



Volume 12 Issue 4

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Editor: Alyssa Monson RD LD

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Turkey and Avocado Wrap

MONTHLY MOTIVATION:

Act as if it were impossible to fail. - Dorothea Brande

SEMINAR SCHEDULE

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

- 5 p.m. Monday, April 10, CentraCare Clinic – River Campus, St. Cloud
- 3 p.m. Monday, April 24, CentraCare Clinic – River Campus, St. Cloud

View the online seminar at www.centracare.com/services/weight-management/weight-management-seminar

ORIENTATION SCHEDULE

For individuals interested in non-surgical weight loss:

- 3 p.m. Thursday, April 6, CentraCare Clinic – River Campus, St. Cloud
- 3 p.m. Thursday, April 20, CentraCare Clinic – River Campus, St. Cloud

NON-SURGICAL WEEKLY CLASS SCHEDULE:

- Mondays: 7-7:30 a.m.
- Tuesdays: 5:15-5:45 p.m. (First Tuesday of every month, the YMCA leads an active class to include some type of stretching, resistance bands, etc.)
- Thursdays: 4-4:30 p.m.
- Fridays: 12-12:30 p.m.

NOTE: If attending class – please call ahead to schedule or let your coach know at your next visit.

WEEKLY CLASS TOPICS

- April 3-7 Fitting in Fitness - Tues, April 4 – YMCA Active Class
- April 10-14 Finding Inspiration
- April 17-21 Preventing Relapse
- April 24-28 Redefining Healthy

Weighing in, ordering product and payment will take place PRIOR to the start of class. Due to this, please arrive 15 minutes prior to class start time.



Scroll to the bottom of the Weight Management page to see a listing of our most current blog articles written by us.



Check out the Weight Management board on CentraCare Health Pinterest page.

SURGICAL SUPPORT GROUP:

- Thursday, April 6, 5:15-6:15p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD
- Thursday, May 4, 5:15-6:15p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD
- Thursday, June 1, 5:15-6:15p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD
- Thursday, July 6, 5:15-6:15p.m., Aspen Room, St. Cloud Hospital, with Alyssa Monson, RD, LD

Directions to Support Group: Surgical Support Group is held at the Saint Cloud Hospital Riverside conference center. Please enter the hospital through the **North Entrance**, go towards the **Lakes Elevator** and **follow the signs reading "Weight Loss Surgery Support Group"** to the meeting room.

Suggestions for Support Group Topics?

Let the leader know at any of the support groups and we will do our best to accommodate!

Want to connect with 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 you 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.

Upcoming Support Group Speakers:

- April 6th
 - Body image and acceptance with Sondra Lawrence M.S., L.P.
- May 4th
 - Katie and Carrie's Journeys

LIFESTYLE HEALTH OPENING SOON!

Lifestyle Health is the CentraCare clinic opening this summer adjacent to the new St Cloud YMCA. Weight Management will have appointments available in this new space! Some of our services will be transitioned to the Lifestyle Health space while others will remain at River Campus. Along with our Weight Management services, a variety of other services will be available. Keep reading to check out which weight management services and other new services will be offered at Lifestyle Health.

Weight Management services transitioning to Lifestyle Health:

- Personal coaching appointments
- Wellness weight management program
- Non-surgical weekly classes
- Surgical Support group
- Surgical Maintenance visits

Services not transitioning:

- Medical weight management consults and monthly provider visits
- Surgical weight management consults and follow up dietitian and surgeon visits

Additional Offerings at Lifestyle Health:

- Functional and Lifestyle Medicine-See *Introduction to Functional Medicine* on page 3!
- Sports Performance
- Mindfulness and meditation classes
- Acupuncture
- Massage

INTRODUCTION TO FUNCTIONAL MEDICINE

Written by: Kristen Bricko RD, LD

With chronic disease continuing to rise it is important to know the statistics; every 1 in 2 adults have been diagnosed and it has claimed responsibility for contributing to 7 out of 10 deaths each year. The most common, costly, and preventable chronic diseases include heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis. There is no question that chronic disease has a link to lifestyle factors including nutrition, stress, tobacco use, physical activity, and overuse of alcohol; and unfortunately, there is no magic medication that can be prescribed to treat these types of lifestyle choices. With a new framework shifting the way providers treat patients encompassing lifestyle, biochemistry, physiology, genetics, and environmental exposure, the rising trend in disease has met its match. We are beginning to understand the limitations of drugs and/or surgery for treating chronic disease. We need to start shifting the focus of care to the causes which are often multifactorial. The first question should be "why" does a given patient have a certain disease. This type of framework encompasses finding disease related causes both internally and externally; let's get to the root cause of these diseases as opposed to matching the most visible symptoms with a medication.

Functional medicine (FM) seeks to restore balance in the body and remove roadblocks to achieving wellness. It addresses the underlying causes of disease and the nutritional and biochemical imbalances that may be influencing health. It includes an in-depth review of personal history and the complex interplay of genetic, environmental, and lifestyle factors that can influence health and lead to chronic disease. Primary emphasis is placed on lifestyle intervention including nutrition, physical activity, and stress management to treat chronic disease and promote healing. FM also considers stress, allergens, toxins, and microbes; it is not a test or supplement but a new way of thinking. Connections and patterns are dissected to help surface imbalances and their causes. There is no "one size fits all" treatment for patients, making this broader approach successful in tackling the rise in chronic disease and instilling a new perspective on how to treat.

Functional medicine is coming soon to Lifestyle Health, located at the new St. Cloud YMCA opening this spring!

UPCOMING FITNESS EVENTS

- April 21st & 22nd, CentraCare Health Earth Day Run, St Cloud, MN: runearthday.com/
- April 22nd, Let the Sun Shine 2.2-mile Run/walk, Cold Spring MN: <http://hstrial-kathrynrobbins.homestead.com/>
- May 5th, STRIDE Academy 5K St. Cloud, MN: <http://5k4stride.com/>
- May 13th, Lake Wobegon Trail Marathon, St. Joseph, MN: <http://www.lakewobegontrailmarathon.org/info.html>
- May 20th, Old Glory Run, Cold Spring, MN: <http://theoldgloryrun.com/>
- May 20th, Rock'n Run, Little Falls, MN:
<http://events.r20.constantcontact.com/register/event?oeidk=a07ed3ctbs886381549&llr=xeuupihab>



GREEK YOGURT PANCAKES

Ingredients

1 cup all purpose flour*
12 oz. Greek yogurt
2 eggs
2 tsp baking soda

Directions

1. Whisk yogurt in a bowl until creamy; add egg and whisk to combine.
2. Whisk flour and baking soda together in a bowl; add yogurt mixture and stir until smooth.
3. Heat a sprayed griddle over medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 3-4 minutes. Flip and cook until browned on the other side, 2-3 minutes. Repeat with the remaining batter.

*For more fiber, use whole wheat flour!

Yield: 4 servings

Nutrition per serving

Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Protein (g)
134	1		50	36	1	11

Exchanges per serving

Starch	Meat/Egg/Cheese	Vegetable	Fruit	Dairy	Fat
2	1 ½	0	0	0	0



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