

Stay Healthy This Winter!

Staying safe and healthy is extra important this Winter as COVID cases are on the rise. We often think chilly temperatures and certain illnesses, like the common cold or flu go hand-in-hand. While we cannot always prevent getting sick, there are things we can do to help keep our immune systems in tip-top shape so we can try and prevent such illnesses and stay healthy this winter!

1. Get Enough Sleep

According to the Centers for Disease Control, adults need 7-9 hours of sleep each night to promote health and prevent chronic disease. People do tend to sleep more during wintertime due to decreased daylight hours. But, if you find you're not getting the recommended hours of sleep each night, do try and

take advantage of the longer nights to get yourself into a healthier sleep pattern. Creating a calming sleep routine, turning in at a set time each night, and waking at a set time each morning can help!

2. Eat Your Fruits and Vegetables

When it's chilly outside it can be tempting to fill up on comfort food, but many comfort foods can be high in calories and low in nutrients. So, stay on track with healthy eating to keep your immune system strong. Including plenty of vegetables and a couple servings of fruit each day can help you do just that! If you find yourself craving a sugary treat, try a juicy clementine or berries instead. Explore varieties of fruits and vegetables

available this season that you may not normally eat and give them a try. For some comforting *and* veggie-packed meal ideas check out the recipe section of this newsletter!

3. Try a New Activity

Don't use the cold winter months as an excuse to stay in and lounge around. Being outdoors in the fresh air is a great immune system boost! Just dress appropriately for the weather. Get outdoors with the family to try out a new activity, maybe snowshoeing, sledding, or simply taking a winter walk. No matter what you do, have fun! Check out the Focus on Fitness section of this newsletter for more info on the benefits of exercise!

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Focus on Fitness



'Tis the season to be jolly. But, the holidays are going to look and feel very different this year for many folks. And, that can lead to some increased stress. Unfortunately, it is impossible to eliminate all stress, but it can be managed.

We all know, or have at least heard that exercise benefits us physically by fighting disease and keeping us healthy. In addition to the physical effects, it can also benefit us mentally by stimulating the production of the feel-good chemicals in the brain.

Having a consistent activity program has been shown to decrease overall levels of tension, heightens and stabilizes mood, reduces fatigue, and improves sleep, which in turn, reduces stress.

According to the Anxiety and Depression Association of America

and The American Psychological Association all it takes is 5 minutes of activity to start to combat stress. And, the benefits of just a 10 minute bout of activity can last several hours. So with the holiday season upon us, why not add physical activity to your holiday to-do list and put some joy back into your holidays this year.



Protein is Paramount after Surgery



Protein, protein, protein! If you've had weight loss surgery, "protein" is likely a household word and a topic that is frequently discussed after surgery. It's for good reason too; as dietary protein intake is very important following bariatric surgery.

But, why is protein such a big deal? It's necessary to help you heal, maintain muscle mass, and supports weight loss following bariatric surgery. And, did you know that

protein can help your immune system function properly? Additionally, getting enough protein in your diet can help prevent excess post-surgical hair loss, which is a concern for some patients.

Protein is found in a variety of foods, but some of the best sources include fish, chicken, beef, beans/legumes, eggs, nuts, seeds, tofu, and dairy products such as yogurt and milk. There are also numerous protein supplement drinks and bars available, which can be quite useful for bariatric surgery patients to trying to meet their daily protein needs, especially in the early post-surgery months.

On average, a post-bariatric surgery patient should aim to take in at least 60-80 grams of protein per day. However, needs can vary from person to person, which is one reason regular follow-up and

lab work is important.

The only way to know how much protein you take in is to track your food and beverage intake daily. Counting the grams consumed in your food and supplement choices is key in order to know if you should make changes to your routine dietary habits. Mobile apps, such as Baritastic and My Fitness Pal, make tracking easy and fun!

Be sure to check out the recipes included in this newsletter for some delicious ways to optimize your protein intake today!



Spotlight on Success



**David
After Gastric Bypass**

In 2016, I was at my heaviest weight of 352 lbs. I had the onslaught of lymphedema in my legs, high blood pressure, Barretts esophagus, pre-diabetes, GERD. My family doctor told me I was on my way to an early grave. I was 56 years old. After seeing the results of a family member's gastric

bypass surgery, I decided I had to do something.

In May 2019, I had my first visit with my surgeon at Hurley Bariatric Center. I weighed in at 348 lbs. I took in everything he and my dietitian said and I persevered. I got all my tests and documentation done. I even impressed myself by losing enough weight to qualify per my insurance for the surgery. I was absolutely elated the day Hurley called to schedule my surgery!

On Oct 28, 2019, I had the Roux-en-Y Gastric Bypass. Within 9 days after surgery, I had lost 28 lbs. Once able, I began working out every day. I take my vitamins, log my food, and drink my water. I made these new habits my daily routine.

**"I FEEL MY LIFE HAS
TURNED AROUND
AND AM SO HAPPY
WITH MYSELF AND
HOW I FEEL!"**

Today, I weigh 198 lbs. and am close to my goal weight of 170 lbs. I know I will get there! I turned 60 on Jan 13, 2020. I feel my life has turned around and am so happy with myself and how I feel. I credit Hurley Bariatrics Center for getting me to where I am now.



**David
Before Gastric Bypass**

Hip Happenings

The Clinic is Open 😊



The Hurley Bariatric Center is open and seeing patients. We are taking precautions to keep our patients safe. If you are due for your routine visit, don't delay! Call the clinic at 810-262-2330 to schedule your appointment.

Recipe Round-up

Chicken Ginger Vegetable Soup*

Yield: approx. 10, 1-cup, servings



*NOTE: Directions are for an Instant Pot/pressure cooker. However, can also be made in a slow cooker/crock pot by cooking all ingredients in slow cooker on HIGH for 6 hours. Can freeze extra servings!

Ingredients:

2 thawed chicken breasts
2" piece of fresh ginger. peeled and grated
4 carrots, chopped
4 celery stalks, chopped
2 large Leeks, white part only, halved and cleaned, then sliced
4 cloves garlic, finely minced
1 bunch Dinosaur/Lacinato Kale, striped from rib and roughly chopped
48 oz chicken stock

Support Group:

Due to rise in COVID cases, Hurley Bariatric Center support group meeting is cancelled for January. Call the clinic or check our Facebook page for updates re: February meeting.



The usual support group meeting schedule is the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

Expanding Our Team!



Hurley Bariatric Center welcomes two new surgeons to our team: Dr. Kristoffer Wong and Dr. Gul Sachwani-Daswani! Each has several years' experience doing bariatric surgery. We are excited to have them on board, alongside our Surgical Director, Dr. Jamal Farhan, as we continue to strive to offer the very best care to our patients!

If you're interested in scheduling a consultation with any of our talented surgeons, call our office at 810-262-2330!

Ingredients:

1/4 cup 0% Greek yogurt
1/2 tablespoon olive oil
1/2 tablespoon honey
1/2 tablespoon fresh lemon juice
1/2 teaspoon wasabi paste
1/2 teaspoon salt
2 cups baby spinach, coarsely chopped
1/2 pound zucchini noodles, from 1 medium zucchini
1/2 pound cooked chicken breasts, about 1.5 cups, cubed
16 grape tomatoes, halved
1 medium avocado, pitted and sliced

In a cup, stir the yogurt, olive oil, honey, lemon juice, wasabi and salt. Reserve.

In each of four bowls, spread half cup of spinach, half cup of zucchini noodles and top with 1/4 of the chicken, 4 halved grape tomatoes and 1/4 of the avocado. Drizzle with 1 heaping tablespoon of the yogurt mixture and serve.

Nutrition information per serving:
83 cal, 4g fat, 13g carb, 1 g prot

2 Tablespoons olive oil for sautéing
1/4 tsp crushed dried Rosemary
Celtic Sea Salt to taste (approx. 1 teaspoon)

Add Olive oil to Instant Pot. Push Sauté button. Add leeks when oil is hot. Sauté for several minutes. Add remaining ingredients with the exception of Kale.

Lock lid and set on manual pressure for 22 min. After cooking let pot do natural release for 5-10 minutes, then manually release pressure.

Remove lid, shred chicken breasts, & add chopped Kale, stirring into soup until it wilts. ENJOY!

Nutrition information per serving:
90 calories; 10g prot, 9g carbs, 2g fat.

Chicken & Avocado Zucchini Bowl

Yield: approx. 4, 1.5 cup, servings



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