

HURLEY

COMPREHENSIVE WEIGHT LOSS CENTER

NEWSLETTER

Fall | 2024 | Volume 13 | Issue 1

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We Want to See, Hear, and Support YOU!

It is easy after bariatric surgery to be caught up in the amount of weight you are losing. Instead of focusing on how much weight you have lost, focus more so on how much you have gained. So many health diagnoses can be improved (sometimes even reversed) after bariatric surgery. Lower blood pressure, controlled diabetes, restful sleep, improved mobility, relief of gout pain and, of course, a better social and emotional wellbeing are just to name a few.

However, as anyone who has had bariatric surgery would know, these improvements come with great work. Bariatric surgery is not a “diet” rather it is a lifestyle change. Undergoing surgery does not force you to eat nutritious foods or go to the gym. YOU choose to implement these changes and The Hurley Comprehensive Weight Loss Center is here to cheer you on along your entire journey.

When focusing on weight loss, it can be easy to overlook the other aspects of your health. However, that is why our clinic is here for you and why yearly follow up appointments are strongly encouraged. During these appointments, more than just your weight will be addressed. Are you receiving optimal nutrition? Are you experiencing physical problems that you are unaware are related to your surgery? Have you checked in on your own mental health after surgery? Are you experiencing any vitamin and mineral deficiencies? Do you need the support of other bariatric patients? These are all matters, outside of weight loss (or gain), that will be discussed and why follow-up after bariatric surgery is so crucial to long term success and health.

At the end of the day, we want to know how you are doing and make sure you are fully benefiting from your surgery. Please reach out to The Hurley Comprehensive Weight Loss Center if you have not been seen in clinic for your yearly follow up appointments. It does not matter how long it has been since your surgery or your last appointment, follow up is **always** recommended. We want to see you, hear from you, support you, and help you in any way that we can!

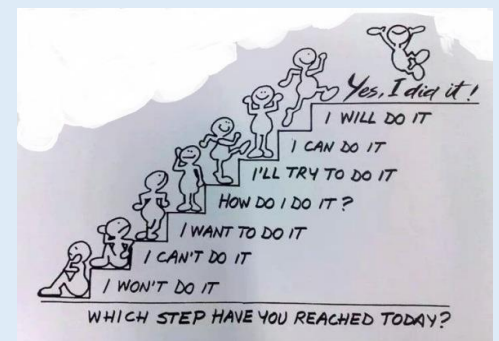
Focus On Fitness

It is easy to say you want to change your behavior however it is one thing to actually put this into practice. For many people, exercise is avoided simply because they do not know where to start. We often think if we want see a change, then we have to make a big change and that is simply not the case. Thinking you have to take a big step can actually cause loss of motivation and cause you to remain in your current status quo.

The first step to incorporating exercise is just that, taking the first step and starting. It can become overwhelming trying to decide how to start however small changes lead to big results. For example, lets say you want to run a 5k. Instead of trying to run this without any training, start by walking for 20 minutes. Walking for 20 minutes can then lead to running for 10 minutes and so on and so forth.

Each small step can provide the motivation and energy to take your next

step and before you know it you will have reached your goal. So remember, small steps can make a big impact!



Preparation is Key

by Hannah Welter, RDN

Maintaining a healthy way of eating is important for anyone, however it is especially crucial for patients who have undergone bariatric surgery. Proper planning for bariatric patients ensures they are receiving essential nutrients while promoting weight loss and their overall well-being. The following are some tips to take into consideration before planning your meals each week.

Prioritize Nutrient Dense Foods: Limit your intake of “empty calorie” foods (chips, cookies, etc.) as these options do not provide much nutritional value for their calorie intake. Rather focus on nutrient dense foods such as veggies, fruits, whole-grains, lean proteins, and healthy fats as bariatric patients need to maximize nutrient density while keeping calorie intake in check.

Emphasize Protein: Protein rich foods help to control appetite/promote satiety,

assist muscle building, stabilize blood sugar, and much more. Aim to incorporate lean protein sources such as poultry, venison, legumes, low-fat dairy, fish, etc. at each meal.

Include Healthy Fats: Healthy fats help to assist vitamin absorption and provide the body with essential fatty acids. Healthy fat sources include things such as avocado, olive oil, nuts, salmon, etc.

Hydration: Drink water throughout the day aiming for at least 48-64 ounces daily. Be sure you are not eating or drinking within 30 minutes of each other however, hydration is crucial for not only a healthy metabolism but also aids digestion.

Control Portion Size: A smaller stomach capacity means smaller meals. Always utilize measuring utensils to ensure you are following post-op portion size recommendations. Investing in smaller plates and bowls can also help to regulate portion size and avoid overeating.

Add Fiber Rich Foods: Incorporate sources of soluble and insoluble fiber such as whole-grains, legumes, fruits, and veggies. Fiber is beneficial as it promotes fullness, helps prevent constipation, supports blood sugar control, helps to lower cholesterol, and supports overall digestive health.

Mindful Eating: Work to slow your rate of eating. Not only is your stomach capacity smaller, however thoroughly chewing can aid digestion. Eating slower will also allow you to savor your food and be more in tune with your fullness cues.

Focus on Balanced Meals: Ideally, meals should contain a lean protein source and veggies as this will provide sustained energy and improved blood sugar control.

After bariatric surgery, preparation and planning meals ahead is key to ensure you are meeting your nutritional needs while still supporting your weight loss and overall health goals.

Spotlight on Success



William Before and After Non-Surgical Medical Weight Loss

I have been overweight all of my adult life. There were multiple reasons as to why I contacted the Hurley Comprehensive Weight Loss Center. First, my primary care physician had been urging me for several years to lose weight. In addition to this, both my father and father-in-law passed away at a

relatively young age due to poor health choices. I did not want to put my family through that same heartache. Although I did not have bariatric surgery, all of these factors gave me the final push to start Hurley's Non-Surgical Medical Weight Loss Program.

At the time I started the program, I weighed 281 lbs. At the end of the 12-week program, I weighed 218 lbs. Since completing the program, I have experienced numerous improvements in my life. First, I am sleeping much better! Second, I was able to receive my Dept. of Transportation medical card without any hassle for the first time. Not only this, after a long workday I have the energy to wrestle around with my kids. The most personally satisfying improvement would probably be having my clothes go from tight, to comfortable, to so loose that I had to buy smaller sizes!

What worked best for me was primarily following the guidance of the very talented staff at the Hurley

Comprehensive Weight Loss Center. You are paying for their expertise so I advise you to listen to them! Secondly, I stopped consuming restaurant food and fast food. These choices are adding inches to your mid-section (and emptying your wallet)! Third, stay active! Even on spring break with my children, I was able to incorporate physical activity and still managed lose a couple pounds that week. I am more aware of my food choices and keeping a detailed food log allowed me to figure out what was and was not working for my body. Lastly, I never avoid physical labor. This a bad habit that we as society have fallen into and it is not serving us well. We will all be a lot healthier and wealthier if we put in some hard work!

“At the time I started the program, I weighed 281 lbs. At the end of the 12-week program, I weight 218 lbs.”

Hip Happenings

The Hurley Comprehensive Weight Loss Center is now offering a **NEW** procedure called the **Single Anastomosis Duodenal-Ileal Bypass with Sleeve (SADI-S / DS)**.



This new procedure is very effective at helping patients with a higher BMI achieve greater weight loss and can also be used after a previous weight loss surgery failed to provide the expected weight loss results.

We have a new name!

The former “Hurley Bariatric Center” is now the “**Hurley Comprehensive Weight Loss Center**”. This allows us to better encompass all of the services we offer at the clinic.



Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at the Hurley Comprehensive Weight Loss Center (with exception of inclement weather/holidays/December). No need to pre-register—just come! Call 810-262-2330 for details.

Recipe Round-up

Slow Cooker Black Bean Quinoa Pumpkin Chicken Chili

Yield: 6 servings

Serving Size: 1.5 cups



Ingredients:

½ Tbs olive oil
3 cloves garlic, minced
1 white onion, roughly chopped
1 red bell pepper, cut into strips
1 jalapeno, seeded and diced
28 ounce can crushed tomatoes
1.5 cups water (or chicken broth)
15 ounce can pumpkin puree
15 ounce can black beans, rinsed
½ cup uncooked quinoa
1 tsp salt
2 Tbs chili powder
1 Tbs cumin
1 tsp dried oregano
¼ tsp cayenne pepper
1 lb boneless skinless chicken breast

Directions:

1. Place olive oil in a large pot over medium high heat. Once oil is hot, add garlic, onion, jalapeno, and red bell pepper; stir and sauté for 2 minutes or until onions begin to soften. Transfer to slow cooker.
2. Add the remaining ingredients to the slow cooker. Stir until well combined.
3. Add the chicken breast to the slow cooker mixture. Cover and cook for 6-7 hours on low or 3-4 hours on high.
4. Once done cooking, remove chicken and shred with two forks. Transfer shredded chicken back to the slow cooker. Taste and adjust seasonings as necessary.
5. Ladle into bowls and add your favorite toppings (cilantro, cheddar cheese, Greek yogurt, etc). Enjoy!

Nutrition information per serving (Black Bean Quinoa Chicken Chili):
320 calories, 32g pro, 42g carb, 8g fat

High Protein Pumpkin Overnight Oats

Yield: 1 serving

Ingredients:

½ cup milk (low-fat cow's milk, unsweetened almond, or unsweetened soy milk)
½ cup old-fashioned oats
¼ cup pumpkin puree
¼ cup vanilla protein powder of choice

1.5 tsp pure maple syrup
1 tsp chia seeds
1 tsp cinnamon
½ tsp vanilla extract
½ tsp pumpkin pie spice
1 Tbs chopped nuts (optional)

Directions:

1. To a mason jar, meal prep container, or bowl, add all the ingredients and mix very well until combined.
2. Taste and add anything extra to your preference (it will taste the same now as it does when it is ready to eat, it will just be thicker and creamier when it has time to sit).
3. Cover with a lid or saran wrap and place in the fridge for a minimum of 2 hours. For best results, let sit over night for at least 8 hours. Enjoy!



Nutrition information per serving (Protein Pumpkin Overnight Oats):
346 calories, 30g pro, 39g carb, 8g fat