



The Milestone

A point in time, marking a key event or accomplishment

September 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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It's that time of the year again!!!

And no, we aren't talking about football season. It's time to register for the *Walk From Obesity!*



Registration forms can be picked up at the OWLO office and those who register with our team will receive a \$25.00 gift certificate towards any nutrition products in our patient store and a new OWLO t-shirt and hat.

There will be a ball after the walk on Sept 27th. For those that are interested it is \$50 per person or \$90 per couple to attend. Registration forms can be picked up at the OWLO office as well.

Chike!

OWLO is now offering single serving packets of Chike! Meal replacements for \$2.00. These packets are great if you want to try new flavors or are on the go and



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 **Donna**. Donna had RNY surgery in August 2007.

- How much weight have you lost since surgery?

I was on the OWLO balance program at first to satisfy my insurance, I lost 60 lbs while on it. I have lost 114.4 pounds since surgery for a grand total of 174.4 pounds

- Do you meet your protein goal daily?

I exceed my protein daily even though I am 25 pounds below the personal weight loss goal I had set for myself.

- What are your favorite Meal Replacements or Protein Supplements?

For my meal replacements I use Max Protein powder in a sugarfree hot chocolate drink, or as a slushy which I make using ice, PB powder and sugar free chocolate syrup blended in my magic bullet. I eat the peanut butter and chocolate Pure Protein Bars as my supplement

- Do you have any health conditions that have improved?

I no longer have high blood pressure, m cholesterol and triglyceride levels are normal and my arthritis is a lot less painful.

- What is one piece of advice you have for other Bariatric patients?

Utilize your support systems, whether it be online or at a support group. Also the most important thing to remember is this is a tool, and like any tool it can be broken. Use the tool OWLO has blessed us with and it will be your best friend for life



Recipe Corner

Baked Fish Au Gratin

Ingredients

- Vegetable cooking spray
- 1 pound firm white fish fillets such as tilapia, or halibut
- 1 tablespoon butter
- 1 tablespoon flour
- 3/4 cup milk or fat-free half & half
- 1 teaspoon lemon pepper
- 1 1/2 cups grated cheddar cheese

Preheat oven to 375 degrees and coat a long baking dish with cooking spray. Pat fish dry with a paper towel and place in a single layer in baking dish. In a small saucepan melt butter over medium heat. Add flour and cook for one minute. Add half & half, lemon pepper and bring to a boil, stirring constantly until thickened. Spoon mixture over fillets. Bake for 10 minutes. Remove fish from oven and sprinkle with cheese, continue baking for 10 minutes more or until fish flakes easily with a fork.

NUTRITION FACTS:

Makes 4 servings.
Per Serving:
Calories 264
Protein 26 g
Fat 11 g
Carbs 5 g
Sugar 0 g
Sodium 325 mg



Baked Fish Au Gratin

NUTRITION BALANCE

How to Avoid Long-term Nutrient Deficiencies

Most Common Nutrient Deficiencies in Bariatric Patients:

- Protein – Leads to breakdown of muscle mass, hair loss, etc.
- Calcium – Leads to osteoporosis
- Vitamin B12 – Leads to nerve damage and memory loss
- Iron – Leads to decreased energy level and anemia

Other Possible Nutrient Deficiencies:

- B Vitamins
- Fat-soluble Vitamins (A, D, K)
- Folate
- Thiamin
- Zinc
- Copper



Avoiding Nutritional Deficiencies:

After bariatric surgery, excellent nutrition is very important due to malabsorption (RNY only) of nutrients by the digestive system and limited food intake with a smaller stomach size. Here are some ways to prevent nutritional deficiencies:

- Take Your **REQUIRED** Nutrition Supplements **EVERY** Day:

1. Make sure you consume 1-2 high protein meal replacements and protein supplements daily.
2. Take your daily multivitamins (with 18 mg iron). You should take 2 per day, one in the morning and one in the evening to ensure maximum absorption.
3. Take your daily Calcium Citrate supplements, 2 per day for a total of 1200 mg.
4. Take your essential fatty acids every day. There are two options for this:
 - Fish Oil: 2 g of DHA + EPA per day
 - Flax Oil: 6 g per day



- Eat a variety of foods daily, weekly, and monthly.

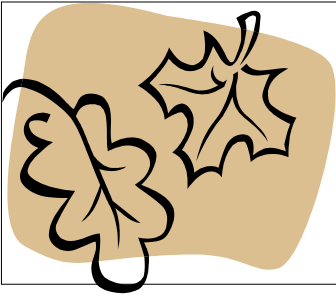
1. Vary your fruits and vegetables to get a variety of colors every week. Different colors represent different vitamins.
2. Vary your protein sources: eating different kinds of meats can provide different kinds of vitamins and minerals. Getting protein from plant sources can also provide benefits such as fiber, antioxidants, beneficial fatty acids, and phytochemicals. Try soy, beans, seeds, or nuts for a protein snack.

- Make **EVERY** food choice count. Choose foods high in nutrients and fiber and low in calories, fat, and sugar.

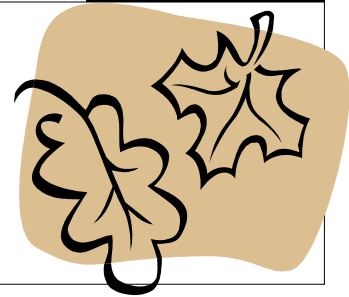
1. Low fat dairy products
2. Fruits
3. Vegetables

Be Creative in your daily food choices. You can easily turn ordinary recipes or dishes into nutrition powerhouses that are low in fat and sugar. If you create dishes and foods that you enjoy, you are more likely to stick to your life-style changes!





SEPTEMBER



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

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