

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

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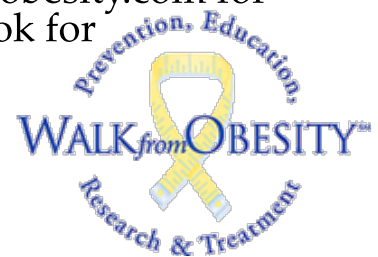
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2008 Walk from ObesitySM

Last years *Walk from ObesitySM* sponsored by the American Society of Metabolic and Bariatric Society and the Obesity Action Coalition was a huge success. The event was held at the Oklahoma City Zoo and generated more than 100 participants.

This year the *Walk from ObesitySM* will be held in Tulsa, OK. The Walk is scheduled for 9am on Saturday September 27th at the River West Festival Park located at 2301 South Jackson in Tulsa. Walkers will be able to register on line.

A formal dance will follow the walk and will be a great time. The Dance for Obesity will start at 6pm. Tickets will be \$40.00 per person or \$75 per couple and it will be at the Oaks Country Club. Cocktail attire for the dance is recommended. All proceeds from each event will support the ASMBS and OAC in their efforts to increase research funding for obesity. Visit www.walkfromobesity.com for general walk information. Look for updates in our upcoming newsletters.



Inside this issue:

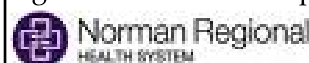
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OWLO News:

- ◆ New support group in Madill, OK! This group is held on the 4th Tuesday of each month from 5:30-6:30pm at Integris-Marshall Memorial Hospital @ 1 Hospital Drive Madill, OK 73446.
- ◆ The OWLO office will be closed on July 4th.
- ◆ If you are a post op patient and would like to be highlighted in our newsletter, please contact the OWLO office.



Oklahoma WEIGHT LOSS Options is recognized by the ASMBS 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.



Patient Spotlight



This month we are featuring Mark and Katy, a husband and wife who had RNY together. Katy's surgery was October 22, 2007 and Mark's was October 15, 2007.

How much weight have you lost since surgery? **Katy: 102 pounds** **Mark: 123 pounds**

Do you meet your protein goal daily? **Katy: Definitely** **Mark: Yes**

What is your favorite Meal Replacement or Protein supplement? **Katy: Isopure Apple Melon**
Mark: Vanilla Chike and Syntrax Nectar Carribean Cooler

What health conditions have improved since surgery? **Katy: My cholesterol is down 50 points and I do not have joint pain, and I feel normal again.** **Mark: Since surgery I am off all my blood pressure medicine.**

What is your exercise regime? **Katy: I work out three times a week for 45 minutes and I bicycle for fun.** **Mark: I walk daily and work out with weights and resistance bands.**

What is one piece of advice you have for other Bariatric patients? **Katy: Attend support groups. They are a way to get vital information and support for reaching weight loss goals. One other bit of advice that I strongly suggest is watching sugar intake.** **Mark: Follow all directions given by the doctor and life will improve both physically and mentally for you. Set attainable goals and you will see the results. This is one of the best things I could have done for myself and for my family.**



Recipe Corner

Fresh Lettuce Wrap

Serving Size: 1 Wrap: 132 Calories, 8 g Fat, 5 g carbs, 18 g protein

- 1 large leaf Romaine lettuce
- 3 ounces Deli Turkey or Deli Chicken Breast
- 1 slice low fat Swiss cheese
- 1 thin slice tomato
- 1 thin slice avocado
- 1 teaspoon lime juice
- 1 tablespoon low fat Ranch dressing



Place lettuce on a plate. Top with deli meat, cheese, tomato, and avocado. Drizzle with lime juice and ranch dressing. Roll up, secure with a wooden pick and slice on the diagonal.



Follow these tips to save some money and lower your grocery bill

- Plant a garden. Growing more vegetables and less lawn puts food on your table for pennies and saves mowing time and gasoline. No yard or sunny spots? Share community garden space, or plant a row or two with a neighbor or friend. Freeze or can extra produce to last during the winter months.
- Shop for seasonal produce at farmers markets. Local food requires less fossil fuel to transport. Plus, it tastes fresher.
- Make a shopping list, and stick to it. The more often we shop and the longer we spend in the grocery store, the more we'll spend.
- Avoid shopping when hungry, and leave impulse buyers at home.
- Eat at home more often and cook from scratch. You'll gain the satisfaction of self-sufficiency.
- Beware of "stock-up sales." It's easy to buy more than we need or can use before it spoils.
- Check out buying clubs or cooperatives. You can order bulk items at a discount, then split your order with a friend.
- Look for "use-by" and expiration dates on perishable items.
- Pick up meat, poultry, dairy and frozen foods toward the end of your shopping trip and store them promptly in your freezer or refrigerator to prevent spoilage.
- Avoid waste. Use last night's leftovers in tonight's soup, stew, omelet or stir-fry. Store leftovers in reusable airtight containers to preserve quality.
- Use coupons only if the item is something your family uses and it costs less than a comparable store brand. Coupons promote more expensive, brand-name items you might not ordinarily buy.
- Buy less expensive generic and store brands. The cost of advertising for national brands is passed on to consumers.
- Look for less expensive products placed on the highest and lowest grocery shelves. Higher-priced national brands tend to be placed at eye level.
- Beware of market practices designed to make us buy more: food samples, end-of-aisle displays and items located by the checkout counter.
- Leave bottled designer and vitamin water on the shelf. It can cost more than gasoline.



July 2008



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3 <u>Band Group</u> 3rd Floor HealthPlex 6-7 pm	4 	5
6	7	8 <u>Bypass Group</u> 3rd Floor HealthPlex 6-7 pm	9	10 <u>SG:</u> Lane/Atoka Harmony Baptist Church 7-8 pm <u>SG:</u> Lake Overholser Church of Nazarene 6-7 pm	11	12
13	14 <u>SG:</u> Church of Christ Ada, OK 5:30-6:30 pm	15 <u>SG:</u> Wesleyan Church Enid, OK 7-8 pm	16	17 <u>SG:</u> Ft. Smith Public Library 7:00-8:00 pm <u>Band Group</u> 3rd Floor HealthPlex 6-7 pm	18	19 <u>Saturday Band and</u> <u>Bypass Group</u> Norman Regional Hospital Education Center 11am-12pm
20	21	22 <u>SG:</u> Madill Hosptial 5:30-6:30pm <u>Bypass Group</u> 3rd Floor HealthPlex 6-7 pm	23	24	25	26
27	28 <u>SG:</u> Ardmore Red Cross Office 6 pm	29	30	31		



New Support Group in Madill on July 22nd.
Enjoy your Independence day safely!

