



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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Swim for your health!

Summer has arrived! Now that we are into those notoriously blistering hot Oklahoma summer days, find a way to cool things down by taking a dip in the pool!

Swimming is not only a great way to stay cool in the summer, it is also an excellent fat burning exercise! Swimming can be a great way to help you tone your muscles and slim down. The resistance of the water involves many of the major muscle groups, giving you a great workout! The more time you spend in the water working your muscles the more fat you will burn.

In addition, the water helps to support your weight and relieve stress on your joints making this a great exercise if you have joint pain or arthritis. So, find a pool near you & dive in!

Local Pools & Recreation Centers

- ◆ Westwood Water Park, 400 Westport Dr, Norman, OK 405-329-5422
- ◆ Earlywine Family Aquatic Center, SW 119 & May 405-692-6050
- ◆ Will Rogers Family Aquatic Center, 3201 N Grand 405-946-5937
- ◆ Northeast Pool, 1220 NE 33 405-424-6343
- ◆ Woodson Pool, 3405 S May Ave 405-681-9776
- ◆ Carson Pool, 8303 S Villa Ave. 405-685-4027
- ◆ Douglass Pool, 901 N Carverdale Dr 405-427-8712
- ◆ Macklanburg Pool, 11700 N Stratford 405-751-2473
- ◆ Minnis Lakeview Pool, 12518 NE 36 405-769-9852
- ◆ Schilling Pool, 537 SE 25 St 405-634-3124
- ◆ Foster Indoor Pool, 614 NE 4 St 405-239-6898



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OWLO News:

- ◆ New website design! The OWLO website received a makeover which includes many new features including a discussion forum for patients. This will act as another form of support for patients. Simply create an account and start a discussion. For more information go to <http://www.owlo.com>
- ◆ New staff members join OWLO! With our continued growth, OWLO is working to expand its staff to better serve our patients. Look for introductions in upcoming newsletters.
- ◆ FASHION SHOW UPDATE—The fashion show will be delayed until this Fall due to some unforeseen circumstances. Sorry about any inconvenience, but we hope to see the new improved you this fall!



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 requires a comprehensive approach to weight loss in addition to the highest level of care to patients.



My Weight Loss Story By: Byron Tippie

When I started looking into the Lap-Band surgery I weighed in at 320 pounds and was a size 48...or a real tight 46! I am now down to 230 and at a size 36...a little tight but by God I am in a 36!

I had always been overweight. I used humor to mask the embarrassment and it usually worked. I was always the popular/funny one and never really had trouble making friends, but I was still the fat one and there was always "that one person" that would not allow me to forget it.

Like most overweight people, I grew up to have overweight problems. My blood pressure was 180/110; I had a hard time playing with my 5 year old son; I would get winded when walking stairs; my back, knees and ankles always hurt; I had trouble with seatbelts and would never be able to get on park rides. Clothes were expensive since I had to buy from specialty stores and so much more.

Enough was enough!
After a lifetime of failed diets and a roller coaster of weight changes, I looked at my options and chose the Lap-Band.

Dr. Keith's office is a comfortable atmosphere. Everyone makes you feel important and treats you like a human being. All information was explained to me and everyone made sure that I fully understood the procedure and what to expect before, during, and after my surgery.

I had my surgery at Norman Regional and ALL of the staff were wonderful! Dr. Keith and other staff even checked on me when I got into my room to make sure I was ok, and I was out of the hospital in 9 hours.

I had the surgery on November 3, 2005 and I have to admit, the port made me uneasy at first, but it is now a part of me. I love it and I love my band. I was more excited to see results so I worked out 30 min-

utes everyday and followed EXACTLY what my dietitian told me.

I actually felt no hunger at first, but after the swelling went down; it was time for a fill! Some days the band is tighter than others. Some days I can eat a cup and a half at one meal, others I can only eat 3/4 of a cup. I understand that the Lap-Band is a tool and will not absorb calories, so I stick to my life change and keep as healthy as possible.

I chose the Lap-Band for a few reasons. I needed to get back to work ASAP and was actually scared of the Roux-en-Y. Whichever surgery you choose, it's a good choice and is one step closer to a healthier you! Just do what is right for you!

I had trouble at first on how to answer the weight loss questions and how to react when people say that surgery is cheating. The surgery is the hardest thing I have EVER had to do! I watch my portions, what I am eating, fat content, protein content, chew well, put down your fork after every bite, no drinking 1 hour before during or 1 hour after eating and no more "scarffing" down a quick lunch, 84 grams of protein, 64 ounces of water, and so on and so forth. Other popular or fad diets can NOT hold a candle to what I am doing!

I actually pay attention to what I eat now. I weigh it, measure it, look at the labels and I don't eat junk! I have a protein number and I stick with it! I drink my 64 ounces of water a day. The way I look at it is, Dr. Keith provided me with a tool and the knowledge to lose weight and I USED THEM! This was my second chance and my only option.

Where am I now? My blood pressure is now 130/75. I exercise daily and can keep up with my son so much better. I don't have issues with seatbelts or clothes and I can shop at any store!!!

I want to leave you with a few words of advice:

"Eat to live, don't live to eat, and taste is only temporary!"



Byron - Today

Note from Editor:

Thanks Byron for sharing your inspirational story! Keep up the great work! If you would like to share your journey with weight loss, please e-mail it to nutrition@owlo.com or by fax 405-364-9112

~ Lisa



Byron - Before Lap Band



Byron - Today

WLS Poem*

*Do you have cookies in your car?
Are those chips not very far?
Is that soda in your glass?
Did it come from a drive-thru fast?*

*Was WLS your choice to do?
Or did someone force you to?
If surgery was what you chose,
Why are you still doing all of those?*

*Success begins with wise
choices you make,
Don't let noncompliance
be your mistake,*

*The surgery you had was to
assist your change,*

***Your compliance is for
success long range.***

*So think before you decide to cheat,
Remember the goals you
want to meet.*

*For surgery is not something you
were forced to do,*

***It was what you wanted for a
healthier you.***

Submitted By: Debra Poland

*taken from gastricbypassfamily.com

What inspires you?



The person that inspires me is my husband. He loves me at all times. He tells me I can when I can't find the way. He makes me laugh when I would rather cry. He lets me know I am priceless, so on those days I would rather shred myself like an old credit card, I find the value in ME. He reminds me that it takes work to be healthy and that I am doing all the right things to get there. He walks with me at night and eats what I fix so we can do this "together". I get great inspiration from the friend that he is to me. He listens, & doesn't fix me. Most of all he is here on the journey with me. Submitted by: Renee Mack

Everytime my girls are able to wrap their arms around me to hug me inspires me to stay healthy and everytime my husband picks me up and carries me inspires me! Submitted by: Chrystal Pingleton

New clothes & comments like "WOW, You look great" Submitted by: Gloria Youmans

When you can complete the military physical training - and then pass up people who are actually in the military. The very first time I walked past a mirror while shopping and momentarily did not recognize my own reflection. What a milestone! When your skinny husband mistakes your pants for his. When my neighbor didn't recognize me at Wal-Mart. Having to allow myself to go to the "normal" size clothing department. Having a male teacher look me up and down as I'm talking to him and him not realize I know what he's doing. Walking into a room and feeling all eyes on me. Submitted by: Angela Steffens

RECIPE: Hawaiian Chicken From: AHA Quick & Easy Cookbook

- 1 pound** boneless, skinless, chicken breast
- 16 oz can** Crushed Pineapple (drained~save liquid to the side)
- 1/4 cup** light soy sauce
- 1/8 cup** green onion (chopped)
- 1** Kiwi, peeled & chopped
- 1/8 tsp** ground ginger
- Dash of ground Black Pepper

1. Rinse chicken & pat dry, divide into 4 servings
2. Combine soy sauce & pineapple juice & bring to boil
3. Place chicken in sauce & return to boil
4. Reduce heat, cover pan, & simmer for 10 mins
5. In separate pan, combine pineapple, kiwi, green onions, ginger, & pepper.
6. Cook on med heat for 3 mins
7. To Serve: Remove chicken from sauce & top with warm fruit mixture



Nutrition Facts:
Serving Size: 3 oz breast
Calories: 221 Kcals
Carbohydrate: 22 g
Protein: **26g**
Fat: 3 g

The Dietitian says: This is a great summertime recipe which contains a great source of protein and fruit. Cooking chicken in a covered pan & sauce helps trap moisture in, leaving a moist and flavorful meal. Add a side of steamed vegetables to make this a well-balanced meal! If you have a favorite bariatric recipe to share, send it to me by e-mail me at nutrition@owlo.com or by fax to : 405-364-9112



June 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BAND Support Group: 3rd floor Health Plex Tecumseh campus 6:00 – 7:00 pm	2	3
4	5	6	7	8	9	10
11	12 Support Groups: NW OKC (Bethany Library) & Ada, OK (Central Church of Christ) 5:30-6:30 pm	13 RNY Support Group: 3rd floor Health Plex Tecumseh campus 6:00 – 7:00 pm (Pool Meeting) **	14 Seminar: Norman Regional Education Center (Porter Campus) 6:30 – 8:00 pm	15 BAND Support Group: 3rd floor Health Plex Tecumseh campus 6:00 – 7:00 pm	16	17 LOD Group Norman Regional Education Center (Porter Campus) 11:00 am <i>Clothing Xchange</i>
18	19	20	21	22	23	24
25	26 Ardmore Support Group Red Cross Office 6:00 – 7:00 pm	27 RNY Support Group: 3rd floor Health Plex Tecumseh campus 6:00 – 7:00 pm	28 Seminar: Norman Regional Education Center (Porter Campus) 6:30 – 8:00 pm	29	30	

DATES TO REMEMBER:

- 6/13 **Pool Group Meeting ~ Physical Performance Center on NW 24th (Norman) @ 6:30pm for RNY & Band patients
- 6/17 The Clothing Exchange will be at the June meeting in the Education Center in Norman Regional Hospital ~ Bring your "slightly used" or "nearly new" undergrown clothes in exchange for smaller sizes!

