

# The *Bariatric Beat* at Regional West

March 2024



## Special Announcements

### 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. Together, we'll continue to strive for safe, efficient, and high-quality healthcare that's tailored to you.

Thank you for joining us on our mission to build a robust weight loss community.



### Sharing Success Stories

Regional West's Bariatric & Weight Loss Surgery program is proud to be a part of your weight loss journey. Your decision to prioritize your well-being and embark on a transformative journey is admirable, and we are here for milestones big and small.

That being said, we want to celebrate YOU! We invite you to share your success story with us. Your achievements deserve recognition, and your journey serves as motivation for others. If you're willing to tell us your story, email [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org).

Here's to many more victories and a lifetime of better health!

## Upcoming Events:

### Dr. Holloway Lap Band Presentation and Appointments

March 13, 2024

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

### 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

## Ask the Expert

### Are you considering bariatric surgery?

If your BMI is greater than 35 and you're experiencing co-morbidities like diabetes, hypertension, hyperlipidemia, sleep apnea, or joint pain, you may be a candidate.

Our mission is to provide you with comprehensive information on surgical options. Research shows that bariatric surgery may effectively reverse diabetes and heart disease; lower blood pressure; and alleviate various other health issues. Moreover, national insurance companies like Medicare offer coverage for weight loss surgery.

We aim to efficiently guide you through the process. From navigating options to helping with insurance requirements, our team is here to support you every step of the way.

*Take the first step toward a healthier future. Contact us today to learn more about your options.*

Bariatric Coordinator Amber Schulze, FNP-C

### Dietitian's Corner: Focusing on Nutrition

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

March is National Nutrition Month, a time to emphasize making informed food choices and encourage developing sound eating and exercise habits. Take a moment to check out the list below and see if there are a couple items you can focus on this month.

1. As a family, try a new fruit or vegetable each week.
2. Give family members a role in meal planning and let them pick out recipes to try.
3. Plan to eat more meals together.
4. If you watch TV, take breaks during commercials to be physically active.
5. Practice mindful eating by limiting screen time at meals - including phones, computers, and TV.
6. Try more meatless meals. Choices like beans and lentils are versatile plant-based protein sources that work in many dishes.

### Air Fryer Avocado Black Bean Taquitos

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 tbsp. cumin
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 10 six-inch corn tortillas

#### For the salsa:

- 1 cup cherry tomatoes, chopped
- 1/2 cup red or yellow bell peppers, seeded and diced
- 1 tbsp. fresh jalapeno, minced
- 1 tbsp. onion, minced
- 1 tbsp. fresh lime juice
- 2 tbsp. fresh cilantro leaves, chopped
- 4 oz. plain Greek yogurt
- Salt and pepper to taste

Using a fork, mash the avocado and black beans together in a bowl. Stir in cumin, garlic powder, and salt. Spread approximately two tablespoons of the avocado onto a corn tortilla, dividing evenly between 10 tortillas. Roll tightly to form 10 taquitos. Place taquitos into an air fryer that's been preheated to 400 degrees. Set the cooking time for five minutes. Turn taquitos over and air fry for five more minutes. Depending on the air fryer, you may need to adjust cooking time. While taquitos are cooking, combine the salsa ingredients to make fresh salsa. Remove taquitos from the air fryer when they are golden brown and crispy. Serve with salsa and plain Greek yogurt if desired. One serving is two taquitos and contains eight grams of unsaturated fat, nine grams of dietary fiber, 16 grams of protein, and 35 grams of carbohydrates.



### Health Tips

Navigating the journey to a positive body image can be challenging, but know that you're not alone. Remember to stop comparing yourself to others, practice positive affirmations, embrace your body, surround yourself with positivity, and be kind to yourself. Your worth isn't defined by your appearance.