



The Milestone

January 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!

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HEALTHY FATS for your HEART

Cardiovascular disease has been the leading cause of death in the United States every year since 1919. Maintaining good heart health should be everyone's concern.

One major dietary contributor to cardiovascular disease is FAT. There are different kinds of fat in our diet: saturated fat, *trans* fat, monounsaturated fat, and polyunsaturated fat. It is important to avoid saturated and *trans* fats because these types of fats raise your blood cholesterol. Fats that are solid at room temperature are usually saturated and some plant oils contain lots of saturated fat (coconut oil, palm oil, and palm kernel oil). Saturated fats are also found in animal foods like fatty meats and high fat dairy foods. *Trans* fat is usually found in processed and fast foods.

The most beneficial fats are polyunsaturated and monounsaturated fats which are found in foods like olive oil,

canola oil, avocado, nuts, seeds, and fatty fish like salmon and trout. Here are some tips for improving your fat intake:

- ◆ Replace fatty meats at a meal with dried beans or lentils.
- ◆ Do not deep-fry foods. Bake, broil, steam, roast, grill, poach, or microwave foods.
- ◆ Use a non-stick cooking spray instead of fat to cook on the stove.
- ◆ Season foods with spices, herbs, or broth rather than high fat sauces such as butter, cream, cheese, or gravy.
- ◆ Replace butter, margarine, or oil in baking recipes with equal amounts of applesauce.
- ◆ Use 2 egg whites or 1/4 cup egg substitute in place of 1 whole egg in cooking.

Eat healthy for your heart this year!!!

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OWLO News:

- ◆ OWLO welcomes a new dietitian to the nutrition department, Abby Banks, M.A., R.D./L.D..
- ◆ The first group of participants in the Non-Surgical Weight Loss Program just completed the 12 week program with great results and another group will finish strong January 9th. Two new groups will begin this month on January 16th (Tuesdays) at 10:00 a.m. and January 24th (Wednesdays) at 5:30 p.m.. Call the office today for more information or to enroll!
- ◆ 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

Teresa before
RNY Surgery



Starting off our next stunning group of models is Teresa Cobb. Teresa has lost 117 pounds since her gastric bypass surgery in December of 2005. Now 14 sizes smaller than 10 months ago, Teresa proudly notices a change in her overall looks, especially in the face. Teresa offers us some sound advice: Stay on the program and do as your OWLO book says. It is easy to see that Teresa practices what she preaches! Congratulations on your achievements Teresa, hard work really does pay off!

Teresa at the Show



Thank you Teresa 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 TO OWLO!

Abby Banks is the newest addition to the dietary department at OWLO. Abby will be conducting the new Non-Surgical Weight Loss Program and assisting Lisa and Heather in the office.



“Hello! My name is Abby Banks and I am a new dietitian joining the staff at Oklahoma WEIGHT LOSS Options. I recently graduated with a Master of Arts in Dietetics from The University of Oklahoma. Prior to graduating from OU, I received a degree in nutrition from Oklahoma State University. I am excited to be working alongside Lisa and Heather and look forward to meeting you all!”

--Abby

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.

David Rowley shares his favorite bariatric recipe as well as his words of wisdom:

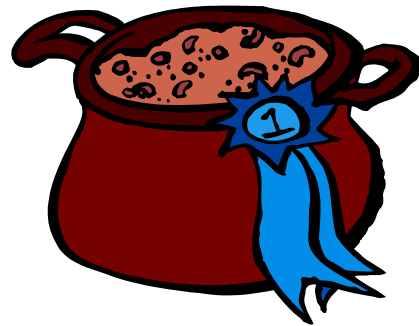
Homemade BOCA Chili

INGREDIENTS:

- 1 large onion (chopped)
- 1 large bell pepper (chopped)
- 1T. Extra Virgin Olive Oil
- 4 large cans of tomato sauce
- 2 cans of Ranch Style Pinto Beans with jalapenos
- 2 cans of black beans
- 2 packets of Williams Chili Seasoning
- 3 pkgs of ground Boca "meat"
- Salt to taste
- 1 T. Splenda brown sugar (optional)

DIRECTIONS:

Sauté onions and bell peppers in the olive oil until tender. Add all the other ingredients and simmer on low for 1 hour.



Nutrition Facts per Serving: Servings = 15

Calories: 247

Protein: 18 g

Fat: 6g

Saturated Fat: 1 g

Fiber: 10 g

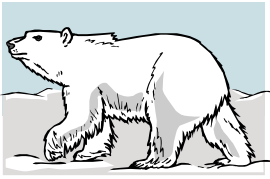
Sugar: 6 g

"Is your life in balance? Maybe a better question is, are you happy? For those of us who have chosen to have weight loss surgery, the answer was probably "No", but now we can hopefully begin to answer those questions with an affirmative "Yes". As a pastor and counselor, I deal with a number of people that have one or more aspects of their life out of balance, either emotionally, spiritually, physically or psychologically. For those of us that have reached the point in our lives as to consider bariatric or lap band surgery the obvious area in our lives that is out of balance is the physical part, but that does not mean that losing the weight alone will solve all of our problems.

Was what caused you to gain weight a physical or emotional problem? Do you have an addictive personality that manifested itself through eating habits and, if so, will that personality trait simply find another outlet? What I have found out after going through surgery is that the statement, "This is only a tool for weight loss" is very true. When you made the choice to have surgery, you made the choice to work with your weight loss tool. This means you must follow the rules of nutrition and fluid intake and exercise regularly. If you are willing to follow the rules and examine how you got to this point in your life and you see the reasons for a change, this can be the answer you have been looking for to lead a healthier and happier life.

Oklahoma Weight Loss Options gives you all the tools you need as long as you are simply willing to do your part by preparing yourself before surgery and following through after surgery. There will be challenges from pain from surgery and recovery, feeling isolated at times at functions based around food and people that do not understand the challenges of what you are giving up to get a better life. What can happen though is that if approached in the right way, weight loss surgery can help you find your way back to a more balanced life because, when you take care of one part of your life, it will affect the other parts of your life. A thinner, healthier you will undoubtedly help your self-esteem, which will help your emotional state of mind, which will in turn help your spirit begin to grow and be more open."

~Rev. David L. Rowley



January 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 BAND Support Group: 3rd floor HealthPlex 6-7pm	5	6
7	8 Support Group: Central Church of Christ Ada, OK 5:30-6:30 pm	9 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	10	11 Bariatric Seminar 3rd floor HealthPlex 2-4pm Support Group: Lake Overholser Church the Nazarene 7-8 pm	12	13
14	15 Martin Luther King Jr. Day	16	17 Bariatric Seminar 3rd floor HealthPlex 6-8pm	18 Bariatric Seminar 3rd floor HealthPlex 2-4pm BAND Support Group: 3rd floor Health Plex 6:00-7:00pm	19	20 Support Group: LOD Graduates NRH Education Center (Porter Campus) 11:00-12:30 am "Plastic Surgery"
21	22	23 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00-7:00 pm	24	25 Bariatric Seminar 3rd floor HealthPlex 2-4pm	26	27
28	29 Support Group: Red Cross Office Ardmore, OK 6:00-7:00 pm	30	31 Bariatric Seminar 3rd floor HealthPlex 6-7 pm			