



The Milestone

A point in time, marking a key event or accomplishment

May
2009

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

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

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NEWS NEWS NEWS

• StomaphyX

OWLO now provides Stomaphyx to RNY patients that are a minimum of 2 years post operative and are still looking to lose additional weight. Call the office or visit OWLO.com for more information.

• BALANCE PROGRAM

Christy, our new dietician, has revamped and re-started the Balance program and has scheduled the first meeting for Thursday May 14th at 5:30 in the HealthPlex suite 205.

• New Support Group

A new support group has been started in Wichita Kansas. It meets the second Monday of every month From 6:00-7:00 pm at the First Free Evangelical Church.

Measuring Success

Remember when measuring success following Bariatric surgery don't just focus on the scales. Also pay attention to things like how your clothes fit, how much energy you have and just how you feel in general.



Center of
Excellence
BARIATRIC SURGERY

OWLO along with Norman Regional Hospital is recognized by ASMBS as a *Center of Excellence* in bariatric surgery. The program is also accredited by the Joint Commission for bariatric care. These distinctions require the highest level of patient care. This unique honor sets OWLO apart from other programs.



Norman Regional
BARIATRIC PROGRAM



Patient Spotlight

This month we would like to feature **Teresa**. Teresa had AGB surgery in March of 2008.

- How much weight have you lost since surgery?
80 pounds.
- Do you meet your protein goal daily?
Yes
- What are your favorite Meal Replacements or Protein Supplements?
Chocolate Crunch Bars
- Do you have any health conditions that have improved?
Yes, I no longer have high blood pressure or high cholesterol and I have now gained more flexibility.
- What is one piece of advice you have for other Bariatric patients?
Don't hesitate in your decision to have the surgery. With the exception of giving birth to my four wonderful children, who are great young adults now, this trip to the hospital was the most rewarding.



Recipe Corner

Chicken & Mushrooms in White Wine

Ingredients

2 teaspoons olive oil
24 large shrimp, peeled and deveined, about 1 ½ pounds
3 garlic cloves, minced
½ cup chicken or vegetable stock (low sodium)
Kosher salt and freshly ground black pepper
¼ cup chopped fresh flat leaf parsley
1 tablespoon fresh lemon juice

NUTRITION FACTS:

Per Serving:
Calories 177
Protein 23 g
Fat 6.5 g
Carbs 2 g
Sugar 0 g

Directions:

Heat oil in large skillet over medium high heat and sauté garlic for 1 minute. Add shrimp and cook for one minute. Stir in wine and season with salt and pepper. Bring mixture to a boil, reduce heat to medium, and cook 1-2 minutes, until sauce has thickened. Add parsley and lemon juice; toss well to coat. Cook until shrimp are done.

BariatricEating.com





BALANCING ENERGY

The food you eat gives your body the energy it needs to build, maintain, & repair many tissues and helps keep you active & healthy! Through the process of weight loss and maintenance it is important to remember to balance the amount of energy you receive from food with the amount of energy you burn. The true key to weight loss is the intake of **less** energy (food) and greater output of energy (physical activity). Therefore, if you are taking in more energy than you are expending you will gain weight. On the other hand if you are taking in less energy than you are expending, you will lose weight. To maintain weight there must be an equal amount of both intake and output.

There are many nutrients in food that provide us with energy (or calories); these are carbohydrate, fat, and protein. Both carbohydrates and protein foods have 4 calories per gram, but fat has 9 calories per gram. It is necessary to have each of these nutrients in your diet; however balancing the amount of energy you get from each of these can impact your weight loss. The most appropriate balance of nutrients for the weight loss surgery patient is a diet that is high in protein, low-fat, and low-sugar. Another hidden source of calories is from alcohol, which contains 7 calories per gram, so be careful with consumption of alcoholic drinks. It is *not* advisable for weight loss surgery patients to consume alcohol.

Here is an example of how calories are distributed in several foods.

Food	Fat (g)	Fat cals	Protein (g)	Protein cals	Carbs (g)	Carb cals	Alcohol (g)	Alcohol cals	Total cals
Tomato	0.2	1.8	0.5	2	2.7	10.8	0	0	14.6
Mayonnaise	11.2	100.8	0.2	0.8	0.1	0.4	0	0	104.7
Hamburger	20.7	186.3	24.1	96.4	0	0	0	0	282.7



Our body burns energy continually for body processes (basal metabolism) and through digestion (thermic effect of food). However, the biggest calorie burner is through physical activity and is the biggest component to weight loss. The chart below gives examples of calories you will burn each minute participating in that activity.

Activity	Calories per minute (for 150 lb person)
Jogging (5 mph)	10
Golf (no cart)	7
Walking (3mph)	5
Housework	3
Bowling	3



Balancing energy sounds like an easy concept, but there are many other factors that can be interfering with your weight loss. A tool that is proven to be very helpful in determining your balance of intake vs. output is keeping a log or journal. This visual reference helps with maintaining focus on your individual goal.





MAY



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7 AGB Support Group 6:00-7:00 (Moore)	8	9
10	11 Ada Support Group 5:30-6:30 Wichita Support Group 6:00-7:00	12 McAlester Support Group 5:30-6:30 RNY support Group 6:00-7:00 (Moore)	13	14 NWOKC Support Group 6:00-7:00	15	16 Saturday Sup- port Group (LOD) 11:00am
17	18	19	20	21 Ft. Smith, AR Support Group 7:00-8:00 AGB Support Group 6:00-7:00 (Moore)	22	23
24	25 Memorial Day Office is closed	26 Madill Support Group 5:30-6:30 RNY support Group 6:00-7:00 (Moore)	27	28	29	30
31						

Reminder! The May 16th support group will also be a clothing exchange!