



The Milestone

February 2007

A point in time, marking a key event or accomplishment



THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in your questions, recipes, comments, or topics of interest!

Website: www.owlo.com

Email: nutrition@owlo.com

Fax: 405-364-9112

Address:

3400 W Tecumseh
Suite 205 Norman, OK
73072

Cleveland County YMCA

As you all know, exercise is an important component of any weight loss program. Not only will exercise help you lose weight, it also provides other health benefits. These include:

- Speed up recovery from surgery
- Enhance your body's immune system
- Help your body burn fat
- Improve your self-esteem and confidence
- Boost your energy level
- Reduce your appetite and improve digestion
- Help your heart and lungs work better
- Decrease your stress and improve your mood
- Build and preserve healthy muscles, bones, and joints
- Prevent injury
- Reduce depression and anxiety
- Help control blood pressure and blood sugar
- Improve flexibility
- Improve sleep
- Improve overall quality of life

To make exercise more accessible, OWLO has a corporate membership with Cleveland County YMCA. If you join between February 1st and March 1st, the joining fee will be waived. If you join anytime after March 1st, you will pay half the joining fee.

To enroll, you will need to show your bariatric card. If you do not have a card, contact the office, we will provide you with the necessary paperwork.

In order for the joining fee to be waived, you must enroll at the YMCA in Norman; however, other YMCA's in Oklahoma City will allow you to use their facilities. A reciprocating agreement exists with the following YMCA locations:


- Downtown
- North Side
- Tinker
- Edmond
- Bethany
- Earlywine Park
- Chickasha
- Shawnee

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OWLO News:

- ◆ We are happy to announce the arrival of Summit Wesley Gibson. Lisa Gibson and her husband welcomed the arrival of their son on January 10, 2007!
- ◆ Oklahoma WEIGHT LOSS OPTION's non-surgical weight management program is now enrolling participants. If you or someone you know is interested please contact us to schedule an appointment.
- ◆ If you are more than 1 year post-bariatric surgery, remember to schedule an appointment with the office for the NEW 1 Year Post-Surgery Nutrition Course!



Oklahoma WEIGHT LOSS Options is recognized by the ASBS as a **Center of Excellence** and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.

Features from 2006 Reflections Fashion Show

Sandra before surgery



Sandra Effinger had the Lap Band in December 2004 and has since lost 111 pounds and 38 inches, going from a clothing size 3X to sizes 14 and 16. Sandra has experienced the unexpected weight loss benefit of better health, returning to work after retirement, smiling more, and the wonderful pleasure of riding a bicycle along the river. Sandra's positive outlook on life and inspirational sense of humor are revealed through her great bariatric advice, "Give yourself non-food rewards for each success – jewelry is nice. I've become a food snob—crab legs, not tuna; filet mignon, not hamburger; if I can only eat a little, I want the best."

Sandra at the Show



Thank you Sandra for sharing your experience and being a part of the Fashion Show! Best of luck on the continuation of your journey and future success in your new life!

Welcome Summit Wesley Gibson!

After a long 9 months, Lisa Gibson and her husband welcomed their son January 10, 2007. Lisa has sent a few pictures for us all to enjoy.



Thoughts and Recipes of Successful Bariatric Patients

We want to spread the good news, words of wisdom, and yummy food ideas from some of the most successful bariatric patients to all our readers! We can all learn from each other's accomplishments, mistakes, and discoveries. Please share with us: nutrition@owlo.com.

Angela Steffens shares a few tips as well as her words of wisdom:

Quick/Family Meal

Spaghetti & Meatballs

- Frozen meatballs (some brands are better than others so check the ingredients!)
- Canned spaghetti sauce
- Spaghetti squash

Special Meal

Steak and Vegetables

- Grilled NY Strip
- Steamed Green Beans (Green Giant has "ready to steam" bags that are very convenient!)

Romantic Dinner Out

The Mantle

- Order the crab cake appetizer as a meal!



Check out the Living Our Dream website! There is a link within the website that has several recipes specifically for individuals who have had weight loss surgery!

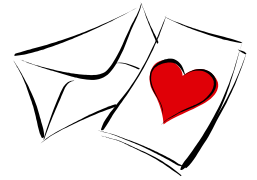
Words of Wisdom:

Your taste will change 3 times during the weight loss surgery process: what you like in one stage you will hate in the other. STAGE 1 = pre-surgery; STAGE 2 = directly after surgery to 3-6 months after surgery; and STAGE 3 = 3-6 months post surgery. STAGE 2 is by far the most difficult stage to satisfy taste desires. Keep trying different protein drinks until you find one you can tolerate. Purchase samples of every drink that sounds remotely interesting (at least 3 of each—to taste twice directly after surgery and once again approximately 6 months after surgery) and keep a detailed journal of your tastings (name, flavor, response: *hate it; can get it down, but would rather not; can tolerate it; love it*). Once you find the one that you love, and the one that you can get down - THEN buy the big container. Otherwise you'll be spending a fortune to only throw it away, or give up too soon. You owe it to your body to find the Weight-Loss-Surgery "life-medicine" (a.k.a. protein drinks) that will work long-term.

~ Angela Steffens



February 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1Bariatric Seminar 3rd Floor HealthPlex 2-4 pm BAND Support Group 3rd Floor HealthPlex 6-7 pm	2	3
4	5	6	7	8 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm Support Group: Lake Overholser Church of the Nazarene 7-8 pm	9	10
11	12 Support Group: Central Church of Christ Ada, OK 5:30-6:30 pm	13 RNY Support Group: 3rd Floor HealthPlex (Tecumseh Campus) 6-7 pm	14 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm	15 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm BAND Support Group: 3rd floor HealthPlex 6-7 pm	16	17 Support Group: LOD Graduates NRH Education Center (Porter Campus) 11:00- 12:30 am
18	19	20	21	22 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm	23	24
25	26 Support Group: Red Cross Office Ardmore, OK 6-7 pm	27 RNY Support Group 3rd Floor HealthPlex (Tecumesh Campus) 6-7 pm	28 Bariatric Seminar 3rd Floor HealthPlex 6:30-8:30 pm			

Model Call! If you are interested in modeling in the spring fashion show please call. The fashion show is scheduled for Saturday - June 2, 2007.