

# MyWellness JOURNEY



Bariatric Newsletter

JAN/FEB 2017

**Happy New Year!** A new year symbolizes new movement and we are excited to present our very first newsletter, **MyWellness Journey**. We call it a journey because wellness does not happen overnight, there are ups and downs and interesting events along the way. Just like a seed, wellness needs to be nurtured so that it can flourish.

A healthy dietary lifestyle, consistent physical activity, stress management and follow up visits with your surgeon and nutritionist are just a few of the ways in which you will nurture this wellness journey. This newsletter is an extension of that support and connectedness.

In this issue you will find an inspirational interview with Tim and Mary Roach, a wonderful recipe from Karen our care coordinator, great info from Pam our financial counselor and from Dr. Johnson, learn how bariatric surgery can improve diabetes. We hope that you find this newsletter informative.

Make 2017 a fantastic year filled with great health!

Be Well,

Morehouse Healthcare, Bariatric Team

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**HAPPY NEW DREAMS  
HAPPY NEW DAYS  
HAPPY NEW DESIRES  
HAPPY NEW WAYS  
HAPPY NEW YEAR  
HAPPY NEW YOU**

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## **BARIATRIC TEAM**

### **Surgeons:**

Dr. Shaneeta Johnson,  
Dr. Larry Hobson

### **Care Coordinator:**

Ms. Karen Burke

### **Nutritionist:**

Ms. Dhana Blissett

### **Financial Advisor:**

Ms. Pamela Miller

### **Surgery Scheduler:**

Ms. Erica Feagin



**“Be stronger  
than your  
excuses”**

## KUDOS KORNER

**Mrs. Roach what was your lifestyle like before you started your wellness journey?**

Tim and I ate the wrong foods like McDonald's sausage biscuit, Pizza Hut, Dunkin donuts for sweets, and Hardees food with gravy. We did not eat nourishing foods like vegetables and water was not a part of our vocabulary. I used to drink a 6 pack of diet soda and when I was thirsty always reached for more soda.

**I understand you have lost 40 pounds and Tim lost 32 pounds even before having bariatric surgery. How were you able to achieve this?**

We started eating 3 meals a day and did not miss any meals. You need to have the first meal of the day because if you don't you could overindulge the rest of the day. My husband and I talked about our health goals and kept the lines of communication open. Now we only eat lean meats and organic foods. I am 65 years old and I feel like a 40 year old. I am not sick or tired. My husband feels a lot better too. He doesn't sit in the car and wait for me when I go shopping, he is right there with me.

Before starting my journey I could not walk 50 feet without being exhausted. I was always tired and so many parts of my body hurt. I could only use the steps in my home once daily. Now I can go up and down those stairs up to three times a day without grunting. I walk outside up to the mailbox and around in a big circle.

**That's some incredible journey! Could you offer words of advice to others on track for bariatric surgery?**

Don't ever give up. You don't realize how much better you will feel. You may not lose all the weight you want to lose but you will get rid of a lot of the waste from the unhealthy food you have been eating.

**Thank you so much for sharing with our readers. We look forward to hearing more words of inspiration about your journey in the near future.**

**If you would like to share your story, please contact Dhana Blissett, Nutritionist at 404-756-1316**

## DIETARY GOALS

Great job Tim and Mary for setting health goals at the start of their journey. Setting goals is a great way to ensure success. Here are a few of our favorite dietary goals to get you started:

- Eat only high quality food
- Three balanced meals, 2 high protein snacks daily
- Eliminate processed foods
- Reduce your carbohydrates and sugars
- Replace your calorie laden beverages with water
- Ensure that each meal has adequate protein
- Be positive ~ "As you think so you become"

It takes 21 days.  
21 days of healthy eating and working out and it will become a habit.

## SUPPORT GROUP

January 14, 2017

February 11, 2017

1800 Howell Mill Road

10.30 am –12 noon

**Come and receive your inspirational vitamin!**

## SLOW COOKER TURKEY and WHITE BEAN CHILI

### INGREDIENTS

- 1 TBSP vegetable oil
- 2 pounds boneless turkey breast
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (15 ounce) can cannellini (white) beans, drained
- 1 (29 ounce) can white hominy, drained
- 3 (14 ounce) cans low-sodium chicken broth
- 3 (15 ounce) cans cannellini (white) beans, drained
- 1/4 cup chopped fresh cilantro
- 1 1/2 tablespoons ground cumin
- 1 teaspoon Cajun seasoning (optional)
- 3 serrano chile peppers

## COOKING with KAREN

**Happy New Year!** Are you ready for 2017? Most people know that I don't cook. It's not that I don't like to cook, I just don't know how. So for 2017 I'm going to make it my purpose to learn to cook. Boy did I find the best recipe to start with, Slow Cooker Turkey and White Bean Chili! Why am I so excited to make this recipe? It's in the name, slow cooker. I don't have to cook. Give it a try. With the turkey and the multiple beans, this recipe is loaded with protein and you can make modifications like using olive oil instead of vegetable oil. What goes better with the winter weather than a good, clean and healthy chili. Bon Appetit!



SLOW COOKER TURKEY and WHITE BEAN CHILI

All Recipes 2016

1. Heat the oil in a large skillet over medium heat, pan-fry turkey until no longer pink, about 10 min. per side. Transfer turkey into a bowl to cool; shred with 2 forks, set aside. In the same skillet, cook onions & garlic over medium heat, 5 minutes; scrape onions and garlic, along with any drippings, into the bowl with turkey.

2. Place 1 can of cannellini beans, hominy, and chicken broth into slow cooker. With an immersion blender, blend mixture until smooth. Transfer shredded turkey, onions, garlic, 3 more cans of cannellini beans, cilantro, cumin, and Cajun seasoning into the slow cooker, stir to combine. Wearing gloves, cut off the serrano chile stems, split chiles, and scrape the seeds and membranes from 2 chiles with a spoon. Mince all 3 chiles. For milder flavor, seed and remove membranes from all the chiles. Mix the serrano chiles into the soup.

3. Cover the cooker, and cook on Low setting for 4 to 6 hours or High setting for 2 to 3 hours.

***Thank you Karen for this yummy recipe!***

## Treating Diabetes

Did you know that the CDC estimates that more than 29 million people have diabetes in the US? Diabetes affects many areas of the body including your eyes, heart, kidneys and limbs. The American Diabetes Association states that more than 70,000 people die each year from complications associated with diabetes.

Unfortunately, many people are not achieving the blood sugar levels needed for optimization of their health. If not controlled, diabetes can lead to kidney failure, heart disease, blindness and limb amputation.

Weight loss surgery (Bariatric surgery) alters the digestive system to cause weight loss. The American Society of Metabolic and Bariatric Surgery states that bariatric surgery is currently the most effective means of losing substantial weight and maintaining that weight loss. It greatly improves or resolves the numerous medical diseases associated with obesity.

The majority of diabetic patients obtain **excellent** results and the improvements are seen **quickly** after surgery! These improvements include:

- normal blood sugar levels,
- normal Hemoglobin A1C values,
- discontinuation of medications including insulin, and
- avoidance of complications

A recent study compared medical treatment to weight loss surgery. They showed significant improvements in the patients who underwent surgery compared to those with medical treatment alone. Weight loss was greater and use of diabetic and heart medications was less in the surgical patients compared to the medical treatment patients. Additionally, more than 88% of the surgically treated patients remained off insulin at five years.

Bariatric surgery is **recommended** as a treatment for diabetes by the American Diabetic Association in the obese patient. It achieves a significant effect on diabetes which is sustained and stronger than medical therapy in the obese patient.



*Thank you Dr. Johnson for this informative article*

Is there something that you could not do before surgery that you can do now? We would love to hear and share your story.

### ★ Bariatric All Stars!

S.C. – 17   A.E. – 10   T.B. – 10

M.R. – 40   T.R. – 32   A.M. – 22

E.H. – 28   V.M. – 23   A.H. – 9

*\*Pounds lost, pre-surgery\**

### January is National Cervical Health Month

*“Don’t smoke, smoking causes damage to the cervical cells. Try to avoid multiple partners and use condoms until you are in a monogamous relationship”*

**Dr. Barbara Simmons,  
OB/GYN, MHC**

### Bariatric Seminar

Do you know someone who could benefit from bariatric surgery? If so they may want to attend a seminar to learn more about this life changing surgery. For more information call Karen at 404-756-1397

### Surviving the Waiting Game

**Tip #1** ~ Avoid delays by completing all insurance & medical requirements in a timely manner. The sooner we take care of needed paperwork, the closer we are to your surgery.

**Good info Pam!**