

OKlahoma WEIGHT LOSS OPtions OWLO QUARTERLY

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Walking is an easy physical activity to add to your daily routine.

Stepping Out

Did you know that physical activity is one of the best ways to take control of your health? Increasing physical activity has an almost infinite number of benefits.

Some of those benefits include lowering your total cholesterol, controlling blood pressure and blood sugar, combating chronic diseases, boosting energy levels and managing stress. Exercise can also help you maintain your weight and increase the quality of your sleep.

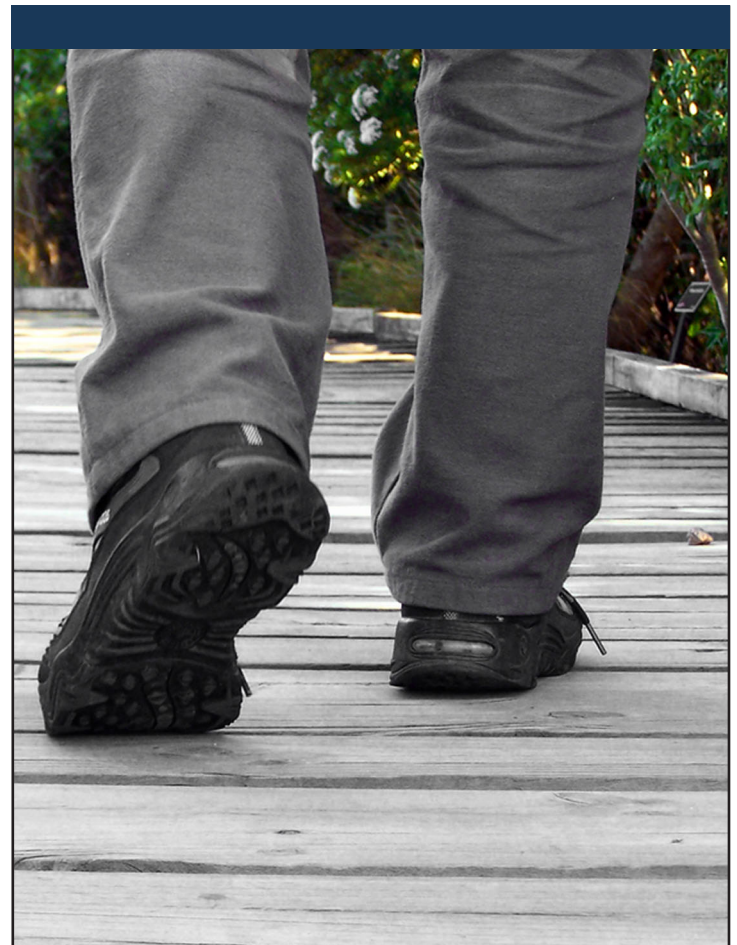
Studies have proven that physical activity helps people who have had weight loss surgery lose more weight and keep it off!

An analysis of several research studies shows that patients who exercised at least three times per week for thirty minutes had a significant increase in weight loss one year after surgery.

The analysis further showed people who exercised lowered their BMI by an additional four points when compared to those who did not exercise. People who exercised also lost more weight at two years post operative.

Walking is one of the easiest and most beneficial ways to add physical activity to your daily routine.

Over time Americans have become more and more sedentary. The average American walks



The average American walks two or three thousand steps per day; a healthy goal is around 10,000 steps.

two or three thousand steps per day; a healthy goal is around 10,000 steps. Basic step pedometers can help you keep track of steps taken. These small, inexpensive motion detectors count your steps and can be hidden under your clothes.

To reach your goal in a healthy

way, progress your physical activity by adding 500 steps to each day until you reach 10,000 on a daily basis. If you find this progression too strenuous try adding steps in small increments until you reach your goal.

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Employee Spotlight: Tammy – Employee Excellence



Sammy Shaekel, Tammy McCurdy, Teresa Childs and Michelle Keith at the 2010 Reflections Fashion Show.

When you have your vital signs checked or your gastric band filled, you're likely to meet Tammy McCurdy: Dr. Keith's medical assistant of over sixteen years. In addition to assisting Dr. Keith in several of office procedures, Tammy works with hospital scheduling, chart filling and precertification paperwork for general and bariatric surgeries.

Employees enjoy working with Tammy and describe her as very friendly and helpful. She is always willing to take the extra step to help out her coworkers. Tammy's work ethic and nearly perfect attendance record is admired throughout the office.

Outside of work, Tammy describes herself as family oriented and enjoys

spending time with her husband of 29 years, Brett and their two sons, Justin and Chance. She also likes to read and recently finished Nicolas Sparks' Dear John, but describes her taste in reading as eclectic. Tammy is looking forward to a well-deserved vacation. This September she will be relaxing for seven days with her husband on an Alaskan

Cruise!

Once she returns you won't find Tammy at many OU football games. Instead, check out the Cox Convention Center where Tammy will be cheering on the Barons Hockey team. She is excited about the return of hockey to Oklahoma City and hopes to attend several games next fall.

Chicken with Southwestern Salsa

CALORIES

188

PROTEIN

21 grams

FAT

6 grams

CARBOHYDRATES

12 grams

SUGAR

1 gram

INGREDIENTS:

1 Tbsp canola oil
 1 tsp ground cumin
 3/4 tsp ground coriander
 1/2 tsp salt
 1/4 black pepper
 1/8 tsp ground red pepper
 4 (6-ounce) skinless, boneless chicken breast halves
 1/2 c. onion, chopped
 1 clove garlic, minced
 1/3 c. plum tomato, chopped
 1/4 c. cilantro, chopped
 2 Tbsp fresh lime juice

1 (15 1/2-ounce) can black beans, rinsed & drained
 1/2 yellow bell pepper, chopped
 1 avocado, cubed

DIRECTIONS

• Heat 2 tsp oil in a large nonstick skillet over medium-high heat.

• Combine cumin, coriander, salt, black pepper, and red pepper; sprinkle mixture evenly over chicken.

• Add chicken to pan; cook 7 minutes on each side until done.

• While the chicken cooks, combine remaining ingredients in a bowl. Toss well & serve with chicken.

Recipe adapted from www.cookinglight.com

Patient Spotlight: Julie Routzahn



Julie Routzahn at the 2010 Reflections Fashion Show.

Julie has lost 115 lbs and 16 dress sizes since her gastric bypass in December of 2008. She felt confident enough with her new body to strut her stuff in this

year's Reflections Fashion Show in a hot pink dress to Lee Ann Womack's "I hope you Dance."

Before surgery Julie dealt

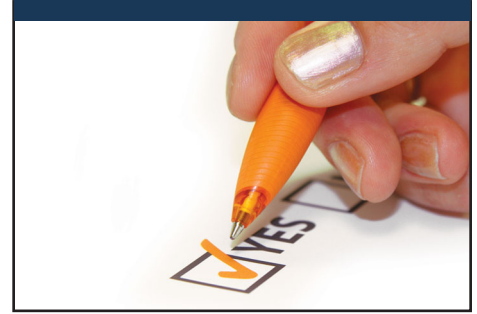
with high blood pressure and often had little energy. Julie has her blood pressure under control and no longer has to take medications for it. She also says the amount of energy she has is far greater than in the past.

With all that extra energy Julie goes walking about three times a week. Since her surgery Julie pays more attention to her exercise regimen and her dietary needs.

Julie makes sure to meet her protein goal every day and says her favorite meal replacement is Chike Orange Crème. For a quick, high protein snack Julie often turns to Pure Protein bars.

When asked what advice she would give to other bariatric patients, Julie says to make sure and follow the program. Julie recognizes the importance of relationships with other patients and is a constant presence at post-op support groups.

New Band Questionnaires



You may have noticed the new questionnaires you are given when you come in for an adjustment.

These questionnaires are called VEW (Vomiting, Eating, Weight Loss) assessments. Oklahoma WEIGHT LOSS Options is currently participating in a twelve clinic pilot program with the REALIZE Band Company to determine the Benefit of these new assessments. The VEW Assessment takes into account three categories to determine whether or not a patient is in need of a fill, an unfill or further dietary and lifestyle change education.

This assessment was developed in Melbourne, Australia by surgeon Patrick Moore, M.D. and dietitian Merril Bohn, R.D. The purpose of these new assessments and pilot program is to standardize the criteria which must be met to determine what type of adjustment is needed.

These assessments work by assigning numerical values to each group of questions a patient answers. These values are then looked at by your healthcare provider and, with their discretion, are used to determine what type of adjustment is needed.

Recovery Program: Helping You Keep on Track



Did you know that Oklahoma Weight Loss Options offers a program designed to help those who have had a history of weight loss surgery get back on track with healthy lifestyle changes?

The program is under the direction of a registered dietitian, physical therapist and a psychotherapist. If you feel like you have fallen off track since your weight loss surgery or you have just had surgery and just need additional guidance or support, this program could be very helpful to you.

The program is pending to begin in September and will run through October and part of November. The class will be held every Thursday evening at 5:30 pm in the classroom of Oklahoma Weight Loss Options.

The program has already helped several post surgery weight loss patients continue their success or help them to get back on track again.

If you would like more information you can call Christy Olson at 360-7100 or email her at colson@owlo.com.

OKlahoma WEIGHT LOSS OPTions

IMPORTANT DATES

Support Groups

ABG, RNY & VSG

8-5-10
8-19-10
9-2-10
9-16-10
10-7-10
10-21-10

Saturday Group

8-21-10
9-18-10
10-16-10

NW OKC

8-12-10
9-9-10
9-14-10

Ada

8-4-10
9-1-10
10-6-10

Ft Smith

8-19-10
9-16-10
10-21-10

Wichita

8-9-10
9-13-10
10-11-10

Madill

8-24-10
9-28-10
10-26-10

McAlester

8-10-10
9-14-10
10-12-10

Woodward

8-4-10
9-1-10
10-6-10

Enid

8-10-10
9-14-10
10-12-10



Seminars

Seminars will be held each Thursday at 2:00 and select evenings. Please call the office (405)360-7100 to schedule a seminar or find out additional dates.

RNY and AGB support groups are held the first and third Thursdays of the month at Norman Regional Hospital in the Education Center.

AGB 6:00-6:45

RNY 7:00-7:45

BARIATRIC WORD SCRAMBLE

C A E S L

K A E R S E N S

T E W A R

C I R S G X E N E I

Bonus word! Use the letters in the marked squares to form another word.

Hint! This is a physical activity that's great for your health.