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Have Your Cake and Eat It Too #1

by Chef Dave

Asiago Baked Manicotti

A recipe of cheese, garlic and spices, blended and stuffed into pasta and baked to perfection



- 8 oz Manicotti (Whole Wheat), uncooked
- 1 15 oz container part-skim Ricotta cheese, fat free, whipped until smooth
- 1/2 cup Asiago cheese, grated
- 2 cloves garlic
- 2 large egg whites, beaten
- 1/4 cup sliced scallions, chopped fine
- 2 tsp. Italian seasoning
- 2 tsp. parsley flakes
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 26-ounce jar spaghetti sauce, low sodium

Prepare pasta according to package directions; drain. In medium bowl, blend Ricotta, Asiago, egg, Italian seasoning, garlic and scallions. Stir in parsley, salt and pepper. Stuff pasta with cheese mixture. Arrange in a 13x9 inch baking dish. Pour spaghetti sauce evenly over pasta. Bake in a 350F oven until hot, for 35 minutes. Serves 8.

Per Serving: 270 Calories; 9g Fat; 12g Protein; 32g Carbohydrate; 4g Dietary Fiber; 20mg Cholesterol; 380mg Sodium.

Topics in Bariatrics

by John L. Coon, MD

Exercise, Calories, and Weight Loss

There is no argument that reducing ones intake of calories causes weight loss. And there is not argument that increasing ones exercise, assuming no increase in calorie intake, causes weight loss. And so, what is the problem?

The problem centers around most patient's distress over why are they not losing more weight faster, particularly since they are exercising, walking several times a week, sometimes up hill both directions, going to the gym and maybe even working up a sweat at least twice a week, and still the weight comes off much slower than anticipated. So, how come?

While the answer is not blowing in the wind, it is contained in the thermodynamics and chemistry of triglycerides, otherwise known as "fat", which here, due to our aversion to the "F" word, is spelled "phat". Unfortunately, adipose tissue (phat) has a calorie density of about 3200 calories per pound. In others words, to get rid on one miserable single pound of the stuff, one has to expend 3200 calories over what was taken in that day.

Another concept worthy of mention is how many

The problem centers around most patient's distress over why are they not losing more weight

calories a day does the usual human adult burn: about 1200 to 3000 depending on age, occupation, and gender. An older female watching TV all day probably does not expend more than 1200 calories a day. And if she consumes 900 calories that day, which is close to a single "Happy Meal with cheese" as her only food that day, she would have a deficit of only 300 calories. In other words it would take her 10 days to achieve a deficit of 3000 calories (one pound) and thus a month to lose 3 pounds.

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Bobbie's JOURNEY..... "now my life has changed"



At my heaviest

"My journey through life as an obese person, at the heaviest, 232 pounds, was a painful time.

My routine was to exercise daily, go home from exercise class, and eat large portions of carbohydrate snacks. The snacks were sabotaging my way of thinking and efforts toward weight loss. My livelihood as a hairstylist is also very physical work and I am on my feet all of the time. But still I gained weight. As I got heavier, the podiatrist visits became more frequent. The diagnosis became planters fasciitis. In addition my sleep apnea deprived me of sleep and I had many sleepless nights. I was exhausted. I couldn't diet. I was always hungry and I was certainly choosing the wrong foods. That's when I decided to have weight loss surgery.



"My praise goes out to Dr John Coon and his staff for saving the real Bobbie."

Now my life has changed so much due to weight family, friends and my clientele are change in my physical appearance. They are my behavioral changes and my attitude Now I drink 64 to 100 ounces of water a 3 or more sodas a day. My portions of high carb meals are perfect. I still snack on low just not like before. And I exercise 6 days no pain. People take a second look now as



loss surgery. My amazed at the also amazed at toward food. day compared to protein and low carb snacks, but a week if I have I pass them by.

My experience at New Image Bariatric was so amazing. The staff was so educational. The Support Group meetings are fun and have changed my outlook on obese people. I have made friends and found a common bond and alliance with other members going through the same life changing journey.



Change in Progress

I am now attending college to complete a career change. My goal is to become a nurse. I'd like to be a bariatric nurse so I may change the lives of others. My praise goes out to Dr John Coon and his staff for saving the real Bobbie."

New Image Bariatric congratulates Bobbie on her successful weight loss journey. We appreciate her involvement in the support group. Unfortunately most people who have weight loss surgery experience some degree of temporary hair loss. Some more than others. Bobbie also had this temporary hair loss. However, Bobbie with her background as a hair style professional had a better understanding of what to do about this, like what type of hair cut, hair products and vitamins and supplements might be helpful.

Because of her desire "to change the lives of others" Bobbie has volunteered her time and knowledge at Support Group meetings as a speaker on WLS Hair Loss. In addition to speaking she has provided members with hair style and facial care demonstrations at our Support Group meetings. Thanks Bobbie!



Almost There

THIS and THAT

JUNE SUPPORT GROUP MEETING and POT LUCK:

Be sure to mark your calendar for the June 3rd Support Group Meeting. Dr Joseph Ku will be our speaker. Dr Ku, a board certified plastic surgeon will speak about body contouring after weight loss surgery. Dr Ku's office is next to Parkview Community Hospital.



Precision Plastic Surgery
3975 Jackson St. Suite 205
Riverside, CA 92503
951-687-1162

POTLUCK Information for June 3, 2008

Bring a dish to share. We will provide table ware and beverages. Bring your favorite weight loss dish and a copy of the recipe. We will print recipes that you share in the July newsletter. **Hope to see you there!**

Support Group Garage Sale:

May 17, 2008 is the date for the Support Group's neighborhood garage sale. The sale will be in the Sunnyview area of Riverside in Rhonda H's neighborhood from 7AM - 1PM. The money raised will go to the Support Group Annual Holiday Party. Members are asked to bring items to sell and also to help with set-up, selling and clean-up. For more information call Rhonda at 951-285-6359.



Thanks to Mr. Ken Olson,

MA, MFT for speaking at the March Support Group Meeting. Ken, a weight loss patient himself, with his professional expertise as well as his personal experience offered much advice on the emotional issues that many weight loss patient experience. Thanks for taking your time to speak and answer questions. What a great and informative meeting.



Turnaround Bus Trip to Stateline, NV:

Plans are being made for a one day trip to Stateline, Nevada for a day of shopping and maybe even some practice at the one arm bandit machines. If you are interested, please contact Rhonda H. at 951-681-3174. We need to know how many are interested to be able to make reservations with the bus line and find out the price. More information to come.



Topics in Bariatrics

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Exercise, Calories, and Weight Loss

Now if she exercises by taking a daily walk for an hour, she would go two to three miles and she might burn an extra 200 calories, causing an additional loss that month of another 6000 calories or two pounds. Now we have a total of five pounds of weight loss for this month.

Now, some patients do lose more weight than predicted and that is typically the loss of excess body water that is contained in the phat. So at least there is some additional weight loss.

This is in distinction to a young active male who may well burn 2400 calories a day without exercise and can achieve another 600 calorie loss every day that he goes to the gym. His daily deficit could be almost 2000 calories, assuming the same 900 calorie intake as our "little old lady". Now we're talking about some real calories as that adds up to a 60,000 calorie deficit this month, or about 20 pounds. In one month. Truly unfair! And if we add some excess body water lost with that fat, the weight loss this month is even greater. Even More Unfair!

Regarding other people, older males not as active will not lose weight like our young active male but will still do well. And young women will also do well, just not quite as rapidly as the men. Older women will lose the slowest, but like the story of the rabbit and the tortoise, "steady as she goes will win the race."

While there is not much that one can do about ones daily rate of weight loss, there are some things that one can do to make the best of the situation. Namely:

- **Maintain a high protein diet**
- **Avoid fatty foods**
- **Ingest no concentrated sugar from any source ever**
- **Eat lots of vegetables and some whole fruits in addition to the protein**
- **Get as much exercise as tolerable and possible**
- **Don't get discouraged but remember that just like putting money in the bank, over a period of time there is a much bigger result than you expected**

John L. Coon, MD

www.newimagebariatric.com
866-374-9150

New Image Bariatric Surgical Associates

along with John L Coon, MD
practices and does surgery
in association with:

Parkview Community Hospital Riverside, CA.

In and Out Patient Bariatric Surgery
for insurance, cash and
finance paying patients

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also

The Morrow Institute Rancho Mirage, CA.

Out patient Lap-Band surgery for cash
and finance paying patients

866-374-9150

and

RANCHO SPECIALTY HOSPITAL

Rancho Cucamonga, CA.

In and Out Patient Bariatric Surgery
for insurance, cash and
finance paying patients

909-581-7270

Quips and Quotes

There is no pleasure in life equal to that of the
conquest of a vicious habit. *Unknown*

Your thoughts are the architect of your destiny.
David O. McKay

Mans mind, once stretched by a new idea, never
regains its original dimensions.
Oliver Wendell Holmes, Jr.

To love and be loved is to feel the sun from
both sides. *David Viscott*

You pile up enough tomorrows, and you will
find you have collected a lot of empty yesterdays.
Professor Harrold Hill

NEWS and RECIPES TO SHARE:

If you have news or recipes you would like to share in
the newsletter, please call or send pictures and news
items to Mary: 951-760-0169 or email to:

newimagebariatric@yahoo.com.

Monthly Introductory/Informational Seminar 2008 Schedule

If you are thinking about weight loss surgery, we invite you
to an Introductory Meeting. You will meet Dr Coon, some
of our staff and you will also have the opportunity to interact
with previous surgical patients. We keep the Introductory
Meetings informal and personal. In that way there is al-
ways time to answer you individual questions.

Every other month we hold our WLS Introductory Meeting
prior to the Support Group Meeting at Parkview Community
Hospital in Riverside. The opposite months we hold the
WLS Introductory Meeting in our office adjacent to Parkview
Community Hospital. At all Introductory Meetings we
encourage you to bring a family member or friend who will
be important in your network of support when you decide
to have weight loss surgery. See schedule below for times
and location.

No reservations are required for these free Introductory
Meetings. For More information or directions, please call
951-760-0169.

Pre-Support Group Introductory Meeting Dates

6:00 PM - 7:00 PM

All Introductory Meetings are followed by the Support
Group from 7:00 – 8:30 PM

June 3, 2008

August 5, 2008

October 7, 2008

December 2, 2008

LOCATION:

Parkview Community Hospital Medical Center
Founders Center
3865 Jackson Street, Riverside, CA 92503

Office Introductory Meeting Dates

6:00 PM - 7:00 PM

May 8, 2008

July 8, 2008

September 9, 2008

November 11, 2008

LOCATION:

9041 Magnolia Ave.
Suite 202 (second floor - elevator available)
Riverside, CA 92503

Office is adjacent to Parkview Community Hospital



Weight Loss Surgery Success Habit # 3

In each issue of the *New Image News* in 2008 we will be giving you a Weight Loss Surgery Success Habit. Some of the Success Habits will be written by Dr Coon and some will be reprints of articles that he feels are essentially the same advice that he gives his patients.

Portion Control

One of the two aspects of weight maintenance is Portion Control, which is our subject today. And portion control is related to satiety. While the actual chemistry of feeling full is not well understood, it is evident that having the stomach full causes one to feel full, as in satisfied. And when the stomach is this small pouch, as it is after either a LapBand or a Gastric Bypass, it still needs to be full to feel full. It just takes a lot less food to make it full. Thus, one of the tidbits of advice is to eat enough at a time to distend the pouch and "feel full". In that way the feeling of hunger will be gone and you can think about other things besides eating. And, of course, the converse is true in that if the stomach is not full, then you will not feel satisfied and will continue to think about food and crave it, which just leads to more eating. Therefore, do not eat too small a meal in an effort to control food intake. Instead, when you eat, do so until you are full and you will actually consume fewer calories than if you try to under eat.

There are some general principles for being satisfied. The first and most important is filling the pouch as discussed above. The second is keeping the pouch full as long as possible. This can be done best with solid foods. While some people have to drink fluid when they eat, the less fluid you take while eating the longer your pouch will feel full. How to tell if the pouch is full varies from person to person. Sometimes you cannot tell; you just

have to learn that one more bite will cause vomiting. In other cases odd symptoms, such as heartburn, upper abdominal pain, and back pain will tell when the pouch is full. But do try to learn how to fill the pouch.

And the third principle is to fill the pouch with high protein foods. They stay in the pouch longer, keep you satisfied longer, and also contribute fewer calories than other foods, particularly fatty foods. The longer the pouch can be kept full, the less time you will feel hungry and the less you will eat. Also, a full pouch reduces the urge to graze, which can actually over an entire day, allow you to take in more calories than intermittent meals that fill you and make you satisfied. Grazing satisfies the urge to chew and swallow, but does not provide much satiety as it does not fill the pouch. You are better off eating enough solid high protein food to make you satisfied, even if it is more than you think it should be, than you are eating smaller meals but a lot of them almost constantly all day.

one of the tidbits of advice is to eat enough at a time to distend the pouch and "feel full".

In summary, remember

- fill the pouch
- keep it full
- use high protein foods
- do not graze

John L. Coon, MD

Parkview Center for Surgical Weight Loss And New Image Bariatric Support Group

The support group meets the first Tuesday of every month from 7 PM - 8:30 PM at the Founders Center on the campus of Parkview Community Hospital Medical Center. All pre-op or post-op bariatric patients, their family and friends, regardless of where they had their operation, are welcome. We also invite anyone who is interested in bariatric surgery.

Email us at newimagebariatric@yahoo.com or call the office at: 951-760-0169 for additional information. **The Next Support Group Meeting is: June 3, 2008.**



"Vigorous activity is very good for individuals with restricted diets. If stomping on a cheeseburger makes you feel better, that's fine."

Support Group Members Volunteer

Congratulations to Melissa and Mike Nowak for organizing a team and participating in the American Cancer Society Rubidoux Relay for Life at Jurupa Valley High School May 3rd and 4th. Michelle's Cancer Fighters was their team name for family members, friends and members from the Support Group. A Relay For Life[®], is the American Cancer Society's signature event, it is a fun-filled overnight experience designed to bring together those who have been touched by cancer. At Relay, people from within the community gather to celebrate survivors, remember those lost to cancer, and to fight back against this disease. Way to go Mike and Melissa!



HoBo Stew

from Terry Johnson

- 1 46oz can of V8 Juice plus 1/4 can of water added to the can first to rinse out then add in pot
- 1 Can any Carbonated drink of your choice (helps flavor and tenderize meat)
- 1/2 to 1 Red.....Bell Pepper 1 inch chunks
- 1/2 to 1 Green....Bell Pepper 1 inch chunks
- 1/2 to 1 Yellow...Bell pepper 1 inch chunks
- 1/2 to 1 Yellow, Crook neck, or Summer Squash 1 inch chunks
- 1/2 to 1 Zucchini 1 inch chunks
- 1/2 to 1 Italian Squash 1 inch chunks
- 1/2 to 1 Mexican Squash 1 inch chunks
- 1 Small bag Baby Carrots (or as many as you like) cut in 1/2
- 1 Large Onion diced
- 2 Large Potatoes.....quartered
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Green Beans
- 1/2 Head Cabbage shredded
- 1/2 to 1 lbs. of Lean Hamburger Meat



In large stock pot combine hamburger, seasonings and brown. Drain off fat. Add V8 juice, 1/4 water and 1 can of carbonated drink, bring to a boil, add all the vegetables and turn down to a simmer until vegetables are tender.

The High Personal Price of Gas

a very common complaint among patients. We don't like to talk about it because we get embarrassed. Don't let embarrassment keep you from working on a solution:

"Since I have had weight loss surgery, I find that I have an awful problem with gas. I have gas all the time. I have another friend who had surgery and we are close enough to talk about this and she has had some of the same issues. Is there a way to make it stop? It is painful for one and embarrassing and annoying for another."

In some respects this is something that many of us have experienced. And let's face it, many of us must deal with this on a daily basis. Our digestive anatomy has been altered and there are some consequences. Gastric bypass surgery and duodenal switch surgery cause something called malabsorptive syndrome. We don't digest and absorb food the way we used to. When our undigested food enters our colon, our colon has insufficient enzymes and bacteria to completely break down our food. Gas is one result of this process.

There are over the counter remedies such as Gas X and other similar products that contain simethicone. There is a product from a company called Flat-D Innovations. They make a charcoal cloth pad that may help. You can also look at your diet and see if that may be causing the problem.

There are foods that can make your gas problem worse.

- The first is fats in your diet. Try eliminating as much fat as possible from your diet and see if that helps.
- If you do not dump, eating sweet foods can also be the culprit.
- Finally avoid foods that come from the cabbage family such as broccoli and cauliflower. These foods are very good for you but they do cause gas.
- Milk products can also cause gas.
- If you had distal surgery rather than medial (which refers to the amount of intestines bypassed) you are more apt to have gas.
- Swallowing air also causes gas so avoid the use of straws and chewing gum.



Keeping a food diary so that you can identify which foods cause you problems. Finally, talk to your surgeon about this problem. There are some antibiotics that have been helpful. So Don't Suffer in silence.

If you have foul smelling fluctuant problems, you may want to try two things. The first is [Devrom](#) which is an internal deodorant. This may solve your problem internally. The second solution is to try [Ozium Air Freshener](#). This is a heavy duty brand that has a pleasing smell. Article by Janet Ulm is reprinted from the Presbyterian Hospital Bariatric Buzz newsletter.

Why Eggs?

Eggs are an excellent source of protein and are great for meeting protein guidelines. Nutritionally, a large egg has 80 calories and contains 6 grams of protein, 4.5 grams of fat (1.5 of which is saturated fat) and 213 milligrams of cholesterol. Egg whites are basically pure protein. One large egg white contains 17 calories, 4 grams of protein, zero fat, zero cholesterol and 55 milligrams of sodium. When large eggs cost \$1.90 a dozen, they are only \$1.26 per pound. There are different kinds of egg substitutes available. Usually ¼ cup liquid egg substitute is equal to one whole fresh egg. Egg substitutes are made from real eggs, using only the whites. Vitamins and other nutrients are added that are lost when the yolk is removed. By eliminating the yolk, all of the fat and cholesterol and more than half of the calories are cut out. Egg substitutes are colored with beta carotene to make them yellow. Egg substitutes have a shelf life of up to 90 days from the time they leave the production line. With proper refrigeration, egg substitutes should be used within seven days of opening. The product can be frozen if unopened, but do not freeze part of an opened package. Also, once the product has been thawed, do not refreeze. An egg is one of nature's most nutritious creations. Eggs are protein-rich, low in sodium, and contain vitamins and minerals. In addition, eggs are inexpensive, delicious

Greek Frittata

6 large eggs
1 tablespoon fresh parsley, minced
1 teaspoon fresh oregano, minced
2 tablespoons green onion, minced
Dash of black pepper
1 cup reduced fat feta cheese, crumbled
1 tablespoon olive oil
2 cups fresh spinach, packed, stems removed
1 cup tomatoes, diced



Preheat oven to 350 degrees. Break the eggs into a medium-sized bowl; beat with a whisk until smooth. Stir in parsley, oregano, green onions, black pepper to taste, and Feta; set aside. In a sauté pan over medium heat, add olive oil. When olive oil is heated, add spinach and diced tomatoes. Saute for 2 - 3 minutes, or until the spinach has wilted and turned a deep green. Pour spinach mixture into the egg mixture that was set aside and mix well. Pour mixture into a greased casserole dish and bake for about 25 minutes, or until center is done. Serves 8.

Nutrition Information (Per Serving):

110 calories; 9g protein; 7g fat (2.5g saturated fat); 140mg cholesterol; 3g carbohydrate; 1g fiber; 300mg sodium

Yolk:

The yolk or yellow portion makes up about 33% of the liquid weight of the egg. It contains all of the fat in the egg and a little less than half the protein.

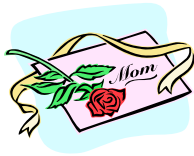
Albumen (Egg White):

Albumen is also known as egg white. Albumen accounts for most of an egg's liquid weight, about 67%. It contains more than half the egg's total protein, niacin, riboflavin, chlorine, magnesium, potassium, sodium and sulfur.

*“Remember, people will judge
you by your actions,
not your intentions.
You may have a heart of gold,
but so does a hard-boiled egg.”*
- w.thinkexist.com

Egg Tips - Keeping It Healthy!

- ◆ Use only properly refrigerated, clean, sound shelled, fresh grade AA or A eggs.
- ◆ Buy eggs from refrigerated cases and always check the expiration date on the carton. Always refrigerate eggs at home. Properly refrigerated raw eggs will keep without significant quality loss for about 3 weeks after you bring them home.
- ◆ Eggs are porous and will absorb odors from your refrigerator so it is important to store eggs in the carton, not the refrigerator egg tray.
- ◆ Egg shell and yolk color may vary, but color has nothing to do with egg quality, flavor, nutritional value, cooking characteristics, or shell thickness. Brown shelled eggs and white shelled eggs contain the same amount of nutrients.
- ◆ Poach eggs instead of frying to cut back on fat, or use non-stick pans or non-stick vegetable pan spray to reduce fat when preparing eggs.
- ◆ Prepare and serve eggs with low-fat foods such as vegetables, fruits, whole grain breads, and low-fat or skim-milk cheeses.
- ◆ Serve egg dishes promptly or keep them refrigerated. Leftover egg dishes should be eaten within 2-3 days of preparation.



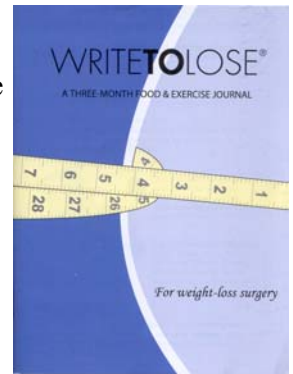
*Happy Mother's Day
from
Dr. Coon and the Office Staff*



WRITETOLOSE ARE HERE! - Weight Loss Surgery Journals

WriteToLose for weight loss surgery was designed specifically to help patients achieve success after undergoing weight loss surgery. The journal includes three months of pages to record diet, eating strategies, exercise, and other insights including any questions for one's doctor.

Writing down what you eat each day practically guarantees weight-loss success. In fact, wls patients who record daily what they consume drop considerably more weight than those who don't, a keen understanding of why and when you overeat. According to the National Heart, Lung and Blood Institute, record keeping is one of the most successful behavioral techniques for weight loss maintenance. In another study, patients were asked to recall how much they ate. The average patient was only able to recall half of what they had consumed. We graze, nibble and snack and call it denial or inattentiveness all these calories will add up. It is so easy to eat more than you plan to. A daily food and exercise journal can make you aware of exactly how much you are eating. The journal provides you a place to take an honest look at how you did. A weight loss surgery journal is another tool to help to adopt healthy behavioral changes to keep your weight loss permanent.



New Image Bariatric will be giving new patients a journal to use after surgery. Patients will receive their journal at there pre-operative visit and Laura or Joy, our Dietitians will be giving them instructions on how to use the journal. Dr Coon is hopeful the journal will be helpful tools after surgery. The number one reason why people fail is they do not follow their post surgery regimen. We hope WriteToLose will help patients achieve success after undergoing weight loss surgery



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References available



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Want to advertise your Avon, computer installation, Pampered Chef or your own home business in our newsletter? All the money will go to the Support Group Christmas Party fund. \$10 for (3) three months will give you a business ad or announcement up to the size of a standard business card.

Please contact Mary at: 951-760-0169 or newimagebariatric@yahoo.com to submit your ad or for questions.