to purchase supplements online. The website is not completely finished, we are still working out some “bugs”. In the meantime, enjoy the new features as we continue to improve the content and capabilities of www.owlo.com.

Oklahoma WEIGHT LOSS Options has a new Physician’s Assistant. Her name is Winter Bathé and she joined us on January 12. She will be assisting Dr. Keith in surgery and doing follow up appointments in the office.

Feel free to email me with any questions, concerns, or topics of discussion to be addressed in a following issue of this newsletter.

Have a great day!

Kasey Koster RD/LD
Editor



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Insurance Update

Insurance companies always change their policies at the first of the year. Call your insurance provider and talk to someone in benefits and see if any policy changes have occurred. Your insurance company can change it’s policies at any time, but will typically not notify you of the changes.

- Cigna, Aetna, and United Health Care have changed their policies: check and make sure your employer opted for weight loss surgery benefits.
- Most insurance companies are now requiring a physician-supervised 6 month diet before approving the surgery.
- Tricare is now approving the RNY gastric bypass!

Be proactive and keep up to date with insurance changes. We will keep you posted.

—Jennifer Alghojeh, Insurance and Billing Supervisor

Success Story: Ed Shipman

Once I made the decision to have bariatric surgery, I struggled for 5 years to get the surgery approved through my insurance company. Just when I thought it was going to happen, the insurance company changed their policies, and the gastric bypass was no longer covered.

In the very beginning, I went to a seminar that Dr. Keith holds every month and was convinced that this was right for me. The girls (at the office) and I submitted the necessary paperwork to my insurance company and was declined. Disheartened, I contemplated paying for the procedure myself due to my medical problems. I had high blood pressure, sleep apnea, congestive heart failure, diabetes, and deep vein thrombosis. I was taking seven or eight pills every day. The decision was very clear to me: "lets do it!" and I paid for the gastric bypass myself.

After doing the necessary procedures and appointments, I was scheduled to have surgery on May 17 2004 at 7:00 am at Norman Regional Hospital. I was a little apprehensive. This was my first and only surgery but the pre-op people at the hospital were great.

The next thing I remember I was in my room on the third floor with little booties on my legs squeezing and releasing. I was up and walking on the same day of surgery and continued to walk four or five laps around the floor several times throughout the day. I have had no complications and feel wonderful.

I no longer take any medications except two flaxseed oil capsules and Centrum® vitamins. My beginning weight was 490+ at the seminar and now eight months later I weigh 248 pounds. I've lost 242 pounds! I exercise every day and walk everywhere. I still continue to attend the support group meetings and I really appreciate Kasey and Cori for all their help.



"I still continue to attend support group meetings".

Getting everybody at support group to talk about their experiences is tough but they really do a great job, so thanks a bunch!!

Good Luck and happy weight loss,

Eddie Shipman

P.S. If you have any questions, see ya at the support group and don't forget about the fashion show in April!



Eddie & Crystal (our insurance claims processor)

Note from the Editor:

If you have approximately reached your goal weight and/ or are proud of your great success...send me your story. We all would like to hear it!

Thanks Ed!

—KK

FUN FACT

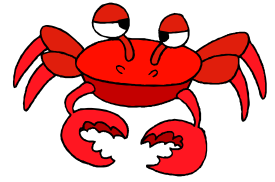
The word **PROTEIN** is derived from the Greek word **PROTEOS**, meaning "of prime importance".



Hot Crabmeat Spread

Recipe adapted from *Busy Woman's Cookbook*, ©2000

- | | |
|--|---|
| 1 (8 oz.) package light cream cheese, softened | 1. Combine cream cheese, horseradish, onion and crabmeat. |
| 1/2 teaspoon horseradish | 2. Mix well and put into 9 inch pie pan. |
| 2 Tbsp. grated onion | 3. Sprinkle Parmesan cheese over top. |
| 1 (7 1/2 oz.) can crabmeat | 4. Bake at 375°F for 15 minutes. |
| 2 Tbsp. grated Parmesan cheese | 5. Serve with crackers or rye rounds |



Makes 8 servings. Per serving: 99 calories, 4 g. carbohydrates, 9 grams protein



Nutrition Note: Crab meat is low in saturated fat, which makes this protein a good choice for a healthy heart. It also contains iron, phosphorus, zinc, and calcium! Like all shellfish, crab meat can be a bit chewy, so in step 1 above, consider mixing the ingredients in a food processor or blender for a creamier texture and a better blend of flavors.

Support Group Calendar

Norman Regional Hospital:

2nd & 4th Tuesdays of the month, 6:00-7:30pm and the 3rd Saturday, 11:00-2:00pm.

- Feb. 8th
- Feb. 19th ("Living Our Dream" Face-to-Face meeting)
- Feb. 22nd
- March 8th
- March 19th ("Living Our Dream" Face-to-Face meeting)
- March 22

Surgical Hospital of Oklahoma:

OKLAHOMA BANDSTERS: 1st & 3rd Thursdays of the month, 6:00-7:00pm

- Feb. 3rd
- Feb. 17
- March 3rd
- March 17

Online Support Groups:

- www.Living_Our_Dream.com
- www.oklabandsters.com
- www.obesityhelp.com

NORMAN REGIONAL 
PHYSICAL PERFORMANCE
CENTER 

WINTER WALKING

1. Dress in layers: don't forget the hat (50% of heat is lost through the head!)
2. Walk into the wind first then you can look forward to coasting back home!
3. Cover your mouth and nose with a scarf: this will help with asthma and make breathing easier.
4. Warm up and stretch to prevent muscle strains.
5. DRINK PLENTY OF WATER!

—Rose Kalinski, PT



OWLO Staff Bio:Terra Fiscus

Terra joined the OKlahoma WEIGHT LOSS OPtions team as our receptionist on November 1st, 2004. Terra lives in Midwest City and is 22 years old. She comes to OWLO with experience... was employed at Gaillardia Country Club as an Administrative Assistant/Receptionist. Before she arrived at our fine establishment, she was employed at Gaillardia for over 3 years. When Terra is away from the office she spends her time with friends, and her eight-month old boxer puppy, Bailey.

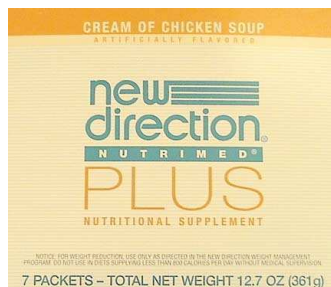


Check out this hot website:



www.owlo.com

New Direction Nutrimed Plus®



OKlahoma WEIGHT LOSS OPtions is introducing new high protein meal replacements in our program. I researched many options and we all have done a lot of taste testing!

We chose to bring in a new supplement that offered more nutrition for bariatric patients (plus, Optisource® is no longer available in the 4 oz. boxes).

The New Direction® supplements are complete nutrition. They have vitamins and minerals, high protein and more flavor options (protein supplements do not have to be just SWEET anymore!)

The soups, puddings, hot chocolates, and beverages are all interchangeable in your dietary plan.

3 supplements a day provides 100% of the recommended dietary intake.

New Direction® flavors are:

- *Chocolate*
- *Vanilla*
- *Strawberry*
- *Cream of Chicken soup*
- *Cream of Tomato soup*
- *Variety Pack:*
(1 vanilla, 1 strawberry, 2 chocolate, 1 hot cocoa, 1 chocolate pudding, 1 cream of chicken soup)

The supplements are \$19 dollars for a box of 7 packets (\$2.71 per meal), and are mixed with 4 to 9 ounces of water.

Nutrition information: Each packet contains 27 grams of protein, 11 grams of total carbohydrates (5 grams of sugar) and 200 calories.

3 New Direction® supplements per day provides 81 grams of protein!!

New Direction® supplements are easy to mix and if you have some leftover, it keeps well in the refrigerator. When mixed, it is about the consistency of chocolate milk.

At www.owlo.com, there will soon be a page where you can order our supplements online. We will notify you when that

feature is running smoothly.

Also...we are in the process of getting Carb Conscious Carnation Instant Breakfast® available for purchase in our office and online. We are working to get several flavors to provide a better variety of choices for our patients. I will definitely keep you updated.

Please feel free to contact me if you have any supplement or nutrition questions.

—Kasey Koster RD/LD

Upcoming events and next issue...

- February 19, 12-2pm: Clothing Exchange at Norman Regional Hospital Education Center.
- March 2004: National Nutrition Month! An update will go out addressing awareness, various events and door prizes during that month.
- April 30th: *Reflections* Fashion Show at the Stadium Club in Norman. Tickets will be available for purchase in mid-February at www.owlo.com!
- Patient Success Story and Staff Bio
- AND MUCH, MUCH MORE!

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 from the list.

Until next time!