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**SPECIAL
POINTS OF
INTEREST:**

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VOLUME 10, ISSUE 8

AUGUST 2015

August Seminar/Orientation Dates

Seminar Dates

For individuals interested in
surgical and/or medical weight loss:

Thursday, August 6—5 pm—River Campus
Monday, August 10—3 pm—River Campus
Tuesday, August 11—5 pm—Sauk Centre
Monday, August 17—3 pm—Sauk Centre
Monday, August 24—3 pm—River Campus

**To register, please call 320-240-2828
or visit our website at centracare.com.**

Eating Out Tips

With so many choices for dining out, it is hard to not take advantage of the convenience and fun of restaurant food once in a while. Eating out more often can be a quick way to put on pounds. Make the most of dining out in a healthy way with these tips:

Keep hunger under control-eat!

- ◆ Don't skip a meal on the day you're going out to eat
- ◆ Time your meals so that you aren't ravenous when you get to the restaurant (this is a great tip for every day meal timing as well!)

Choose restaurants that offer variety

- ◆ Choose a place that offers variety with low fat, high protein options
- ◆ Call the restaurant before going (or planning a trip there) to ask about healthy items
- ◆ Go online to check out the menu if available

Orientation Dates

For individuals interested in
medical weight loss (non-surgical weight loss):

Monday, August 3—12 pm—River Campus
Tuesday, August 4—3 pm—River Campus
Thursday, August 6—3 pm—River Campus
Monday, August 10—5 pm—River Campus
Tuesday, August 11—3 pm—River Campus
Thursday, August 13—3 pm—River Campus
Monday, August 17—12 pm—River Campus
Tuesday, August 18—3 pm—River Campus
Thursday, August 20—3 pm—River Campus
Monday, August 24—12 pm—River Campus
Tuesday, August 25—3 pm—River Campus
Thursday, August 27—3 pm—River Campus

Order more plant based foods

- ◆ Try an exotic fruit for variety
- ◆ Order your favorite vegetables without the high fat dressing and cream sauces
- ◆ Order items that include whole grain foods to get in more fiber

Control fat

- ◆ Order baked or broiled; avoid fried
- ◆ Ask for smaller portions of fatty foods or ask for substitutions.

Cut back on the condiments

- ◆ Taste your food before adding salt, butter, sauces and dressings
- ◆ Order sauces and dressing on the side
- ◆ Substitute healthier condiments, use mustard instead of mayo, use pepper or lemon juice in the place of salt

“No matter how hard the past, you can always begin again.”

– Buddha

Welcome to our new staff member!

Bobbi Roering, CMA

Bobbi will be joining our team very soon. Bobbie is joining us from the CentraCare General Surgery Department. She may already be familiar to you as she has been helping us out with class and personal coaching nurse visits. Welcome Bobbi! We are excited for you to be joining our team!

Water. Water. Water!

By Katrina Weller, LPN

Are you constantly reminded to drink at least 8 glasses (64oz) of water daily? Do you feel like this task feels impossible? **Well, you're not alone.** A lot of people struggle with consuming 8 glasses every day; but consuming proper amounts of fluid is vital to your body's health. Water helps your body function properly; it regulates fluid balance, lubricates joints, moisturizes lungs, provides energy to muscles, increases energy levels, and also regulates bowel movements. Drinking enough water is essential for successful weight loss and it also comes with some other perks such as; fewer cravings, decreased calorie consumption, healthier skin and more energy. We know how hard it can be to reach daily water goals, so we put together a list of recommendations to help you get started:

Carry a water bottle with you everywhere. This will provide you with access to water during any time of day; while at work, running errands and even while doing housework. Purchase a water bottle that you like as well – this can make carrying a water bottle around a little easier.

Drink water with any physical activity. If you are exercising, drink water before, during and after exercise.

Make a routine. Set an alarm or consciously try drinking water during specific times of your day. For example, when you wake up in the morning, while on your way to work, on your lunch break, on your way home from work, etc.

Choose non-caloric beverages you enjoy. You're likely to drink more fluids if you like the way they taste. You can review your list of acceptable beverages for choices to help you stay hydrated. Another recommendation would be to try **fruit-infused water**.

Drink water & drive. Having water available is going to make it a whole lot easier to consume more during the day. If you take a drink every time you hop in your car, you're keeping hydrated while on-the-go and getting that much closer to your daily water goal!

Drink water when you feel hungry. Not only will this provide another opportunity to drink more water, but it can also help you eat less as well. Sometimes we confuse the feeling of thirst with hunger, so drinking a glass of water can help you learn if you're truly hungry or just experiencing cravings.

Medical Program

Medical Weight Management Support Group

This group is available for those currently in **ANY Medical Weight Management Phase (reduction, balance or maintenance)**. The group will be held every **second Thursday** of the month from 5-6 p.m. at CentraCare Clinic—River Campus in the Medical Weight Management Classroom (Conference Room A/B, unless otherwise noted).

Date	Time	Location	Leader
Thursday, August 13	5-6 p.m.	Conference Room A/B	TBD
Thursday, September 10	5-6 p.m.	Conference Room A/B	TBD
Thursday, October 8	5-6 p.m.	Conference Room A/B	TBD
Thursday, November 12	5-6 p.m.	Conference Room A/B	TBD

Add 5 Habits

Adding these five habits can help to break the dieting cycle. Just remember these are changes in your lifestyle, not just a temporary fix until you are at your goal weight.

1. Eat a balanced breakfast

- ◆ Eating breakfast can help to prevent eating extra later in the day. You don't need to have a 5-course meal, just make sure to include a protein and a fiber food (fruit/vegetable/whole grain).

2. Eat vegetables and fruits

- ◆ Make sure to include fruits and vegetables each day. They are great sources of vitamins, minerals, and fiber.

3. Eat whole grains

- ◆ Choose whole grain! Look for 100% whole grain or 100% whole wheat on the label. They're packed with vitamins minerals and fiber to fill you up.

4. Eat healthy fats

- ◆ Choose olive or vegetable oils, avocado, nuts and nut butters. Just make sure to be mindful of the portion size!

5. MOVE!

- ◆ Walk or exercise for 30 minutes or more every day. The more active you are, the more calories you burn. Activity can have many health benefits other than just weight loss. Make sure to start slow if you haven't been physically active.

Stay tuned next month for 5 habits to break!



Surgical Program

Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, August 6	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, September 3	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, October 1	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, November 5	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN

Directions to Support Group: Surgical Support Group is held at the St. Cloud Hospital in the Riverside Conference Center. Please enter the hospital through the **North Entrance**, use the **Lakes elevator** to **Floor A** and follow the signs for **“Weight Loss Surgery Support Group”** to the meeting room.

Nutrient Deficiencies After Bariatric Surgery

The stomach plays an important role in the digestion of food by releasing enzymes that break down our foods so the nutrients are easier to absorb. As your food moves from the stomach to the intestine, more enzymes are released and food is broken down small enough that it can be absorbed and used by the body to keep your system running. When you have bariatric surgery, your stomach will become smaller and your intestines may become shorter. This provides an effective way to lose weight, but it is more difficult for these foods and important nutrients to be taken up by the body.

While a nutrient deficiency may sound scary, they can be relatively easy to manage. Your bariatric care team will recommend supplements within a month after your surgery in addition to special diet instructions. These recommended supplements might include a multivitamin, calcium, iron and Vitamin B₁₂. Taking the supplements, as directed, will provide your body with those essential nutrients that you won't be able to get from your post-surgery diet.

The nutrients that can become deficient after bariatric surgery are listed in the table below. The table also explains the important roles that these nutrients play in the body and what kind of symptoms may occur if the proper supplements are not taken. When we consider how important these nutrients are to our body, we can better understand how recommended supplements can help.

Nutrient	Role in the Body	Deficiency Symptoms
Calcium	Bone and Teeth Strength	Weakened bones
Folate	Cell Division, DNA	Anemia
Iron	Hemoglobin, Oxygen Transport	Anemia
Thiamin (B ₁)	Nerve Function	Neurological issues
Vitamin B ₁₂	Nerve Function, DNA	Anemia
Vitamin D	Controls Calcium (Bones and Teeth)	Weakened bones

While there may be other nutrient deficiencies following a bariatric surgery, the nutrients listed above are the most common. Luckily, our bodies are pretty good at storing back up nutrients in case we run short. This means that you shouldn't experience any of these symptoms immediately after your surgery. By adhering to the supplement recommendations given by your care team, you can help ensure that your bariatric surgery is as successful as it can be and that your body has all the nutrients it needs to keep you healthy.

Want to get connected to others who have had Weight Loss Surgery?

Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page). Come to support group so that we can get your information and add you! [_Hope to see you join us real soon!](#)

Would anyone like to be a Journey speaker?
If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.