

The *Bariatric Beat* at Regional West

January 2024



Special Announcements

Exciting news is on the horizon at Regional West as we announce updates to our renowned bariatric program. We're dedicated to providing excellent support for your transformative journey towards a healthier life.

Meet Our Bariatric Coordinator, Amber Schulze, FNP-C



We are delighted to introduce Amber Schulze, FNP-C, who joins us to help guide individuals on their bariatric journey. Amber provides medical weight management evaluation and support for patients, whether they choose surgical or non-surgical paths. Learning from the expertise of bariatric surgeons Jeffrey Holloway, MD, FACS, and Jason LaTowsky, MD, she brings commitment and compassion to our program. Amber is here to help you achieve success throughout every step of your bariatric journey. Welcome, Amber!

Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, scheduled the first Wednesday of every month. These sessions are designed to foster a sense of community, share experiences, and offer valuable insights. Join us as we build a supportive network to celebrate successes and navigate challenges together.

February Support Group Guest Speaker Mark Anderson, LMHP

Join us at our Feb. 7 support group meeting to meet Mark Anderson, LMHP, a licensed mental health practitioner in Scottsbluff who specializes in couples counseling. With a bachelor's degree in Psychology and a master's degree in marriage and family therapy, Mark is dedicated to enhancing relationships. Mark will be sharing insights to help strengthen your relationships. Don't miss this opportunity to gain valuable tools for healthier, happier connections.

Success stories will be coming soon!

Upcoming Events:

In-Person Support Group

Feb. 7, 2024

5:30 to 6:30 p.m.

Scotts Bluff Room I,
Regional West Medical Center

Relationship Goals: Making it
Work After Surgery with guest
speaker Mark Anderson, LMHP

In-Person Support Group

March 6, 2024

5:30 to 6:30 p.m.

Scotts Bluff Room I,
Regional West Medical Center

Greek Yogurt: From Yuck to Yum
With a Few Tweaks

Ask the Expert

As we enter the new year, it's a time for fresh starts and self-reflection. Jeffrey Holloway, MD, FACS highlights the importance of being mindful of "slippery calories" like gravy, dressings, creamers, alcohol, and soda – the hidden culprits that can sneak into our diets and contribute to weight gain.

Starting fresh often involves paying closer attention to our eating habits. Keeping a food diary to track protein, carbs, and calorie intake can help uncover hidden calories and kickstart your journey towards weight loss.

Remember, you're not alone on this path. Your health is our priority, and Dr. Holloway and our team are here to support you. If you have any questions or need guidance, feel free to reach out.

Wishing you a healthy and Happy New Year!
Amber Schulze, RNP-C

Dietitian's Corner: Meals and Tips for January

When the new year is here, we think of making goals, getting back on track, and losing the pounds we gained over the holidays. Being mindful about our choices can help us to stay on track all year long. Some tips to being mindful with food choices include:

- Don't keep trigger foods in the house – put those foods in a special cupboard so they are out of sight, out of mind, or buy one treat when you are outside your home
- Use smaller plates or bowls
- Chew your food well
- Make meals last 20 minutes
- Use the hunger scale to assess if you're hungry, eating from boredom, or emotional eating
- Sit only at the table to eat your meals and snacks

Chicken Parm Mini Meatloaves

- 1 lb. ground chicken, preferably from the breast
- 1 egg
- ¾ cup reduced fat grated parmesan cheese
- 2 garlic cloves, minced
- ½ small onion, grated
- ¾ teaspoon of basil, thyme, and oregano
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ cup marinara sauce (if you are using store bought, look for one with the lowest added sugar)
- ½ cup part skim shredded mozzarella cheese

Preheat oven to 350 degrees. Spray a muffin tin with nonstick spray. Combine ground chicken with egg, seasonings, parmesan cheese, garlic, and onion. Mix to combine. Divide meat evenly among muffin tin to make 12 mini loaves. Top each loaf with two teaspoons of marinara sauce. Bake for 20 minutes or until an instant read thermometer reaches 165 degrees. Remove from the oven and sprinkle with mozzarella cheese. Return the pan to the oven until cheese melts. This recipe makes six servings (one serving is two meatloaves), with 19 grams of protein, seven grams of carbohydrates, nine grams of fat, and 201 calories per serving.



Health Tips

As the winter chill sets in, maintaining exercise motivation can be challenging, especially for bariatric patients. Embrace the season by exploring indoor activities like swimming or joining a fitness class. Alternatively, bundle up for a brisk outdoor walk, taking in the crisp air and invigorating scenery. Remember, consistency is key, and finding winter activities that bring joy can make staying active during colder months a rewarding part of your journey.



Creamy Cauliflower

- 1 lb. of cauliflower, chopped
- 2 cloves of garlic, peeled
- 4 triangles of "Laughing Cow" Cheese, any flavor
- Salt and pepper to taste

Cook cauliflower and garlic together with one to two inches of water on the stove or in the microwave until very tender. Drain. Add cheese and blend in a blender or food processor until smooth. Season with salt and pepper. You may need to reheat before serving. This recipe makes four servings, with three grams of protein, four grams of carbohydrates, and four grams of fat per serving.