

The *Bariatric Beat* at Regional West

April 2024



Special Announcements

Spring is a lovely reminder of how truly beautiful change can be.

Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

Education Seminar

Watch our free online seminar about bariatric stapling procedures and learn more about the process. To watch the seminar, go to: rwhs.org/bariatrics-online-seminar.

Q&A Survey

Your voice matters in Regional West Bariatric & Weight Loss Surgery's program! We're in the process of enhancing our services so we can better cater to your needs. Whether you're considering weight loss options, are a past patient, or are someone who is simply curious about what we offer, we want to hear from you. We invite you to fill out our Q&A survey so we can hear your questions, concerns, and feedback. Thank you for joining us on our mission to build a robust weight loss program.

Upcoming Events:

In-Person Support Group

April 3, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Let's Get This Party Started:
Social Settings After Surgery

Dr. Holloway Lap Band Presentation and Appointments

April 10, 2024

Surgery, Vascular Diagnostics
Please call 308-632-2872
to make an appointment.

In-Person Support Group

May 1, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Extreme Makeover:
Pantry Edition

Dr. Holloway Lap Band Presentation and Appointments

May 8, 2024

Surgery, Vascular Diagnostics
Please call 308-632-2872
to make an appointment.



SCAN ME

Ask the Expert

Are vitamin supplements necessary after weight loss surgery?

Yes! With all weight loss surgeries, total food intake is decreased, and vitamins are recommended to supplement a healthy diet. With the lap band surgery, a general multivitamin is adequate.

With other weight loss surgeries, the stomach is reduced in size or partially bypassed. The stomach helps break down nutrients for absorption. This can help you lose weight, but certain vitamins are also broken down by the stomach for absorption. After surgery, some vitamins will need to be replaced in higher than normal amounts to help keep you healthy. Taking more than recommended doses of regular vitamins can cause damage.

There are specific vitamins made for the type of weight loss surgery that you have had. While it is true that you can take a regular multivitamin and add specific supplements, many companies are now offering vitamins that are specifically made for your new body.

Major companies for bariatric vitamins include brands such as Celebrate, Fusion, Bariatric Advantage, and Procure. The list of high quality products continues to grow. Vitamins are available without a prescription and can easily be found online. There are also many forms of vitamins from pills and chewable, to injections, liquids, nasal sprays, or topical vitamin patches. Patches offer simplicity as a once-daily application and are offered by Patch MD and PatchAid.

The goal of weight loss surgery is to make you healthier and to no longer need many of your home medications. Please be aware that with all surgeries and many diet plans, supplemental vitamins are necessary.

Jason Latowsky, MD

Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

It's spring and we are all looking for ways to save time in the kitchen. Check out this delicious overnight oats recipe.

Overnight Oats

Provides: 190 calories, 12 g protein, 4 g fiber, 30 g carbohydrate, 2 g fat before add-ins

- ½ cup steel cut oats
- ½ cup Greek yogurt or Fairlife milk
- Combine oats and yogurt or milk in small bowl or jar. Cover and refrigerate overnight.
- Feel free to add fresh fruit like berries, toasted nuts, chia seeds, and/or cinnamon or vanilla for additional flavoring.



Health Tips

Celebrating progress, no matter how small, is pivotal in maintaining enthusiasm and motivation throughout your weight loss journey. Rapid weight loss isn't always the healthiest or most sustainable approach. Focus on acknowledging small victories, such as adhering to your workout plan for a week or reducing unhealthy snacking habits. Meaningful progress can fuel your determination toward achieving your long-term goals.