

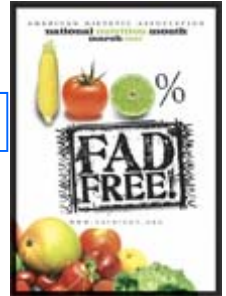


The Milestone

March 2007

A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK



National Nutrition Month

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

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March is National Nutrition Month! Each year the American Dietetic Association (ADA) sponsors a nutrition education and information campaign. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information. The theme this year is 100% Fad Free, finding the meal plan that best suits you and does not follow the latest fad in dieting. The key concepts are:

- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.


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- Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Use the Food Guide Pyramid to guide your daily food choices.
- Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.

OWLO News:

- ◆ OWLO staff is growing! We have added 3 new staff members in the month of February. Watch the "Welcome to OWLO" section of the newsletter for introductions to our newest staff!
- ◆ Oklahoma WEIGHT LOSS OPTION's non-surgical weight management program is now enrolling participants. If you or someone you know is interested please contact us to schedule an appointment.
- ◆ 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

Jarod before surgery



Jarod has lost 164 pounds since his Roux-en-Y surgery one year ago. Before surgery he wore a 46 waist pant and a 5X shirt, today he struts his new look in a slim 34W and Medium size shirt! You might notice him flying by you on a shopping cart as he likes to ride them through the parking lot after shopping. He has also taken up jogging and is inspired by the whispering wind saying "I can run like the wind" reminiscent of the movie "Forest Gump". One of the greatest benefits to surgery is the feeling he is treated with more respect and his jokes are funnier! His advice is "change the way you think about food-I rate foods as high octane or low octane. Fueling up on high octane foods like tuna and salads, keep his motor running healthy". As he states it – Food is a lot like medication, you would never overdose on meds, right?

Jarod at the Show



Thank you Jarod 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!

RECIPE: Black and White Bean Salad Taken from: www.eatright.org

INGREDIENTS:

- 1 can 15 ½ oz white bean (any variety)
- 2 cans 15 ½ oz black beans
- 2 tomatoes, chopped
- 1 large red pepper, diced
- 2 c frozen yellow corn, thawed
- 1 bunch green onions, sliced
- 1 cup salsa
- ¼ cup red wine vinegar
- ½ cup cilantro chopped
- ¼ tsp ground black pepper

DIRECTIONS:

1. Gently stir rinsed beans & tomatoes.
2. Combine red pepper, corn, onions & stir into bean mixture.
3. In separate bowl, combine salsa, vinegar, cilantro, and black pepper. Stir well with wire whisk. Add to bean mixture.

Serving Size: ½ cup:

Calories: 90

Fat: 1 gram

Protein: 5 grams

Fiber: 5 grams



Good Bacteria in Your Food?

Our environments as well as our bodies are full of bacteria. We most commonly associate bacteria with diseases or sickness. Bacteria are found in and on the skin, in the gut, and in other orifices. Not all bacteria are harmful, and it turns out that there are some bacteria that are good for us.

These “friendly bacteria” are vital to a strong immune system. We all have a unique mixture of bacteria which provides us immunity from colds and illness. Now research suggests our diets may impact the amount of friendly bacteria our bodies have.

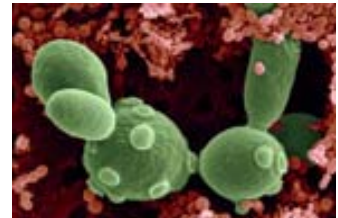
Probiotics are live microorganisms, similar to the beneficial microorganisms found in the human gut, which are found in foods and dietary supplements. Interest in probiotics began in the 1990’s and has become a multi-million dollar industry in foods and supplements. Recent research suggests these bacteria can provide health benefits.

In probiotic foods and supplements, the bacteria may have been present originally or added during preparation. The most common bacteria come from two groups, Lactobacillus or Bifidobacterium. Within each group, there are different species and strains (for example, Lactobacillus acidophilus and Bifidobacterium bifidus).

So why consume probiotics?

There are several reasons that people are interested in probiotics for health purposes. The most recent research suggests probiotics may be used to treat several conditions:

- ⇒ To treat diarrhea
- ⇒ To prevent and treat infections of the urinary tract or female genital tract
- ⇒ To treat irritable bowel syndrome
- ⇒ To reduce recurrence of bladder cancer
- ⇒ To shorten length of an intestinal infection
- ⇒ To prevent and manage eczema in children



Common foods containing probiotics are yogurt, fermented and unfermented milk, miso, tempeh, and some juices and soy beverages. Strive to eat one probiotic 3-4 times each week and try the recipe below!

PROBIOTIC RECIPE:

Sour Citrus Blast Smoothie

- 1 orange, peeled
- 1/2 of lemon, peeled
- 1/2 cup lowfat cottage cheese
- 1/2 cup orange or orange-pineapple juice
- 1 teaspoon honey

(Nutrition Facts: Calories: 225; Protein 15g; Carbohydrates 21g Total fat 3g; Fiber 4.5g)



Source:

<http://nccam.nih.gov/health/probiotics/index.htm>

Welcome to OWLO!

OWLO welcomes our newest Physicians Assistant, Elizabeth Bivens.


Elizabeth graduated from the University of Oklahoma Health Sciences Center PA Program in 1996 and previously worked in Internal Medicine and Rheumatology. Elizabeth says, “I am excited to work with Dr. Nelson, Dr. Keith, and Winter Bathé here at Oklahoma WEIGHT LOSS OPTions.”





March 2007



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



Model Call! If you are interested in modeling in the spring fashion show please call. The fashion show is scheduled for Saturday - June 2, 2007.