

# Southern Surgical

## Newsletter



## The “Golden Rules” of Bariatrics

The most common reasons for pain, discomfort or vomiting while eating after Bariatric surgery are quite simple....not following the “Golden Rules”. From the onset, we educate our patients about necessary lifestyle changes. These include exercise, protein intake, daily vitamins, and staying hydrated. However, some things must be learned by making mistakes.

The “Golden Rules” we emphasize are as follows:

- Eat slowly (20-30 minutes)
- Chew food well (until it is the consistency of apple sauce)
- Avoid foods which are too dry
- Stop eating when you feel pressure or discomfort (don’t eat that “one more bite”)
- Don’t drink 30 minutes before, during, or 30 minutes after eating

It is hard to break old habits, but the restriction provided by Bariatric surgery will force you to make these changes or you will pay the consequences. As a Bariatric patient myself, I can honestly say that I have learned these “Rules” the hard way.

Julie Johannes, PA-C, MSS  
Bariatric Coordinator

## Support Group

- |             |   |
|-------------|---|
| Rocky Mount | First Monday of each month at 6:00 pm at Nash General Hospital                  |
| Greenville  | Second Monday of each month at 6:30 pm at Southern Surgical Bariatric Institute |
| New Bern    | Third Monday of each month at 6:00 pm at First Presbyterian Church              |
| Washington  | Fourth Monday of each Month at 7:15 pm at Lifestyles                            |





# WALK from OBESITY<sup>SM</sup>

Prevention, Education, Research & Treatment



Southern Surgical joined the annual Walk from Obesity on October 8, 2011. The event was a huge success with at least 80 participants and over \$6000 raised. Funds raised will go to the prevention, education, research and treatment of obesity. Participants were able to walk around an outdoor track while listening to the DJ. A ticket raffle was held during the entire event with prizes ranging from gas gift cards, jewelry gift cards, and goodie baskets. Fun was had by all!

## Preparing for the Holidays

**The holidays are in full swing!** We all like to enjoy family time, parties and social gatherings with friends, relaxing by the fireplace or snuggling up with a good book...and of course FOOD! But that does not mean we have to pack on the extra pounds.

### Be realistic.

The average person gains 5-10 pounds between Thanksgiving and New Year's Day. Trying to lose weight during the holidays maybe difficult. Instead, setting your goal at maintaining your weight during the holidays will be more realistic but NOT gaining.

### Do not arrive at holiday parties hungry!

Skipping meals to "save calories" for party is not the way to go. Eat a light meal before you get there and you will arrive in control of your appetite. May try having a salad; load up your salad with veggies and lean turkey cubes. The fiber in the veggies will help you feel fuller and the protein from the turkey will help curb your appetite and leave less room for high-calorie, tempting treats.

### Be a social butterfly.

Holidays are a time to be sociable. Spend time enjoying the company of others. The more you talk, the less you will eat.

### Offer to bring a healthy dish to holiday gatherings.

Then you can prepare an item that you like and know it will be yummy and healthy!



### Limit your alcohol intake to one to two drinks.

Calories from alcohol add up quickly.

### Preplan your week and balance what you eat with other meals throughout the day.

If you know there are going to be three holiday parties in one week, you will want to plan your meals accordingly. If your party dinner is scheduled for 6:00 p.m., eat a small, lower-calorie breakfast and lunch so you can enjoy your favorites without overdoing it.

### Use small plates and watch the portion sizes.

We tend to shy away from going back for seconds when we are in a public setting.

Enjoy the winter season! The key is balance and moderation.

Keep in mind that celebrations are really about family and friends and fun! NOT just about food.

Jennifer Elias, RD, LDN (Dietician)

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