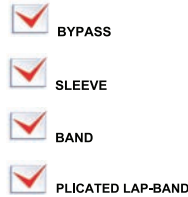


OKlahoma WEIGHT LOSS OPtions OWLO QUARTERLY

OWLO.com

VOLUME 2 ISSUE 2

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SUMMER 2011



ADA WALK

Come join us for Step Out: Walk to Stop Diabetes, which is the American Diabetes Association's (ADA) annual walk to end diabetes. The ADA's movement, "Stop Diabetes" has one goal: to end the devastating toll that diabetes takes on millions of individuals and families across the nation. The ADA hopes this movement will inspire and give people the chance to get involved and help raise awareness, promote healthy living, and raise money to fund educational outreach, advocacy efforts, and critical research that will ultimately stop diabetes once and for all.

This year's walk is being held on Saturday, September 17th at Orr Family Farm, 14400 S. Western Avenue, Oklahoma City, OK. Check in/registration for the walk starts at 8am and the 1.5 mile walk begins at 9am. Registration for the walk can be done in advance online at <http://stepout.diabetes.org> or done the day of the walk. The registration fee is \$25 and all proceeds go to the Oklahoma Diabetes Association. Also, when you register online you can join our team- the "Norman Regional Weight Loss" team!! To find out more about the walk and ways to donate please visit <http://stepout.diabetes.org>.

So please, put your walking shoes on and come walk with us to "Stop Diabetes"!!

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TIPS FOR HEALTHY HYDRATION

Every cell in our body needs water to function. Water works to regulate body temperature, lubricate joints, and help get rid of wastes through urine. Dehydration results when our bodies don't get the fluid they need. In these hot summer months our bodies can become dehydrated much faster. Being outdoors for just a few minutes can make us sweat, and sweating is a source of water loss that can dehydrate our bodies very quickly. Things like fatigue, thirst, and headache set in quickly, but dehydration has some very serious side effects including nausea, dizziness, constipation, confusion and many more. This is why it is even more important to stay hydrated in the summer months.

It is recommended to drink at least 64 oz. of water each day. This is equal to eight 8oz. cups, or four 16 oz. water bottles. Remember, this is the minimum amount recommended. A great way to achieve this fluid goal is by sipping on water all throughout the day. Keep in mind that we are not allowed to have fluids with meals, so here are some tips to stay hydrated after weight loss surgery:

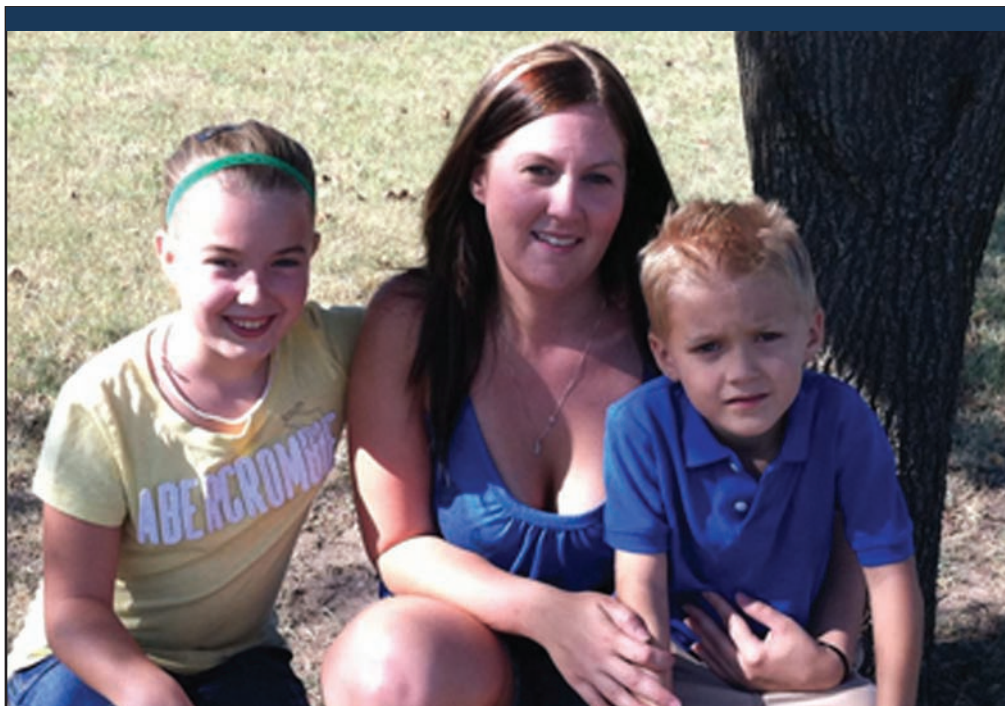
- Drink water before you feel "thirsty" (thirst is not a good indicator of hydration)
- If you know you will be outside for more than a few minutes, begin drinking water ahead of time
- Try sugar free water flavoring powder such as crystal light
- Carry a water bottle with you everywhere you go



Try adding fresh lemon or lime juice for a splash of flavor in your water.

- Use a common occurrence as a reminder, such as taking a sip of water on every commercial break while watching TV
 - Freeze water in water bottles so that you can have a cold drink when you will be out in the heat
 - Try adding fresh lemon or lime juice for a splash of flavor
 - Some things to avoid:
 - Drinking with meals (it is recommended not to drink 30 minutes before, during, or 30 minutes after you eat)
 - Taking large gulps and/or using straws (this allows for unwanted air to enter your stomach)
 - Drinking caffeinated and/or alcoholic beverages (they are dehydrating beverages)
- The first signs of dehydration are usually mild, so it is important to listen to your body and increase your fluid intake as soon as you are depleted. For instance you may have a headache, feel fatigued, have a dry mouth, or be nauseous. When your hydration status is already low it is even more important to drink small amounts of water over a long period of time. By staying in-tune with your body and following these simple "Do's" and "Don'ts" you will be well on your way to better hydration.

Employee Spotlight: Jennifer Arbuckle – Employee Excellence



Jennifer Arbuckle outside with her 11 year-old daughter, Taylor, and 6 year-old son, Jase.

When you come to Oklahoma WEIGHT LOSS OPTions for an appointment, one of the individuals who takes your vital signs or interviews you on your progress is Jennifer Arbuckle. Jennifer is one of the Medical Assistants who works with Dr. Keith. She is an extremely intelligent and hard working individual who is

respected by her coworkers and patients. Jennifer comes to work everyday with lots of enthusiasm and states, "I enjoy helping our patients live a healthier lifestyle."

Jennifer was born and raised in Moore, OK and attended Moore High School. She has been a Medical Assistant (MA) for over ten years and has previously worked as an MA at an Oral and Maxil-

lofacial surgery clinic and also at an Ear, Nose and Throat clinic. In March of 2011, she joined Oklahoma WEIGHT LOSS OPTions. Some of her other responsibilities at the clinic include scanning medical records, scheduling patient surgeries, following-up with weight loss surgery procedures, and helping with seminars. She also assists with wound care, which involves removing sutures, staples and helping with wound vacs. Her wonderful work ethic and friendly, outgoing personality make her a vital asset to the clinic.

Outside of work, Jennifer stays very busy with many different activities. Jennifer has two kids, an 11 year-old daughter named Taylor and a 6 year-old son named Jase. She also has a pit bull named Brutus. Some of the activities Jennifer enjoys while spending time with her children include camping, attending sporting events, and traveling. Jennifer recently took her kids on a trip to Disney World where they had lots of fun, and she states she wants to travel to Paris next. Other activities Jennifer enjoys are shopping and cooking, and she is also a huge fan of OU Football. Jennifer states, "I love to live my life day-to-day, enjoying new things that life brings."

Spinach Artichoke Dip Stuffed Mushrooms

Nutritional information
per serving (2 mushroom caps)

CALORIES

90

PROTEIN

7 grams

FAT

5 grams

CARBOHYDRATES

3 grams

INGREDIENTS:

- 20-25 Medium to Large Crimini or White mushrooms
- 4 ounces (1/2 pkg) reduced-fat cream cheese, softened
- 3/4 cup light mayonnaise
- One 14-ounce can artichoke hearts, squeezed to remove excess liquid and finely diced
- 1 cup frozen chopped spinach, thawed and squeezed dry
- 2 cloves garlic, minced
- 1 teaspoon Splenda

- 1 cup freshly grated Parmesan cheese
- Pinch cayenne pepper

DIRECTIONS:

Preheat oven to 350 degrees. Wipe mushrooms clean; remove stems and gently scoop out the gills to make room for the filling.

In a large bowl combine the cream cheese, mayo, diced

artichoke hearts, spinach, garlic, Splenda, Parmesan, and cayenne. Fill each mushroom cap with 1 tablespoon of dip mixture.

Place on a baking sheet (with sides, as the mushrooms will release liquid) and bake for 15-20 minutes, or until mushrooms are soft and the filling is golden. Serve warm.

Yield: 10 servings
Diet Stage: Soft

Patient Spotlight – Tony Moore



Tony Moore before (left) and after (right) his Adjustable Gastric Band surgery. He has lost 125 pounds.

Tony Moore has lost 125 pounds since having the Adjustable Gastric Band surgery on November 6, 2006. Prior to the surgery, Tony suffered from sleep apnea, back pain, and joint pain. These medical issues have since resolved after Tony had the surgery and lost the weight.

Some of the things that Tony states he can do now that he couldn't do before the surgery are running in 5K events and wearing size 31 waist jeans. Some other hobbies that Tony enjoys are biking, swimming, and playing with his kids. He also states he is a big OU Fan and Boston Red Sox Fan.

Going through the entire weight loss surgery process, Tony states his biggest supporters have been his loving wife and his kids. Tony's biggest advice to other patients who are going through this process is to stay on track, listen to the doctors, and get regular fills. Tony also states, "Never stop trying!"

Many times patients may lose motivation when going through the weight loss surgery process, especially after the surgery if they have hit a plateau in weight

loss before they have reached their goal weight. Tony says what keeps him motivated is, "just trying a little more everyday and never stop trying new things." He always changes things up to keep it fun and new. He says, "I never know what I will be doing next. I may go running, swimming, biking, or something new!"

Tony has a great story of inspiration and motivation that has really helped him to lose the weight. He states that back in 2000 when he weighed 315 pounds, he received a call from his step mother saying that his dad passed away at 50 years old in 1990 due to being overweight. Tony says, "This was a wake up call for me to get fit." He says he wants to live a long and healthy life, so he can spend as much time with his kids a possible and not pass away at such a young age like his father.

Tony is one of many success stories we hear from patients who come through our clinic. We hope his success will inspire all of our patients to lose the weight and live a healthier life.

New Products!

Here at Oklahoma WEIGHT LOSS Options we strive to provide our patients with a wide variety of the highest quality nutritional supplements. Nutrition supplements include: meal replacements, protein snacks, and vitamins and minerals. When used properly, nutrition supplements will help patients maintain an adequate nutrition status and avoid nutrient deficiencies.

Our product line is growing!!! We have recently added a couple of delicious new high protein snack options to our supplement line. One of the products that we are now carrying are the PROTI Soy Snacks. They are a delicious way to curb a crunchy and salty craving and still get 15 grams of high quality soy protein for only 120 calories! They come in following tasty flavors: Sour Cream & Onion, BBQ, Chili & Lime, and Sea Salt & Vinegar. We also added a new flavor to our line of protein bars: Caramel Delight. It combines creamy caramel with a chocolaty crunch.

In addition to the new protein snacks, we also have some new vitamins and minerals available. For instance, we are now carrying a new Multivitamin (the VitaBand Multivitamin) which is specifically designed to meet the nutritional needs of our Band patients. We have also added new Calcium citrate chewy bites in raspberry, lemon, caramel and chocolate. You can also try our new chocolate raspberry truffle Iron chewy bite supplement to increase Iron intake.

We are not replacing any of the vitamins that we already have we just adding more variety to our product line. In addition many of our vitamins are now coming in a 3 month supply versus a single month to save our patients money and hopefully increase vitamin supplementation compliance!

So the next time you are in the office make sure to pick up some of these delicious and nutritious new products!

OKlahoma WEIGHT LOSS OPTions

IMPORTANT DATES**Support Groups**

AGB, RNY & VSG

9-1-11

9-15-11

10-6-11

10-20-11

11-3-11

11-17-11

Saturday Group

9-17-11

10-15-11

11-19-11

Ada

9-7-11

10-5-11

11-2-11

NWOKC

9-8-11

10-13-11

11-10-11

Ft. Smith

9-15-11

10-20-11

11-17-11

Madill

9-22-11

10-27-11

11-24-11

McAlester

9-13-11

10-11-11

11-8-11

Enid

9-13-11

10-11-11

11-8-11

OKlahoma
WEIGHT LOSS OPTions**Seminars**

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

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

AGB 6:00-6:45pm
RNY 7:00-7:45pm

Tips to making Exercise a Habit...And how to keep it!

- By Scott H. Young, author, lifehack.org

- 1. Start Small** – Trying to walk 15 miles your first workout isn't a good way to build a habit. Work below your capacity for the first few weeks to build the habit. Otherwise you might scare yourself off after a brutal workout.
- 2. Get a Buddy** – Grab a friend to join you. Having a social aspect to exercising can boost your commitment to the exercise habit.
- 3. Schedule During Quiet Hours** – Don't put exercise time in a place where it will easily be pushed aside by something more important.
- 4. Stress Relief** – What do you do when you're stressed? Chances are it isn't physical activity. But exercise can be a great way to relieve stress, releasing endorphins which will improve your mood.
- 5. Make it Fun** – If you don't enjoy yourself at the gym, it is going to be hard to keep it a habit. Many large fitness centers will offer a range of programs that can suit your tastes.
- 6. Create a Ritual** – Your workout routine should become so ingrained that it becomes a ritual. This means that the time of day, place or cue automatically starts you towards putting on your workout shoes and going for a walk.