



# The Milestone

A point in time, marking a key event or accomplishment

January  
2010

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](http://www.owlo.com)

Email:  
[nutrition@owlo.com](mailto:nutrition@owlo.com)

Phone:  
405-360-7100

Fax:  
405-364-9112

Address:  
3400 W Tecumseh  
Suite 205  
Norman, OK 73072

# A HAPPY NEW YEAR

With the arrival of the new year there are a few things we need to mention.

Starting Jan 12 support group meetings will change location within the Moore Medical Complex. Instead of meeting in the North Atrium, support groups will meet in the Cafeteria.

For those still interested in modeling in the fashion show we need to get your packet back by Jan. 8, which is the first model meeting. If you wish, you may turn in your packet then.

## Inside this issue:

NEWS	1
OWLO News	1
Patient Spotlight	2
Recipe Corner	2
Liquid Calories	3
Calendar	4

## Calling All Models

We are still taking on models for the February 19, 2010 fashion show, so if you're interested send an email to [etroutt@owlo.com](mailto:etroutt@owlo.com) and we'll send all the information you need. Also, more information regarding the fashion show will be on the web shortly.



Center of  
Excellence  
BARIATRIC SURGERY

OWLO along with Norman Regional Hospital is recognized by ASMBS as a *Center of Excellence* in bariatric surgery. The program is also accredited by the Joint Commission for bariatric care. These distinctions require the highest level of patient care. This unique honor sets OWLO apart from other programs.



Norman Regional  
BARIATRIC PROGRAM



## Patient Spotlight

This month we would like to feature **Kristina**. Kristina had RNY surgery in December of 2008.

- How much weight have you lost since surgery?  
**107 pounds**
- Do you meet your protein goal daily?  
**Yes, most days**
- What are your favorite Meal Replacements or Protein Supplements?  
**Chike chocolate bliss and strawberry burst mixed together.**
- Do you have any health conditions that have improved?  
**High blood pressure and type 2 diabetes have both improved.**
- What is one piece of advice you have for other Bariatric patients?  
**Follow the rules! Exercise!**



## Recipe Corner

### *Rum Runner Shake*

#### Ingredients

- 1 scoop Vanilla protein powder made with water or coffee (decaf)
- 1 tablespoon sugar free vanilla syrup
- 1 tablespoon sugar free Butter Rum syrup
- 1 tablespoon sugar free Praline syrup

Make sure to use sugar free syrups!

Shake or blend until smooth. Adjust syrup amounts to your taste. This drink tastes great heated as well!

Remember to keep sending protein shake recipes to [etroutt@owlo.com](mailto:etroutt@owlo.com)!




*Rum Runner*




# LIQUID CALORIES




 Liquid calories are a major contributor to obesity and sugar sweetened soft drinks add more calories to our diet than any other beverage. These are easy calories that add up fast. Make water and low calorie drinks your beverage of choice!!!

## Do You Know ...

 ...that caffeinated drinks like coffee, soda and even tea can dehydrate you. Staying well-hydrated can help you feel good and improve your mood. Many people get irritable and crabby when they are dehydrated. Some people also tend to over eat when they are thirsty.

## Chew Your Calories...Don't Drink Them

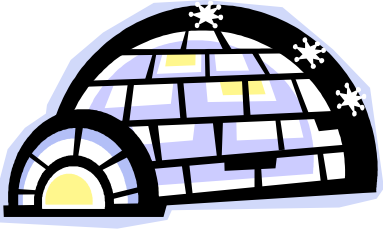
 Liquid calories do not trip the satisfaction mechanism in your brain, so when you down a soda or other high calorie drink before or with a meal, you probably won't compensate by eating less food. Think twice before you drink that 20 ounce soda.

If you are unsure of the calorie content of your drink, always read the food label. Pay attention to the calories and sugar. Here are a few common beverages and their calorie and sugar values:

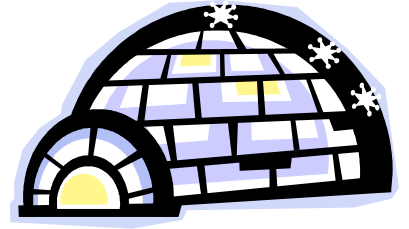
Beverage	Calories	Sugar
8 oz Orange Juice	113	28g
20 oz Coca Cola	227	55g
20 oz Gatorade	158	32g
8 oz Grape Juice	143	35g
12 oz Vanilla Latte with whole Milk	220	26g
12 oz Bud Light	110	0g
4 oz Red Wine	100	1g

Sports Drinks are best used after exercise lasting more than one hour – otherwise, water is your best choice!

Add Crystal Light or other sugar free flavors to bottled water for extra flavor!



# January



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6 Woodward Group 6-7	7	8	9
10	11 Ada Support Group 5:30-6:30  Wichita Support Group 6-7	12 RNY Support Group 6-7 McAlester Support Group 5:30-6:30 Enid Support Group 7:00	13	14 NWOKC Support Group 6-7	15	16 Saturday Support Group 11:00
17	18	19	20	21 AGB Support Group 6-7  Ft. Smith Support Group 7-8	22	23
24	25	26 RNY Support Group 6-7  Madill Support Group 5:30-6:30	27	28	29	30
31						