



### Parkview Center for Surgical Weight Loss 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 everyone who is interested in bariatric surgery. Email us at [newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com) or call the office at: 951-352-5643 for additional information. **Next Support Group meeting is: August 7, 2007**

### Have Your Cake and Eat It Too



#### GRILLED VEGETABLES

- 1 lb. fresh white mushrooms, sliced (about 6 cups)
- 2 medium zucchini, sliced (about 3-1/2 cups)

- 1 medium onion, thinly sliced (about 1/2 cup)
- 1 medium sweet red bell pepper, diced (about 1 cup)
- 1/2 cup couscous (uncooked)
- 1/2 cup prepared barbecue sauce

Preheat charcoal grill or oven to 425°F. Place all vegetables and couscous in a medium bowl. Add barbecue sauce; toss until well coated; set aside. On a work surface place 4 sheets of heavy duty or doubled aluminum foil, each about 20 inches. In the center of each piece, place vegetable mixture, dividing equally. Bring long sides of foil together over mixture, allowing space for heat circulation; crimp together. Fold up short ends; crimp to seal. Place packets on rack over preheated grill, about 5 inches from heat source or in the oven. Cook until vegetables are tender and couscous is cooked (on the grill for about 15 minutes, turning once, or the oven for about 20 minutes). Remove; let stand for 5 minutes. Carefully unfold foil and serve. Serves 4.

*Per Serving: 164 Calories; 1g Fat; 7g Protein; 33g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 266mg Sodium.*

### Topics in Bariatrics

#### *It's not about weight loss - it's about health gain*

This was the predominate message at our national American Society for Bariatric Surgery (ASBS) meeting this year. Most of the talk was focused on the health benefits of weight loss surgery. To get this message out to the public, the ASBS voted to change the name of our society to the American Society for **METABOLIC** and **BARIATRIC** Surgery (ASMBS) in an effort to reflect more accurately what we do and what we accomplish with bariatric surgery, that surgery can actually change the metabolic make up of a person. Bariatric surgery is not just about weight loss. It's also about the resolution or improvement of diabetes, hypertension, high cholesterol, sleep apnea, urinary stress incontinence.....and on and on. While weight loss is an easy way to quantitate success, we must also remain focused on health improvement. According to research, improvement or resolution of most medical conditions is seen after a loss of 50% of excess weight. Also important, in order for bariatric surgery to be truly successful and maintain

*“The American Society for Metabolic and Bariatric Surgery (ASMBS) is the largest society for this specialty in the world.”*

these health benefits, it must prevent significant weight regain. At New Image Bariatric Surgical Associates, we are committed to helping you **maintain your health.**

The best way to maintain your weight loss is to remember that bariatric surgery is a **tool** to lose weight. Fortunately, there is a choice of various operations (tools) such as the Lap-Band, Roux-en-Y Gastric Bypass, and Duodenal Switch that one can use. To yield the best outcome, we try to match the “tool” to the patient. To be truly successful, you must know how to use your tool

*continued page 3*

## *Signs of Healthy Recovery & Moving Forward*

By Kathleen Ford, ACSW, LCSW

Following gastric bypass surgery, adjusting and learning a new “normal” requires some changes to restructure your lifestyle and to develop healthy ways of managing life. It takes courage to let go of old ways of thinking, feeling and behaving. Be patient with yourself in developing these new skills. You may be required to change some patterns of daily activities that are no longer productive. It is not a question of whether they are good or bad, it is a question of what works and what doesn't work. Following gastric bypass surgery, many patients recognize not only their physical changes, but also experience mental changes - especially in regard to improved self-esteem, self-confidence and enjoying being out socially. I sometimes hear from patients that some family members and friends don't always respond in a supportive way. They might even experience:

- Not feeling controlled by the past
- Not feeling guilty for taking time to attend to self-care
- Recognizing your strengths
- Pursuing your life goals
- Overcoming obstacles
- Pursuing activities once previously enjoyed
- Getting out and enjoying life
- Feeling optimistic rather than pessimistic
- Attending to grooming and appearance

“it takes courage to let go of old ways of thinking, feeling and behaving”

There are people and resources available to support your efforts to achieve a healthy lifestyle. Support groups are important to achieving your goals for weight loss and maintenance. In addition, find at least three “helping persons” whom you can talk to during the week either in person or by telephone. Return the favor and be a listener for them.

### **L.I.F.E. After Surgery**

By S. Curtis Takagishi, Ph.D.

As a psychologist, I feel that the most important aspect of my work with bariatric surgery patients is helping them after they have surgery. After bariatric surgery, I believe that patients will have success if they adopt the proper attitude, take the right mental approach, and focus on four areas represented by the acronym of **L.I.F.E.**

**L** is for *lifestyle*. If patients maintain a healthy lifestyle and stay motivated to eat healthy and exercise regularly, they will reach their weight loss goal and prevent future weight regain.

**I** is for *image*, as in body image. Post-surgical patients must become comfortable with their new, thinner bodies and develop a new self-image.

**F** for *friends, family, and intimate relationships*, must be managed by patients, because others often treat patients differently due to the drastic change in their appearance.

**E** is for *emotions*. Patients must cope with their emotions. Periods of emotional eating must be eliminated and feelings of depression or anxiety must be prevented or addressed.

If you are having difficulties in these areas, I believe if you focus on these four areas then you will be successful in your **L.I.F.E.** after surgery.



### **New Image Bariatric Surgical Associates**

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

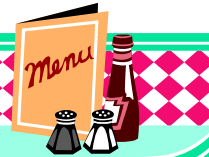
**Parkview Community Hospital**  
Riverside, Ca.

and

**The Morrow Institute**

Rancho Mirage, Ca.

866-374-9150



**FILIPPPO PANCITT**  
Submitted by Penny H.

**Ingredients:** Stewed Chicken/ Turkey meat  
Garlic or Garlic powder, Onion,  
Low Sodium Soy Sauce,  
Juice of 1 lemon, Green Cabbage,  
Carrots and Rice Sticks

Cover meat in a dutch oven or small stock pot with water, bring to boil and simmer until done. Remove meat, separate from bones or cube, and return to pot. Add shopped onion (may be large chunks), carrots cut diagonally (bias), cabbage cut into about 2"x2" pieces, salt and garlic or garlic powder to taste. Simmer until vegetables are cooked. Meanwhile... soak 1 pkg. Rice sticks in cold water, drain, add to pot when vegetables are cooked. Simmer 5 to 10 minutes. Watch liquid and add if needed. Sprinkle with juice of 1 lemon, 2 tsp low sodium soy sauce.

Serve — should be soupy



**JULIE'S**  
**EASY SUMMER SALAD'S**  
Submitted by Julie C.

**Italian Cucumber Salad**

Makes 4 – 6 servings

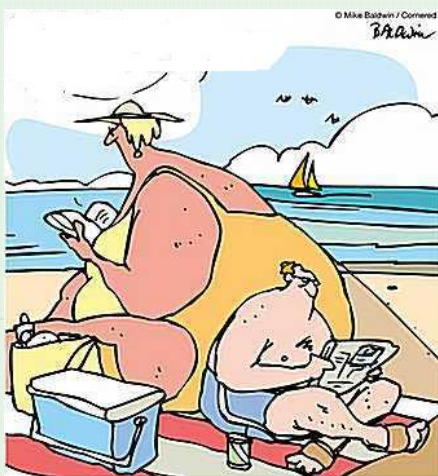
Prep. Time: 10 minutes



**Ingredients:**  
3 large Cucumbers, 3 medium Tomato's  
1 medium Onions, 2 Tblsp. Minced Garlic  
1 bottle Zesty Italian Salad Dressing

Peel your cucumbers, & cut into ¼ inch slices, place into deep bowl. Cut your tomato's in half, then slice them into ¼ inch slices & place into the bowl, peel the onion & cut in half, Then slice as thin as possible & place into the bowl, and add the minced garlic. Pour enough Italian dressing over the vegetables to completely cover them. Place into the refrigerator and chill for at least 1 hour before serving.

If you have recipes that you have tried and want to share with the Support Group and readers of New Image News, please give them to Mary or Debi at the Support Group meeting or send by Email to: [newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com)



Sunblock, for insensitive skin.

**Topics in Bariatrics** *continued from page 1*

*It's not about weight loss... it's health gain*

effectively to avoid weight regain. Since each operation has its own unique set of instructions, we ask that you let us help you use your operation more effectively by attending support group and keeping your post op appointments. We recognize that no one is perfect and life is rough, especially for a boy named "Sue". Sometimes you just need a little reminder about your tool, like how to use it...and sometimes you need a "get some religion" talk. Like all tools, your operation will not work if you don't use it. It is all about **maintaining your health and not losing it to obesity again!**

*John L. Coon, MD*