

# Your Journey to Healthy Living



For Roux-en-Y,  
Adjustable Gastric  
Banding and Sleeve  
Gastrectomy Patients



## Notes from your surgeons

RAY KRUGER, MD | THOMAS STREETER, MD | DONALD COLACCHIO, MD



## A New Year... The Journey Continues!

Our program now enters its eighth year of providing Southeastern Massachusetts residents with high-quality weight loss surgical care. You, our patients, have been our most effective way of educating and showing the residents and medical community the benefits of a local comprehensive multidisciplinary WLS program committed to long-term support and follow-up. Thank you to all of you who have helped be the ambassadors for our program and have helped others find compassionate understanding and care in their struggle with the treatment of their obesity.

We continue to provide long-term support for our patients either directly or through their primary care physician. Please stay in touch with us for five years so we can monitor your progress and offer assistance — such as education — through our office nurses and nutritionist or through our support groups. And don't forget our Back on Track program if you should be having difficulty in reaching or maintaining your goals.

Congratulations and happy New Year to all of you as you continue your journey to a new and healthier life.

## Wareham Surgical Associates has moved!

Our office is now located in the Rosebrook Business Park:  
100 Rosebrook Way, Suite 300  
Wareham, MA 02571

NEW PHONE: 508-273-4900

### Remember to log on to the Bulletin Board at [www.southcoast.org](http://www.southcoast.org).

1. Go to [southcoast.org](http://southcoast.org) website
2. Under fast links, click on "Weight Loss Surgery"
3. At the top of this page is "New Discussion Groups." Click on this.
4. It will then ask for username and password.

Username: southcoast  
Password: bariatrich

### "Share Your Story"

Starting in March, our pre-op patients will be attending a post support group. Those patients who would like to share their experiences and answer questions are welcome!

**BACK ON TRACK**  
Information Session  
Call Deb at Psychology Associates for the next meeting!  
508-291-8405

**March 5, 2012**  
**8 to 8:30 p.m.**  
**OR Waiting Room**  
**SWAP NIGHT**

Bring clothes/supplements you don't want, or take home something you need.

### Show Off Your Success!

Wareham Surgical Associates is going to be creating a bulletin board where you can share your before and after photos with staff and other patients. Just bring your photos to your next appointment if you would like to be included.

**If you have any questions, please contact Michelle Croft at 508-273-4900, ext. 34914.**

**Wareham Surgical Associates**  
100 Rosebrook Way, Suite 300  
Wareham, MA 02571  
508-273-4900

**Tobey Hospital**  
**Southcoast Hospitals Group**  
43 High Street  
Wareham, MA 02571  
508-295-0880

**Nutrition Services**  
508-273-4344

**Psychology Associates**  
114 High Street  
Wareham, MA 02571  
508-291-8405

**St. Luke's Hospital**  
101 Page Street  
New Bedford, MA 02740

**The Cape Codder**  
1225 Iyanough Road  
Route 132 & Bearnse's Way  
Hyannis, MA 02601



## The Nurse's Corner

MICHELLE CROFT, RN, BSN, CBN | JORIE BORDEN, RN, CBN | COLLEEN BERG, RN, MSN, FNP-C, CBN, CPN  
MARY BETH HOLLIDAY, MSN, ANP/GNP-BC, CDE | JODIE PLOUFFE, PA | CHERYL RAY, RN, MSN, FNP-C

## Vitamins & Minerals

How long do you have to take vitamin and mineral supplements? *For the rest of your life!*

Some of you have forgotten that and have found out the hard way why they are absolutely necessary. It is very sad to see the results of some deficiencies. Let us outline some of those for you.

### Complete Multivitamin

There are numerous vitamins and minerals in your multivitamin so we will only list a few of the more common deficiencies.

**Iron** deficiency causes loss of red blood cells which carry oxygen to your organs. You may be fatigued, cold, short of breath and have difficulty exercising.

**Folic Acid** deficiency could lead to hearing loss and to birth defects such as Spina Bifida in your newborn.

**Thiamine** deficiency inhibits the transfer of blood sugar into energy and the utilization of proteins. It results in muscle spasms, loss of coordination, loss of sensation in

extremities and confusion. It can also lead to enlarged heart and swelling in your lower extremities.

### Calcium Citrate with Vitamin D

Our body needs calcium for numerous functions such as muscle contraction, blood clotting and bone and teeth strength. Unfortunately, if you are not getting enough calcium your body will start stealing it from your bones and teeth. Your body sets priorities for the calcium it is given and it places teeth and bones lower in need than muscle contraction and blood clotting. If your teeth are beginning to discolor or crack or you have bone fractures it is likely that you are calcium deficient. Vitamin D enhances the absorption of calcium, and a deficiency will inhibit your body's ability to absorb the calcium that you consume.

### Vitamin B12

A B12 deficiency will cause fatigue, numbness and tingling in your hands and feet, shortness of breath and in severe cases depression, confusion and change in mental status.

**Our goal is for you to enjoy a long and healthy life. Taking the recommended vitamins and minerals will help you achieve that goal.**

The lists below will tell you what vitamins and minerals you need to remain healthy based on the procedure you had. Take them every day!

### Roux-en-Y Gastric Bypass

Complete Multivitamin (must include iron) — twice daily

Calcium Citrate with Vitamin D, 500mg — three times daily

Vitamin B12 500mcg, sublingually (under the tongue) — once a day

### Adjustable Gastric Banding

Complete Multivitamin (must include iron) — once a day

Calcium Citrate or Carbonate with Vitamin D, 500mg — twice daily

### Sleeve Gastrectomy

Complete Multivitamin (must include iron) — once a day

Calcium Citrate with Vitamin D, 500mg — three times daily

Vitamin B12 500mcg, sublingually (under the tongue) — once a day



## Psychology Associates

MARIA CRUZ, LICSW | ANNE HARRIS, PhD | ALAN JOHNSON, LICSW | SUZANNE GOKAVI, LICSW  
Social Workers



## It's never too late!

The process of creating changes that can last a lifetime is hard work. Nobody ever achieves successes without failures. In fact, we can learn a lot from our failures!

When you think of all the many things a person has to learn, adjust to, create, un-do, re-work, re-think, try again, etc. after weight loss surgery, it is truly an overwhelming list. So much of what needs to change can only be learned once you are a post-op patient. And, of course, life doesn't stop while you take all the time you need to learn how to fix or change things!

No one is perfect at this process. Everyone makes mistakes. Most people have some weight gain and slide back to some old behaviors after a few months or a year. It's a completely human occurrence. We can't swap out for a new hard drive like we can on a computer. We have to update what we already have.

Learning all you need to learn is a long process, and we are here to help you, listen to your struggles and achievements and support your changes. If you haven't been to support

groups for a long time (or ever), it is never too late to come and pick up a little nugget of useful information or connect with another patient. Try to get past any self-consciousness or embarrassment and not be so hard on yourself.

It is okay to make mistakes, learn something from them and try to move forward. It is not too late to learn or relearn something that can make your life better. The goal is not to be perfect — just to keep on growing and changing.

Consider coming to support group or looking into Back On Track or finding support and help from the program or other patients you know. Share your successes and the things you are learning about yourself the hard way. For example, have you realized that eating a muffin doesn't make you dump anymore but it does make you moody or crabby? That decision to eat a muffin gave you some new information about yourself if you were paying attention — a good example of a "mistake" leading to new and good information.

Be kind to yourself, don't worry about doing everything perfectly and get your real needs met. It is never too late to make a change!

# Your journey to healthy living



**SOUTHCOAST**  
HOSPITALS GROUP  
Charlton ■ St. Luke's ■ Tobey  
www.southcoast.org

First Std  
US Postage  
PAID  
Permit 286  
Newport RI

Wareham Surgical Associates  
100 Rosebrook Way, Suite 300  
Wareham, MA 02571

Charlton ■ St. Luke's ■ Tobey  
HOSPITALS GROUP  
**SOUTHCOAST**



February  
to May  
2012

## Nutrition Corner

ALEXANDRA CARLIN, RD | NATIA CORSI, RD  
MAUREEN FLETCHER, RD | SUZANNE KOKKINS, RD, LDN  
STACY MEDEIROS, RD, LDN | *Not pictured:* JEN SCHLITZER, RD | Dietitians

# Mindful Eating

Susan Albers, PsyD, is a clinical psychologist who has written several books on mindful eating and has a website: [www.mindfuleating.com](http://www.mindfuleating.com), which you may find helpful. She describes the following seven skills of a mindful eater:

### 1. Awareness

Be aware of what you are eating by documenting what you eat using a journal, phone apps or taking a picture of your plate. This allows you to be objective and realistic in how you feel about what and how much you are eating.

### 2. Observation

Pay attention to internal hunger cues such as "my stomach is growling" or "I'm fading," as well as external eating cues such as "my plate is empty" or "the TV show is over" to help you monitor when and why you are eating.

### 3. Being in the Moment

Ask yourself how hungry you are at the present moment and remember that when you eat, just eat. Multitasking while eating takes you out of the moment.

### 4. Minding the Environment

Be aware of advertising claims (100 calorie snacks are lower in calories, but have little nutritional value); how those around you are eating; and the eating messages you are getting from the situations you are in.

### 5. Letting Go

Rather than reacting to a craving or an urge to eat something by eating it, think about doing something else for yourself such as having a cup of tea, taking a walk or talking to someone.

### 6. Non-judgment

Instead of taking a critical or negative approach to eating by thinking "I shouldn't eat this," or "What the heck, I'll just eat it," use a non-judgmental approach and ask yourself "Am I eating mindfully?"

### 7. Acceptance

Struggles with food are normal and OK; stay positive and keep practicing your mindful eating skills.

## Support Group Calendar

Support groups are limited to Wareham Surgical Associates patients only.

Many topics covered at Tobey may be covered at the Cape Codder, St. Luke's or White's of Westport, depending on the size and interest of the groups each night.

### Nutrition Groups

#### TOBEY HOSPITAL Surgical Waiting Room

**Mondays at 6 p.m.**

- February 6 • Snack Attack
- March 5 • Recipe Revolution
- April 2 • Meal Planning
- May 7 • Cooking 101

#### WHITE'S Fall River, MA Wednesdays at 5 p.m.

- February 8 • Protein Power
- March 14 • Carbohydrate Conundrum
- April 11 • Snack Attack
- May 9 • Weight Maintenance

New  
Location

#### CAPE CODDER RESORT Hyannis Wednesdays at 5 p.m.

- February 1 • Cooking 101
- March 7 • Carbohydrate Conundrum
- April 4 • Snack Attack
- May 2 • Weight Maintenance

#### ST. LUKE'S HOSPITAL White Home Saturdays at 10:30 a.m.

- February 25 • Vital Vitamins
- March 31 • Cooking 101
- April 28 • Weight Maintenance
- May 19 • Snack Attack

### Support Groups

#### TOBEY HOSPITAL Surgical Waiting Room Mondays at 7:15 p.m.

- February 6
  - Newbies
  - Long-termers (2+ years)
  - Mindless Munching
- March 5
  - "Share Your Story" (Pre-group will be present.)
  - Body Image
  - Bands Unite
  - Stress and Emotional Eating

- April 2
  - "Share Your Story" (Pre-group will be present.)
  - Newbies
  - Long-termers (2+ years)
  - Substance Abuse Issues
- May 7
  - "Share Your Story" (Pre-group will be present.)
  - Bands Unite
  - Making Lifelong Lifestyle Changes
  - Mindless Munching

#### CAPE CODDER Hyannis Wednesdays • 5:30-6:30 p.m.

- Feb 1 • Mindless Munching
- Mar 7 • Getting Back Up
- Apr 4 • The Food/Mood Connection
- May 2 • Taking Care of Yourself

#### ST. LUKE'S HOSPITAL White Home Saturdays • 9:30-10:30 a.m.

- Feb 25 • Stages of Change throughout WLS
- Mar 31 • Checking In — Lifestyle Changes Since Surgery
- Apr 28 • Freedom with Mindful Eating
- May 19 • Sugar/Carb Addiction

#### FALL RIVER SUPPORT GROUP @ White's of Westport Wednesdays • 5:30 p.m.

- Feb 8 • Staying Motivated
- Mar 14 • Mindless Munching

- Apr 11 • Taking Care of Yourself
- May 9 • The Food/Mood Connection