



The Milestone

A point in time, marking a key event or accomplishment

June
2009

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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On The Horizon

• Calling All Models!

OWLO is planning to have its fashion show January or February of next year, so start coming up with ideas for what to wear!

• Walk From Obesity

This year's walk will be held on September 26th in Oklahoma City, so clear your schedules. We will have more information about registration shortly.

• Cookbook

OWLO is putting together a bariatric cookbook, so if anybody has any bariatric friendly recipes they would like to share send it in an email to either Ethan or Christy (etroutt@owlo.com or colson@owlo.com). Just be sure to tell us how many servings your recipes make!

QUICK TIP

If you're on the go and don't want to lug around big containers of protein supplement or meal replacement invest in a couple baby formula divider containers to store your supplements in when you're traveling or pinched for space.



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 **Sidney**. Sidney had RNY surgery in March of 2008.

- How much weight have you lost since surgery?
109 pounds.
- Do you meet your protein goal daily?
Yes, most days.
- What are your favorite Meal Replacements or Protein Supplements?
Protein Bars
- Do you have any health conditions that have improved?
Yes, my blood pressure is now lower.
- What is one piece of advice you have for other Bariatric patients?
Follow the rules and keep walking!



Recipe Corner

Braised Italian Pot Roast

Ingredients

- 3 to 3 ½ pound boneless beef chuck shoulder roast
- One 28-ounce can Italian-seasoned diced or crushed tomatoes in juice
- One large head garlic, 10 to 12 garlic cloves, peeled
- 2 to 3 cups Beef broth.

Directions:

Preheat oven to 300°. Place roast in a large ovenproof covered pot or Dutch oven. Pour tomatoes with juice over roast and scatter garlic cloves around it. Season with salt and pepper and add enough broth to come about two-thirds way up sides of roast. Braise in middle of oven, covered, until very tender, 3 ½ to 4 hours. Carefully remove roast to large platter. Separate meat into large chunks and add to sauce in pot. May be prepared in advance to this point and gently heated on stovetop to serve.

NUTRITION FACTS:

Per Serving:
4 ounce WLS portion:
Calories 260
fat 10 g
carbs 8 g
protein 38 g
Serves 4

BariatricEating.com



Braised Italian Pot Roast



DEHYDRATION

With the temperature finally on the climb and the summer months fast approaching it is now more important than ever to make sure you meet and even exceed your fluid goal on a daily basis to stay adequately hydrated and compensate for fluids lost due to perspiration.



The Importance of Hydration.

Proper hydration is going to aid in:

- Digestion of nutrients
- Absorption of nutrients
- Excretion of nutrients

Diuretics

Diuretics cause the excretion of urine, which, when unreplenished leads to dehydration. Some common diuretics are caffeinated beverages (sodas, regular tea, regular coffee) and alcohol.

Signs and symptoms of dehydration.

- Headache
- Fatigue
- Decreased Appetite
- Light headedness
- Poor skin turgor
- Concentrated urine
- Sunken eyes
- Rapid heart beat
- Skin tenting on forehead
- Dry mucous membranes of mouth and nose.

% of body water lost	Impact on Health
0-1%	Thirst
2%	Thirst, discomfort, loss of appetite
3%	Decreasing blood volume and impaired physical function
4%	Increased effort to perform physical work
5%	Difficulty concentrating
6-7%	Unable to regulate excess temperature
8%	Dizziness, labored breathing with exercise, weakness
9-10%	Muscle spasms, delirium, and wakefulness
11%	Abnormal circulation, decreased renal function
20%	DEATH

Good fluid choices.

- Water
- Decaf tea and coffee
- Propel
- Crystal light
- Flavored water

Poor fluid choices

- Soda
- Sports Drinks
- Fruit Juices
- Carbonated Beverages



JUNE



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