

Message from Dr. Nina Gray



What do I do? I have stopped losing weight!

First, don't panic. This is a normal part of the weight loss process. It can happen at any point and reflects the stabilization of weight,

depending on how the input (food) matches the output (energy used).

This is called the weight plateau. It happens because as you lose weight, your basal metabolic rate decreases. So, you need fewer calories to do the same daily activities and exercise.

So, what should I look for that may be stopping my weight loss?

1. Any changes to medications? Some cause weight gain.
2. Am I less active in my daily activities? Do I sit more at work?
3. Am I really physically hungry or is it stress eating?
4. Am I eating too infrequently?
5. Am I still motivated?

The 5 P's to success

1. **PATIENCE:** This is a marathon, not a sprint. When you look back on how long it took to gain the weight, was it overnight? Probably not. So, we can't expect it to all come off overnight either!
2. **PERSISTENCE:** Don't get discouraged. This is a normal part of the process. Keep going!
3. **PLANNING:** Look at your food diary and activity chart with a critical eye. What has changed? Is everything included? Do you have too many snacks and liquid calories?
4. **POSITIVE THOUGHTS:** You are doing great. This is not a personal failure. It's biology.
5. **PERSPIRATION:** Rev up the exercise, walk during your breaks and increase daily steps by 10 percent. Get your heart rate up when exercising in short, five-minute bursts..

How do you stay on track with your weight loss journey?

Jennifer Heyob, BSN, RN

This is a simple question to ask, but not as easy to manage. There are so many different options due to the fast-paced world of technology that we live in today. Mobile apps have been a popular choice with many of our patients to help them track their progress before and after surgery.

Baritastic is one app that allows you to work toward your goals by setting reminders and timers to take your vitamins and track your water intake. You can also keep a photo time line to help you stay motivated.

MyFitness Pal is another common app that patients use. With MyFitness Pal, you can build meals and recipes, scan food barcodes and track your exercise.

Another app that can help you set goals and join an online community for extra support is LoseIt! Continue to search for the avenue that works best for you and don't be shy to try something new.

News You Can Use

Bariatric Support Group Meetings

Patients are required to attend at least one meeting prior to surgery but are encouraged to attend as many as possible, before and after surgery. Patient feedback indicates that support group meetings are tremendously valuable, both for the information and for the fellowship offered. The meetings provide important information regarding nutrition, behavioral health, exercise and insights from physicians. The later part of the meeting involves networking and allows the members to share their experiences, offer support and ask questions. Family members and/or support persons are encouraged to attend the meetings. Patients are welcome to attend the monthly meetings as often as they like. This support group is for you!

Bariatric Support Group Meetings
Good Samaritan Hospital
4th Floor Conference Center B & C

TriHealth Fitness & Health Pavilion
Conference Room B
5:30–7 p.m.

Wednesday, February 16, 2019
Wednesday, March 20, 2019
Wednesday, April 17, 2019

Changing Your Relationship with Food—Presented by Dr. Laurie Little

Good Samaritan Hospital | Cranley Conference Room

Every Monday, for 6 weeks, starting April 15, 2019. Last class is May 20, 2019

Class size is limited. Call 513 862 4957 to ensure enrollment. It is important to commit to the six-week course; attendance at each class required.

Information Seminars

Visit www.ChangeForALifetime.com to view an online video seminar or schedule a free, in-person, informational appointment with one of our surgeons on Mondays or Wednesdays at 12:30 p.m. Call 513 862 4957 to schedule.



Light Bites

Crockpot White Bean Chili

Nutritional information	
Servings	8 servings
Amount per serving	
Calories	312
Total Fat	3.0 g
Protein	24 g
Total Carbs	46.4 g
Cholesterol	15 mg
Sodium	993 mg
Dietary Fiber	15.2 g

Ingredients

- 4 (15oz) cans white beans, drained and rinsed
- 3 cups chicken broth
- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 2 (4oz) cans diced green chiles
- 2 teaspoons ground cumin
- Salt and pepper to taste
- Sour cream, for garnish
- Chopped fresh cilantro, for garnish

Preparation

Place beans, broth, whole chicken breasts and diced chiles in a slow cooker. Stir in cumin, salt and pepper. Cover and set slow cooker to low.

Meanwhile, warm oil in skillet over medium-high heat. Add onions and garlic and cook until softened, about five minutes. Add garlic mixture to slow cooker. Cook on low for six hours, stirring occasionally.

About one hour before serving, remove chicken breasts from slow cooker, shred the chicken with a fork and set aside. Remove two cups of beans and liquids; puree in a blender. Return pureed beans and shredded chicken to slow cooker. Serve with sour cream and fresh cilantro, if desired.

Source: Sparkpeople.com/recipes

Patient Spotlight

Brittany's Weight Loss Success Story

Brittany struggled emotionally with her weight for years. "I just didn't like what I saw in the mirror and struggled with my self-esteem."

Her struggles were also physical to the point where taking the stairs was a big undertaking. "I would always get out of breath. Even at home, my washer and dryer are in the basement and it was such a struggle," Brittany explains.

In 2015, she consulted with medical experts at TriHealth Weight Management. But due to her own nerves and what she felt was a lack of support from people close to her, she backed out before completing the program. She just wasn't ready.

About three years ago, Brittany found the support she needed after changing jobs. She decided it was time to tackle a new healthy lifestyle. "The ladies I work with now have been so supportive of my journey. My family was also on board and the timing just felt right."

The right time for a change

Brittany consulted with Kevin Tymitz, MD, of TriHealth Weight Management. This time she was confident that she was making the right choice, and in June 2017, Dr. Tymitz performed her weight loss surgery.

"I can't say enough great things of Dr. Tymitz and his team. He is just a great person. The nurses are so kind but also push you so you can get home. I remember after surgery telling the nurse I just want to see my dog, and she said, 'well then we got to get you up and moving!' The dietitians have also been very helpful. Their advice has been important to my success."

In June 2018, Brittany followed up on her successful weight loss when Dr. Tymitz performed excess skin removal surgery.

Brittany is down more than 160 pounds, from her starting weight of 353 pounds. She has dropped from a size 26 in jeans to a size 10 and from a 2X shirt to a medium.

No more struggles

Since her weight loss and skin removal surgery, Brittany hasn't dealt with the struggles that plagued her before. "Now I do not get out of breath at all," she says. "Not only can I easily walk up the stairs, I can actually work out."

Brittany is also healthier. Before surgery, she was pre-diabetic and had pre-hypertension. "That's why my biggest regret is that I waited," she says.

Brittany is more confident without the weight and excess skin and she can get back to doing things she enjoys, such as shopping. "Before losing the weight, I had a few outfits I would rotate. Now, I have so many. I just love the way clothes make me feel."

In reflecting on her initial decision not to go through with the program due to the perception of lack of support, Brittany offers some advice. "You need to do it for yourself. You have to have the support but, ultimately, it is up to you to make a lifestyle change."



TriHealth Fitness & Health Pavilion offerings

Taught by Arthritis Foundation instructors at 6200 Pfeiffer Road

\$15 per class or \$40 for four classes

Water classes on Mondays, noon to 1 p.m.

Water evening classes on Mondays and Thursdays, 5:45-6:45 p.m.

Land classes on Tuesdays and Thursdays, 1:30-2:30 p.m.

Registration required:

Contact Karen Sims, 513 246 2622, or karen_sims@trihealth.com