

OWLO E-Newsletter

www.bigger-people.com



“Time is the coin of your life. It is the only coin you have,
and only you can determine how it will be spent.”

-Carl Sandburg

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

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“Kasey’s Korner”

For the many who haven’t met me yet, I am Kasey, the new dietitian for Dr. Keith and Oklahoma WEIGHT LOSS Options.

I am VERY excited to be a part of this program and enjoy my job, (In a later issue, I will go more into detail about my background).

Along with my nutrition duties, I am also the editor for this brand-spankin’-new newsletter!

We’ve made a lot of changes within the program so this newsletter is the kick-off for a new phase of Oklahoma WEIGHT LOSS Options.

The purpose of the newsletter is

to reach out to all our bariatric surgery patients, pending, pre op and post op. We want to stay in touch! And also to provide up-to-date news, schedules, and continuing support for your lifestyle after surgery.

I welcome your feedback for this newsletter. This was created for YOU so if there is something that needs to be addressed, recipes to share, info to be learned, let me know and I will do my best to incorporate it in the following issue.

In the future, “Kasey’s Korner” will serve primarily as an “Ask the Editor” section (but only if questions are submitted!) Any ques-

tions or concerns about bariatric surgery, our program, medical issues or others are encouraged and I will find the answers.

This issue is to touch base with everybody and to get this going!

Looking forward to meeting you all! Have a great day,

Kasey Koster RD/LD
Editor

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The First Annual Fall Fashion Show

With our Weight Loss Surgery Patients!

Come and see some truly amazing transformations, and share your experiences with others.

Saturday, October 30

2pm-4pm

Norman Regional Hospital Education Center

Patients may attend free of charge (but still need to have a ticket.) Family and friends: \$3.00 per ticket

Tickets can be purchased from Kasey at the office, or contact Cori Warner, RN, Bariatric Coordinator, for more information. See you there!

Success Story: Gisele Wright

I had Laparoscopic Adjustable Band surgery on Thursday, July 24, 2003. My doctor had concerns with my excessive weight gain. I gave up smoking, but in doing so I gained 60 pounds and with that came high blood pressure, swelling in my legs, and pain. I was referred to see Dr. Keith, and went to his seminar in June 2003. I was fighting a losing battle with my weight and needed help! I gave my insurance info and weighed at the seminar and the girls from the office didn't even gasp at the number! I remember feeling skeptical as I left, but there was hope that there really was something out there that could help me.



I weighed 213 pounds on a 5'1" frame. I was only 35 years old, but moved like I was twice that. I was depressed and avoided social activities. Reality is that we live in a society that can be cruel towards bigger people. I showed Dr. Keith a picture of me in my "thinner" days and said, "this person is still in me somewhere and I will work hard to see her again, I just need help." He smiled and told me I would do just fine.

The final step: pre op diet. This is probably the most important diet any of us will ever do. Do not

cheat on this diet! Among other things, it makes for a safer surgery. If you follow it properly, I promise that you will not feel hungry. I remember thinking to myself, "I am just going to starve," but the protein will keep you full. It only lasts a couple of weeks and looking back, it was such a small price to pay for such a wonderful result.

After surgery, I was groggy and didn't fully wake up until the evening. The next morning, I had an x-ray to check placement of the band. The liquid I had to drink for it was horrible, and it does not taste like chocolate, no matter what anyone says!

I was back at work on Monday, though still a little sore. I went and had a couple of adjustments to my band, or as Jerry calls it, "tune ups."

As I am writing this story, I am just shy of being one year post op. I have gone from 213 to 123 pounds and down to a size 4 from a size 18. I HAVE REACHED MY GOAL WEIGHT!

I have worked hard. I contribute my success to avoiding two taboo items: ice cream and carbonated beverages. I can pretty much eat anything, but stick with good nutrition. At times I take a bite or two of something sweet. To me, it completes a meal. It satisfies me and prevents me from cheating later or making a meal out of cake.

I always weigh my food and chew thoroughly. This prevents the dreaded productive burp or PB. (let's not sugar coat it, it's like vomiting as it can be more than

can fit in a napkin.) I guarantee this will happen to you if you do not chew your food and eat slowly.

I attend the lap band support group meetings at Surgical Hospital. It is a key part of success! Questions, answers, pep talks and praise are abundant and helpful.

Words cannot express the gratitude I have for Dr. Keith and his staff. My life has been given back to me. Whenever I see him I thank him for everything he has done, and he just tells me that he gave me the tool, but my effort made it work. As a result of the surgery, I have become a more assertive and confident person. I do not suffer from the health problems prior to surgery. I do not think that I could have done it without all of the support of my family and friends but especially my husband who has been there from the beginning. I now look forward to enjoying a long and healthy life!



Gisele is a frequent speaker at the informational seminars.

"I remember feeling skeptical, but there was hope that there really was something out there that could help me."

Note from the Editor:

If you are approximately one year or more post op and can email before and after pictures, I would love to receive your story.

Thank you Gisele!

—KK



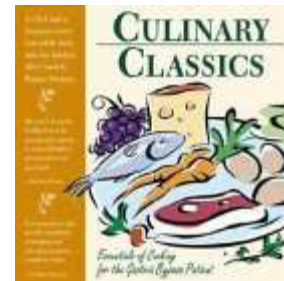
Brew Stew

Recipe taken from Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient

- 1 lb. beef tenderloin, cut into 1/2" cubes
- 2 Tbsp. all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 teaspoon vegetable oil
- 1 large onion, peeled and sliced 1/2" thick
- 1 clove garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2 large potatoes, peeled and cubed
- 1 cup carrots, peeled and cubed
- 1 cup tomato, diced
- 1 tsp. caraway seed
- 1 bay leaf
- 1 cup beef broth
- 1 cup beer
- 1 Tbsp. red wine vinegar

- Coat beef with combined flour, salt and pepper.
- Heat oil in a large pot; brown meat over medium-high heat.
- Add onions and garlic.
- Cook and stir 5 minutes.
- Stir in remaining ingredients and bring to slow simmer.
- Cover: cook over medium-low heat for 40 minutes, or until vegetables are tender.
- Serves 8, 4 oz per serving.

Per serving: 141 calories, 3 g fat, 13 g protein,
13 g carbohydrates, 2 g dietary fiber



This cookbook was written by a bariatric patient who is also a chef!

Order it online at www.bbvitamins.com or pick up an order form at the office.

NORMAN REGIONAL **PHYSICAL PERFORMANCE** **CENTER**

For those patients who live in this area and need help transitioning from their walking program to a weight training program, just give us a call! We can help you decide if your insurance will cover physical therapy and help you get scheduled. If you do not have any health problems and are ready to join a gym, there is a reduced rate for bariatric patients at The Health Club in Norman. We can

get you set up with a trainer (initial visit included in membership) to design you a program, show you the proper way to use the equipment and get you started on the right path. Like us, they want you to be successful in this endeavor.

For those of you that live quite a distance away and cannot return for a post op program, call and talk to Rose, Stacy or Debbie. We

can discuss different ideas for aerobic activity or weight training and make sure you are on the right path.

—Rose Kalinski, PT

The Norman Regional Hospital Physical Performance Center is located on 724 NW 24th Ave. in Norman, OK. Monday-Friday from 7:30 am-6:00 pm. (405) 447-1571

“There is a reduced rate for bariatric patients at The Health Club in Norman”

Support Group Calendar

At Norman Regional Hospital:

Oklahoma Bandsters Group:

Online Support Groups:

6:00-7:30 pm

(www.oklabandsters.com)

(www.obesityhelp.com)

• Tuesday Oct. 26

7:00-8:00 pm

Living_Our_Dream@yahoo.com

• Tuesday Nov. 23

• Thursday Nov. 4

LOD Face-to-Face meetings at Norman Regional: 11:00-2:00pm :

• Thursday Nov. 18

• Saturday Nov. 20

FUN FACT

The word BARIATRIC is derived from two Greek words: barros, which means “weight or pressure,” and triacs, which means “care of.”



To register for the Norman Regional Group or for more information on support groups, contact Cori Warner, RN, Bariatric Coordinator at 405-307-3039!

Dr. Ronnie Keith

Hello Everyone,

We sincerely hope you are enjoying the benefits of weight loss surgery. As this program continues to grow, attempts will be made to provide additional services/perks/motivators to help keep each of us goal oriented.

Our Visions Statement, although simplistic requires a tremendous amount of “behind the scenes” effort. We are so appreciative to have Kasey join our staff as our “nutritional expert” as she does exemplify that statement:

“To provide a multi-discipline state-of-the-art weight loss surgery service in a safe, efficient and patient friendly environment which sets the standard for weight loss surgery programs in our area.”

Our Mission Statement:

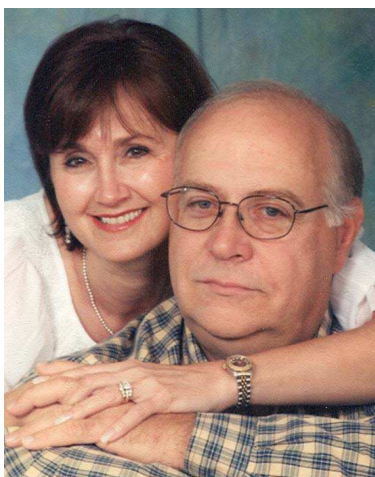
“To provide care to our patients at the same level as we would expect for ourselves or our families. “

Oklahoma WEIGHT LOSS Options in concept was planned for approximately three years before the actual service model went into effect. We have taken ideas and proven methods from highly successful centers in California, Arizona, Missouri, Michigan, Louisiana and Florida. By meshing together what was considered the merits of each program, “OWLO” was developed. We are not through fine tuning and in some areas are re-organizing...with the goal of providing a service consistent with our Vision and Mission State-

ments.

I am a general surgeon by training, and college educated as a pharmacist. After medical school I completed general surgery residency in St. Louis, Missouri, and in 1983, set up practice in the South Oklahoma City area. Our practice evolved as the dynamics of medicine and surgery changed and are changing. I dearly love medicine and especially surgery and particularly laparoscopic weight loss surgery.

Having been (am) overweight since residency, I do have a maybe biased viewpoint about morbid obesity. Two years ago my BMI 53, and now is 39, and still losing.



Upcoming events and next issue...

- October 30: Fall Fashion Show
- November 9: Grocery Store Tour takes the place of support group. Details to come!
- November 23: Vitamist® presentation at Norman Support Group: New supplements and free sample packs!
- Nutrition article: “Holiday Eating”
- Patient Success Story and Staff Bio
- AND MUCH, MUCH MORE!

The choice to have the adjustable band was “my choice.” I seriously considered the gastric bypass for over a year but went with the Band, because it seemed the most appropriate choice for my personal goals, work responsibilities/accountability and much research.

Each person must make their personal choice to enjoy success.

On the personal side, Michelle is a super-size hearted lady that truly makes returning home at night enjoyable. Funny, light spirited and life loving only partially describe her. Michelle has three daughters from a prior marriage and I have two sons and a daughter. They are ages 23-32 and have blessed us with five grandchildren, three this year!

We love life, we enjoy our family, friends and work. Hopefully our and your goals will provide a continuing “bright light” for the future!

CHECK OUT THIS WEBSITE!



www.fitday.com

Free account for online diet and fitness journal, nutrition information and weight loss tracker.

“Each person must make their personal choice to enjoy success”

-Ronnie Keith, D.O.

If you know of any weight loss patients who would like to receive this newsletter, email dietitian@bigger-people.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.

Have a good day!