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**SPECIAL  
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INTEREST:**

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# Basics and Beyond



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## May Seminar/Orientation Dates

### Seminar Dates

For individuals interested in  
**surgical and/or non surgical weight loss:**

Monday, May 9—5 pm—River Campus  
Monday, May 23—3 pm—River Campus

### Orientation Dates

For individuals interested in  
non-surgical weight loss:

Thursday, May 5—3 pm—River Campus  
Thursday, May 19—3 pm—River Campus

**To register, please call 320-240-2828  
or visit our website at [centracare.com](http://www.centracare.com).**

### Online Seminar:

<http://www.centracare.com/services/weight-management/weight-management-seminar/>

### Have a story to share?

We invite you to tell your story as a way to inspire others, reflect on your experience, or recognize a physician, nurse or staff member who was involved in your health care journey. If you are interested, please go to: <http://www.centracare.com/services/weight-management/patient-stories/>

You will be asked to fill out a short form with your story. A representative from CentraCare Health will contact you if we determine we are able to use your information in a promotional feature on our web site or printed publications.

### SAVE THE DATE!!

CentraCare Weight Management Runway to Health Fashion Show

**When:** October 1<sup>st</sup> 2016

**Time:** 4:00 pm -5:30 pm

**Who:** Surgical and Non-surgical weight loss patients and supporters.

If you are interested in being a model for the show, please write a short essay (1 page or less) describing how weight loss has changed your life and return it to any staff member. If you are providing a paper copy, please place it in envelope with your name and "fashion show" written on the front.

Deadline for submissions is July 8. We will notify chosen models by July 30.

"With  
self-discipline, all  
things are possible."

- Theodore Roosevelt

## Upcoming Fitness Events

- ◆ **Sartell Apple Duathlon**  
Sartell  
Kids Race Day: Friday, May 27  
Duathlon Race Day: Saturday, May 28
- ◆ **Granite Man Triathlon**
  - ◆ Buffalo Triathlon  
Sunday, June 5
  - ◆ Clearwater Triathlon  
Sunday, July 10
  - ◆ Big Lake Triathlon  
Sunday, August 7
- ◆ **Insane Inflatable 5K**  
St. Cloud, June 11



## Social Support

- ◆ What is support?  
Comfort, suggestion of truth, capable of fulfilling a role, actively interested in success, and approval and encouragement.
- ◆ Different types of support:
  1. Informational support (advice, directions, suggestions, or feedback)
  2. Esteem support (encouragement or agreement with a person's ideas or feelings and positive comparison of the person with others)
  3. Tangible support (lend person money, help with chores, or any task that may alleviate stress)
  4. Emotional support (expression of empathy, caring and concern)
- ◆ Determine the type of support that is needed to progress in your goals.
- ◆ Communicate your needs, including for support:
  - ◆ Direct, assertive expression makes for clear communication and can help boost self-esteem and decision-making. Being assertive means expressing your thoughts, feelings and needs in an open and honest way, while standing up for you and respecting others.
- ◆ Use "I" statements versus directives when expressing need for change and assistance.
  - ◆ Example: "I would appreciate if you would assist me by helping with cooking meals, as I feel overwhelmed when trying to lose weight."

# Medical Program

## Fact or Fiction?

Briana Traut, RD LD

### **Myth: Sugar causes diabetes**

**Truth:** Type 2 diabetes develops when your body becomes resistant to insulin or when your pancreas stops producing enough insulin. Researchers do not fully understand why some people develop type 2 diabetes and others don't. However, there are certain factors that increase your risk, including:

being overweight, fat distribution located primarily in the abdomen, inactivity, family history and

being over age 45. If you have diabetes it is important to watch your intake of sugar and carbohydrates.

### **Myth: Brown eggs are more nutritious than white eggs**

**Truth:** Eggshell color depends on the breed of the hen – it has nothing to do with the quality, nutrition value, flavor or cooking characteristics of an egg.

### **Myth: All fats are bad**

**Truth:** Fat is essential to life – everyone needs it! It helps with nutrition absorption, maintenance of cell membranes, nerve transmission and it cushions organs. However, not all fats are equal. Some fats promote good health and have numerous health benefits, while others increase your risk for heart disease. Focus on good fats (polyunsaturated and monounsaturated) in place of bad fats (saturated and trans). Excessive fat intake can contribute to weight gain, heart disease and increase your risk for certain types of cancer.

### **Myth: Avoid nuts because they are fattening**

**Truth:** Nuts are high in the good fats (monounsaturated and polyunsaturated), which can help lower LDL (bad) cholesterol. Nuts should be eaten in moderation, as they are high in calories.

### **Myth: Coconut oil helps you lose weight**

**Truth:** Coconut oil contains a large amount of medium-chain fatty acids, which don't appear to be stored in adipose tissue as readily as long-chain fatty acids. However, coconut oil is still high in

calories and saturated fat – it actually has more saturated fat than butter and lard! There is 13.6 grams of fat and 117 calories in just 1 Tbsp of coconut oil. Consuming coconut oil is not likely to help you lose weight.



# Surgical Program

## Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, May 5	5:15-6:15p.m.	TBD	Aspen Room	Angela Beck, RD, LD
Thursday, June 2	5:15-6:15p.m.	TBD	Aspen Room	Angela Beck, RD, LD
Thursday, July 7	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, August 4	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD

**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.

## How to make a healthy breakfast in less than five minutes

Kristen Bricko, RD, LD

Woke up late? Not enough time in the morning? Eating on the go? No problem! Here are some fun and fast breakfast ideas that anyone can whip together!

If you have a little more time, **homemade oatmeal with ground flax seed** is favorite.

Heat ½ cup water to boiling in the microwave, then stir into ½ cup oats, add 1 tsp ground flax seed! For variation mix in ½ cup blueberries, 1 tbsp peanut butter, and cinnamon! This hearty breakfast will provide you with dietary fiber, a fruit serving (if fruit was added), omega-3 intake (flax seed), and some protein with the addition of peanut butter. Or try overnight oats, and keep in the refrigerator until morning!

Another great breakfast idea is **yogurt with fruit and oats/granola**.

Take your favorite yogurt (preferably Greek yogurt for the higher protein content) and layer a bowl/cup with your favorite fruit, oats/granola and yogurt, then repeat. This will provide you with one serving of dairy, fruit and whole grain! Just be cautious with the amount of sugar the Greek yogurt may contain. Choosing a lower sugar yogurt is preferred as the fruit will provide enough sugar to sweeten this breakfast naturally!

Another simple breakfast, but one of my personal favorites, **toast with peanut butter!**

Use whole wheat toast and 1 tbsp of peanut butter to spread. For variation, add half of a banana to the top of the toast (sliced).

Lastly, if you have a couple extra minutes at home, make an **egg veggie sandwich in a pita pocket**.

Prepare the eggs in your favorite way (microwaving is fast and easy), add any veggies you desire. Use a whole wheat pita pocket and fill with the egg/veggie mixture. It's easy to hold and great if you are on the go- take it with you. This breakfast is providing you with protein, a serving of vegetables, and whole grain. For variation, add a small amount of cheese!

### 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.