

# The *Bariatric Beat* at Regional West

January 2024



## Special Announcements

*Exciting news is on the horizon at Regional West as we announce updates to our renowned bariatric program. We're dedicated to providing excellent support for your transformative journey towards a healthier life.*

### Meet Our Bariatric Coordinator, Amber Schulze, FNP-C



We are delighted to introduce Amber Schulze, FNP-C, who joins us to help guide individuals on their bariatric journey. Amber provides medical weight management evaluation and support for patients, whether they choose surgical or non-surgical paths. Learning from the expertise of bariatric surgeons Jeffrey Holloway, MD, FACS, and Jason LaTowsky, MD, she brings commitment and compassion to our program. Amber is here to help you achieve success throughout every step of your bariatric journey. Welcome, Amber!

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, scheduled the first Wednesday of every month. These sessions are designed to foster a sense of community, share experiences, and offer valuable insights. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### February Support Group Guest Speaker Mark Anderson, LMHP

Join us at our Feb. 7 support group meeting to meet Mark Anderson, LMHP, a licensed mental health practitioner in Scottsbluff who specializes in couples counseling. With a bachelor's degree in Psychology and a master's degree in marriage and family therapy, Mark is dedicated to enhancing relationships. Mark will be sharing insights to help strengthen your relationships. Don't miss this opportunity to gain valuable tools for healthier, happier connections.

*Success stories will be coming soon!*

## Upcoming Events:

### In-Person Support Group

Feb. 7, 2024

5:30 to 6:30 p.m.

Scotts Bluff Room I,  
Regional West Medical Center

Relationship Goals: Making it  
Work After Surgery with guest  
speaker Mark Anderson, LMHP

### In-Person Support Group

March 6, 2024

5:30 to 6:30 p.m.

Scotts Bluff Room I,  
Regional West Medical Center

Greek Yogurt: From Yuck to Yum  
With a Few Tweaks

## Ask the Expert

As we enter the new year, it's a time for fresh starts and self-reflection. Jeffrey Holloway, MD, FACS highlights the importance of being mindful of "slippery calories" like gravy, dressings, creamers, alcohol, and soda – the hidden culprits that can sneak into our diets and contribute to weight gain.

Starting fresh often involves paying closer attention to our eating habits. Keeping a food diary to track protein, carbs, and calorie intake can help uncover hidden calories and kickstart your journey towards weight loss.

Remember, you're not alone on this path. Your health is our priority, and Dr. Holloway and our team are here to support you. If you have any questions or need guidance, feel free to reach out.

*Wishing you a healthy and Happy New Year!*  
*Amber Schulze, RNP-C*

## Dietitian's Corner: Meals and Tips for January

When the new year is here, we think of making goals, getting back on track, and losing the pounds we gained over the holidays. Being mindful about our choices can help us to stay on track all year long. Some tips to being mindful with food choices include:

- Don't keep trigger foods in the house – put those foods in a special cupboard so they are out of sight, out of mind, or buy one treat when you are outside your home
- Use smaller plates or bowls
- Chew your food well
- Make meals last 20 minutes
- Use the hunger scale to assess if you're hungry, eating from boredom, or emotional eating
- Sit only at the table to eat your meals and snacks

## Chicken Parm Mini Meatloaves

- 1 lb. ground chicken, preferably from the breast
- 1 egg
- ¾ cup reduced fat grated parmesan cheese
- 2 garlic cloves, minced
- ½ small onion, grated
- ¾ teaspoon of basil, thyme, and oregano
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ cup marinara sauce (if you are using store bought, look for one with the lowest added sugar)
- ½ cup part skim shredded mozzarella cheese

Preheat oven to 350 degrees. Spray a muffin tin with nonstick spray. Combine ground chicken with egg, seasonings, parmesan cheese, garlic, and onion. Mix to combine. Divide meat evenly among muffin tin to make 12 mini loaves. Top each loaf with two teaspoons of marinara sauce. Bake for 20 minutes or until an instant read thermometer reaches 165 degrees. Remove from the oven and sprinkle with mozzarella cheese. Return the pan to the oven until cheese melts. This recipe makes six servings (one serving is two meatloaves), with 19 grams of protein, seven grams of carbohydrates, nine grams of fat, and 201 calories per serving.



## Health Tips

As the winter chill sets in, maintaining exercise motivation can be challenging, especially for bariatric patients. Embrace the season by exploring indoor activities like swimming or joining a fitness class. Alternatively, bundle up for a brisk outdoor walk, taking in the crisp air and invigorating scenery. Remember, consistency is key, and finding winter activities that bring joy can make staying active during colder months a rewarding part of your journey.



## Creamy Cauliflower

- 1 lb. of cauliflower, chopped
- 2 cloves of garlic, peeled
- 4 triangles of "Laughing Cow" Cheese, any flavor
- Salt and pepper to taste

Cook cauliflower and garlic together with one to two inches of water on the stove or in the microwave until very tender. Drain. Add cheese and blend in a blender or food processor until smooth. Season with salt and pepper. You may need to reheat before serving. This recipe makes four servings, with three grams of protein, four grams of carbohydrates, and four grams of fat per serving.

# The *Bariatric Beat* at Regional West

February 2024



## Special Announcements

### Education Seminar

Did you know? You can discover all you need to know about stapling bariatric procedures on the Bariatrics & Weight Loss Surgery webpage. Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Click here to go to the webpage, or scan the QR code at the bottom of this page.

Empower yourself to make informed decisions for a healthier life!



### Success Story

Join us in celebrating Yesenia's incredible success! Her 100 lb. weight loss journey with bariatric surgery is a testament to the transformative power of embracing a healthier lifestyle. We're here to support you on your own journey.

Explore the benefits of bariatric surgery and take the first step toward a positive change. Contact us for more information, or to schedule a consultation. Your journey to wellness begins here!

*Congratulations, Yesenia!*



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5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Greek Yogurt: From Yuck to Yum  
With a Few Tweaks

#### Dr. Holloway Lap Band Presentation and Appointment

March 13, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

#### In-Person Support Group

April 3, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Let's Get This Party Started:  
Social Settings After Surgery

#### Dr. Holloway Lap Band Presentation and Appointment

April 10, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

## Ask the Expert

### Is there a best weight loss option?

While the sleeve gastrectomy is the most popular weight loss surgery, it may worsen reflux or heartburn. Someone with severe reflux would be better served with a lap band or gastric bypass.

The Roux en Y gastric bypass is the best anti-reflux operation and is suited for severe reflux disease. The new stomach is sensitive to gastric irritants like tobacco, NSAIDs, or steroid medications.

The lap band is also an anti-reflux operation. The band offers a greater safety profile and is also reversible. The lap band does not require specialized vitamin supplements because absorption is not affected by the surgery.

Each operation has strengths and weaknesses. Choosing the right surgery for each individual is important for the best possible outcome.

*Jason LaTowsky, MD*

### Dietitian's Corner: Loving Yourself

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

February is the month of love and relationships, but it can be frustrating when we hit plateaus in our weight loss journey. Even when you feel discouraged, love yourself enough to not quit.

There are many measures of progress besides the scale. How are you sleeping? How are your clothes fitting? Can you walk up the stairs without shortness of breath, or is it easier than it was a month ago? How are you managing your stress? What is your strength like compared to a month ago? Love yourself enough to not quit; you are making progress!

When it's cold out, I like to make sheet pan meals for a fast, healthy dinner with fewer dishes to wash! It is recommended that we eat fish two times per week. Try this tasty recipe for a dish your whole family can enjoy. You can also experiment with other meats, seasonings, and vegetables.

## Sheet Pan Salmon with Sweet Potatoes and Broccoli

- 3 tbsp. reduced calorie mayonnaise
- 1 tsp. chili powder
- 1-2 limes; make 2 tsp. zest and 2 tsp. of juice, with remaining lime to wedge
- 2 medium sweet potatoes, peeled and cubed
- 4 tsp. olive oil, divided
- 1 tsp. salt, divided
- 1/2 tsp. ground pepper, divided
- 4 cups broccoli florets (approx. 8 oz. or 1 medium crown)
- 4 (5 oz.) salmon filets
- 1/4 cup grated parmesan or cotija cheese (optional)
- 1/2 cup chopped fresh cilantro (optional)

Preheat oven to 425 degrees. Line a large rimmed baking sheet with foil and lightly coat with cooking spray. Combine mayonnaise, chili powder, lime zest, and lime juice in a bowl. Set aside. Toss sweet potatoes with 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper in a medium bowl. Spread on the prepared baking sheet and roast for 15 minutes. Toss broccoli with the remaining 2 tsp. olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper in the same bowl. Remove the pan with sweet potatoes from the oven, stir, and push them to one side. Add broccoli to the other side and return to oven for 15 minutes. Spread mayo mixture evenly over salmon filets. Pull vegetables out of the oven, stir, and move them to the side. Arrange salmon in the center of the pan, return to oven, and bake until the sweet potatoes are tender and the salmon reaches an internal temperature of 145 degrees. Top fish with cilantro and cheese if desired; serve with lime wedges on the side.



## Health Tips

Weight loss is not just a physical transformation; it's a journey that significantly impacts mental health. While successful weight loss often brings positive psychosocial changes, it's crucial to acknowledge the potential challenges. Some may face a return of pre-existing mental health issues or encounter new ones, especially during weight regain. As providers, we emphasize the continuous assessment of well-being throughout the whole process. Our commitment is unwavering; we are here to support patients in every aspect during their weight loss journey. Together, let's practice a holistic approach to well-being.

# The *Bariatric Beat* at Regional West

March 2024



## Special Announcements

### Q&A Survey

Your voice matters in Regional West Bariatric & Weight Loss Surgery's program! We're in the process of enhancing our services so we can better cater to your needs. Whether you're considering weight loss options, are a past patient, or are someone who is simply curious about what we offer, we want to hear from you.

We invite you to fill out our Q&A survey so we can hear your questions, concerns, and feedback. Together, we'll continue to strive for safe, efficient, and high-quality healthcare that's tailored to you.

Thank you for joining us on our mission to build a robust weight loss community.



### Sharing Success Stories

Regional West's Bariatric & Weight Loss Surgery program is proud to be a part of your weight loss journey. Your decision to prioritize your well-being and embark on a transformative journey is admirable, and we are here for milestones big and small.

That being said, we want to celebrate YOU! We invite you to share your success story with us. Your achievements deserve recognition, and your journey serves as motivation for others. If you're willing to tell us your story, email [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org).

Here's to many more victories and a lifetime of better health!

## Upcoming Events:

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Let's Get This Party Started:  
Social Settings After Surgery

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April 10, 2024

Surgery, Vascular Diagnostics  
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### In-Person Support Group

May 1, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Extreme Makeover:  
Pantry Edition

## Ask the Expert

### Are you considering bariatric surgery?

If your BMI is greater than 35 and you're experiencing co-morbidities like diabetes, hypertension, hyperlipidemia, sleep apnea, or joint pain, you may be a candidate.

Our mission is to provide you with comprehensive information on surgical options. Research shows that bariatric surgery may effectively reverse diabetes and heart disease; lower blood pressure; and alleviate various other health issues. Moreover, national insurance companies like Medicare offer coverage for weight loss surgery.

We aim to efficiently guide you through the process. From navigating options to helping with insurance requirements, our team is here to support you every step of the way.

*Take the first step toward a healthier future. Contact us today to learn more about your options.*

Bariatric Coordinator Amber Schulze, FNP-C

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

March is National Nutrition Month, a time to emphasize making informed food choices and encourage developing sound eating and exercise habits. Take a moment to check out the list below and see if there are a couple items you can focus on this month.

1. As a family, try a new fruit or vegetable each week.
2. Give family members a role in meal planning and let them pick out recipes to try.
3. Plan to eat more meals together.
4. If you watch TV, take breaks during commercials to be physically active.
5. Practice mindful eating by limiting screen time at meals - including phones, computers, and TV.
6. Try more meatless meals. Choices like beans and lentils are versatile plant-based protein sources that work in many dishes.

### Air Fryer Avocado Black Bean Taquitos

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 tbsp. cumin
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 10 six-inch corn tortillas

#### For the salsa:

- 1 cup cherry tomatoes, chopped
- 1/2 cup red or yellow bell peppers, seeded and diced
- 1 tbsp. fresh jalapeno, minced
- 1 tbsp. onion, minced
- 1 tbsp. fresh lime juice
- 2 tbsp. fresh cilantro leaves, chopped
- 4 oz. plain Greek yogurt
- Salt and pepper to taste

Using a fork, mash the avocado and black beans together in a bowl. Stir in cumin, garlic powder, and salt. Spread approximately two tablespoons of the avocado onto a corn tortilla, dividing evenly between 10 tortillas. Roll tightly to form 10 taquitos. Place taquitos into an air fryer that's been preheated to 400 degrees. Set the cooking time for five minutes. Turn taquitos over and air fry for five more minutes. Depending on the air fryer, you may need to adjust cooking time. While taquitos are cooking, combine the salsa ingredients to make fresh salsa. Remove taquitos from the air fryer when they are golden brown and crispy. Serve with salsa and plain Greek yogurt if desired. One serving is two taquitos and contains eight grams of unsaturated fat, nine grams of dietary fiber, 16 grams of protein, and 35 grams of carbohydrates.



### Health Tips

Navigating the journey to a positive body image can be challenging, but know that you're not alone. Remember to stop comparing yourself to others, practice positive affirmations, embrace your body, surround yourself with positivity, and be kind to yourself. Your worth isn't defined by your appearance.

# The *Bariatric Beat* at Regional West

April 2024



## Special Announcements

**Spring is a lovely reminder of how truly beautiful change can be.**

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

Watch our free online seminar about bariatric stapling procedures and learn more about the process. To watch the seminar, go to: [rwhs.org/bariatrics-online-seminar](https://rwhs.org/bariatrics-online-seminar).

### Q&A Survey

Your voice matters in Regional West Bariatric & Weight Loss Surgery's program! We're in the process of enhancing our services so we can better cater to your needs. Whether you're considering weight loss options, are a past patient, or are someone who is simply curious about what we offer, we want to hear from you. We invite you to fill out our Q&A survey so we can hear your questions, concerns, and feedback. Thank you for joining us on our mission to build a robust weight loss program.

## Upcoming Events:

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5:30 to 6:30 p.m.

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Social Settings After Surgery

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### In-Person Support Group

May 1, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Extreme Makeover:  
Pantry Edition

### Dr. Holloway Lap Band Presentation and Appointments

May 8, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.



**SCAN ME**

## Ask the Expert

### Are vitamin supplements necessary after weight loss surgery?

Yes! With all weight loss surgeries, total food intake is decreased, and vitamins are recommended to supplement a healthy diet. With the lap band surgery, a general multivitamin is adequate.

With other weight loss surgeries, the stomach is reduced in size or partially bypassed. The stomach helps break down nutrients for absorption. This can help you lose weight, but certain vitamins are also broken down by the stomach for absorption. After surgery, some vitamins will need to be replaced in higher than normal amounts to help keep you healthy. Taking more than recommended doses of regular vitamins can cause damage.

There are specific vitamins made for the type of weight loss surgery that you have had. While it is true that you can take a regular multivitamin and add specific supplements, many companies are now offering vitamins that are specifically made for your new body.

Major companies for bariatric vitamins include brands such as Celebrate, Fusion, Bariatric Advantage, and Procure. The list of high quality products continues to grow. Vitamins are available without a prescription and can easily be found online. There are also many forms of vitamins from pills and chewable, to injections, liquids, nasal sprays, or topical vitamin patches. Patches offer simplicity as a once-daily application and are offered by Patch MD and PatchAid.

The goal of weight loss surgery is to make you healthier and to no longer need many of your home medications. Please be aware that with all surgeries and many diet plans, supplemental vitamins are necessary.

Jason Latowsky, MD

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

It's spring and we are all looking for ways to save time in the kitchen. Check out this delicious overnight oats recipe.

#### Overnight Oats

**Provides: 190 calories, 12 g protein, 4 g fiber, 30 g carbohydrate, 2 g fat before add-ins**

- ½ cup steel cut oats
- ½ cup Greek yogurt or Fairlife milk
- Combine oats and yogurt or milk in small bowl or jar. Cover and refrigerate overnight.
- Feel free to add fresh fruit like berries, toasted nuts, chia seeds, and/or cinnamon or vanilla for additional flavoring.



## Health Tips

Celebrating progress, no matter how small, is pivotal in maintaining enthusiasm and motivation throughout your weight loss journey. Rapid weight loss isn't always the healthiest or most sustainable approach. Focus on acknowledging small victories, such as adhering to your workout plan for a week or reducing unhealthy snacking habits. Meaningful progress can fuel your determination toward achieving your long-term goals.



# The *Bariatric Beat* at Regional West

May 2024



Ramona Gonzalis



Brenda Bishop



Bianca Reynolds

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May 8, 2024

Surgery, Vascular Diagnostics  
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### In-Person Support Group

June 5, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Are You Getting Enough  
Vitamin D?

### Dr. Holloway Lap Band Presentation and Appointments

June 12, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

## Special Announcements

**Celebrate every victory, big or small,  
as you navigate your bariatric journey.**

### Introducing Our Wednesday Support Group

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### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. To watch the seminar, go to [rwhs.org/bariatrics-online-seminar](http://rwhs.org/bariatrics-online-seminar) or scan the QR code at the bottom of the page.

### Success Stories

Congratulations to Brenda Bishop, Bianca Reynolds, and Ramona Gonzalis on losing 100 pounds! Your dedication and hard work have paid off, and your success is nothing short of amazing. We're honored to have been a part of your journey and witness your transformation. If you're looking to embark on your own loss journey, or are seeking support, reach out to us. We're here to answer your questions and provide the guidance you need to achieve your health goals. Keep up the fantastic work!



**SCAN ME**

## Ask the Expert

### Is weight loss surgery a ‘cop-out’? To lose weight, should people with obesity just go on a diet and exercise?

Weight loss surgery is not a ‘cop-out’ for those struggling with obesity. Rather, it’s a medically proven solution for a complex problem. Despite sincere efforts with diet and exercise, many individuals find it incredibly challenging to shed excess weight and maintain the loss over time. The National Institutes of Health (NIH) Expert Panel confirms that severe obesity often necessitates surgical intervention for sustainable results. Unlike traditional weight loss methods, which can trigger hormonal responses that increase hunger and decrease calorie burn, bariatric procedures offer tangible physiological changes. By reducing stomach size and altering gut hormones, these surgeries effectively curb appetite, enhance satiety, and limit food absorption. Consequently, patients experience significant and enduring weight loss, addressing the underlying factors contributing to obesity. Rather than viewing surgery as a shortcut, it’s crucial to recognize it as a viable option supported by scientific evidence, offering hope and transformative outcomes for those battling obesity.

Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

## Dietitian’s Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Most social events involve food, and they do not always include healthy, low calorie options. Remember to ask yourself, “is it worth it?” when you are choosing your foods. When you’re looking for snack ideas, think of your food groups to make your snacks nutrient dense. Do they have whole grains, fruit, low-fat dairy, lean protein, or vegetables in them?

Check out this healthy twist on a classic sweet treat. You can substitute the yogurts for different flavors and try other fruits such as blueberries and bananas.

### Strawberry S’mores

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup (or 2 tbsp.) low-fat vanilla yogurt

Wash your hands with soap and water, then rinse the strawberries in water and slice them. Add the yogurt and strawberries to half of the graham cracker. Top with the other half of the graham cracker. Enjoy!



## Health Tips

In the quest for weight loss, simplistic solutions fall short. Self-monitoring, however, offers a nuanced approach. By tracking food intake, exercise, and lifestyle choices, individuals gain insight and accountability. At Regional West, we recognize the power of self-awareness in fostering lasting change. Through self-monitoring, patients can tailor strategies to their unique needs, paving the way for sustained success on their weight loss journey.

# The *Bariatric Beat* at Regional West

June 2024



## Special Announcements

**Losing weight is hard. Maintaining weight is hard. Staying overweight is hard. Choose your hard.**

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### Success Stories

Incredible news! Karrie has achieved an astonishing 100 lb. weight loss in just six months with the gastric sleeve procedure! Kudos to Karrie for her dedication and determination, and special thanks to bariatric surgeon Dr. LaTowsky. Karrie's success story is beacon of hope and inspiration for all on the journey to better health. Congratulations, Karrie!

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Are You Getting Enough  
Vitamin D?

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South, Conference Room 1

Eating Healthy While  
Eating Out

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July 10, 2024

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**SCAN ME**

## Ask the Expert

### Is Obesity a Disease?

The recognition of obesity as a disease by the American Medical Association (AMA) in 2013 marked a significant turning point in reshaping societal perceptions and healthcare approaches to this widespread health concern. Previously, obesity was often oversimplified and stigmatized as solely stemming from overeating and lack of physical activity. However, this narrow viewpoint failed to acknowledge the intricate roles of genetic, environmental, and socioeconomic factors. Acknowledging that these factors contribute to obesity is crucial for fostering greater understanding and dispelling misconceptions.

Extensive research linking obesity to 236 other diseases underscores the pressing need for comprehensive interventions that address the root of obesity. The United States Preventive Services Task Force (USPSTF) recommends universal screening for obesity in adults and referral to intensive, multi-component behavioral intervention programs for those at risk. This highlights the importance of early detection and comprehensive support in managing obesity as chronic condition.

Discover a tailored approach to weight loss with Regional West's bariatric program. Let us support and guide you on your journey towards a healthier, happier you.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Have you heard of the Mediterranean diet? It's not a fad diet; it's a lifestyle that can help you lose weight gradually and promote healthy eating habits for the long haul. This diet is all about enjoying delicious and nutritious fruits, veggies, whole grains, nuts, olive oil, fish, and low-fat dairy. Plus, you can add some zing to your meals with herbs and spices instead of salt. Just remember to skip the fried foods and limit your intake of red meat.

#### Caprese Bites

- 8 oz. mozzarella balls
- 2 tbsp. extra virgin olive oil
- 1 tsp. Italian seasoning
- ¼ tsp. crushed red pepper flakes
- 1 tsp. kosher salt (optional)
- 24 cherry tomatoes
- 12 fresh basil leaves
- Store bought balsamic glaze
- Wooden skewers

In a small bowl, stir together olive oil, Italian seasoning, crushed red pepper flakes, and salt. Add cheese and stir to coat. Layer a cherry tomato, basil leaf, marinated mozzarella ball, and another cherry tomato. Place on a serving plate. Drizzle skewers with balsamic glaze and serve.

#### Want to make your own balsamic glaze?

It's easy. Simmer one cup of balsamic vinegar on stove top until thick and syrupy - usually no more than 15 minutes. Set aside to cool and thicken.



## Health Tips

Healthy, supervised weight loss programs can help achieve faster weight loss. Finding sustainable lifestyle changes is key for long-term results. Consulting with your physician or provider to develop a healthy weight loss plan is recommended for safety and efficacy.

# The *Bariatric Beat* at Regional West

July 2024



## Special Announcements

**Physical activity helps fight insulin resistance and support weight loss.**

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### Success Stories

We're proud to celebrate Lana Lewis and Amanda Chancellor on their incredible weight loss! These ladies are down 100 lbs. and counting through lap band surgery and gastric bypass, respectively. We are thrilled to be part of their amazing journeys!

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Eating Healthy While  
Eating Out

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South, Conference Room 1

It's Time to Plan Your Menu

### Dr. Holloway Lap Band Presentation and Appointments

Aug. 14, 2024

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**SCAN ME**

## Ask the Expert

### Can Ozempic cause lean muscle weight loss?

You may be curious about the potential impact of Ozempic, a glucagon-like peptide-1 (GLP-1) agonist medication, on lean muscle weight loss. Ozempic is recognized for its effectiveness in promoting weight loss. Weight loss achieved through a calorie-reduced diet typically results in both fat and lean body mass reduction. Research indicates that in a 72-week trial involving GLP-1 agonists, approximately 25% of the weight loss by participants consisted of lean muscle mass. Despite this, participants generally achieved an overall improvement in body composition, reflecting a healthier balance between fat and lean tissue.

It's important to note that lean muscle loss can occur not only with GLP-1 agonists like Ozempic but also with other forms of weight loss, including dieting and certain weight loss pills. When calorie intake is reduced, the body often breaks down both fat and lean tissue for energy, unless measures are taken to specifically preserve lean muscle through adequate protein intake and resistance training exercises.

Preserving lean muscle mass is crucial as it plays a vital role in maintaining strength, metabolic rate, and overall physical function. Therefore, alongside weight loss efforts, it's important to focus on strategies that support muscle health. A fitness trainer and a registered dietitian can provide personalized guidance to help you achieve your weight loss goals while minimizing lean muscle loss.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Did you know that grilling is a delicious and healthy way to bring out the flavor of fruit? Popular grilling fruits include bananas, watermelon, peaches, nectarines, apples, pears, pineapple, and mangos. If you'd like to try grilling fruits, here are a few helpful tips:

- Use fruit that is a little less ripe than you would normally eat. It is important that raw fruit is slightly firm, so it holds up on the grill.
- Cut fruit into large chunks. If you are grilling bananas, you can keep them in the peel to protect their soft texture.
- Fruit can be lightly brushed with a neutral tasting vegetable oil. This helps to prevent sticking to the grates.
- Grill over high heat for three minutes without moving or turning to get grill marks. Flip and cook for one to three minutes more.

Looking to infuse more produce into your day? This quick after-school snack can give you a boost of Vitamin C, A, and fiber!

### Avocado Mango Salsa

- 1 ripe mango, peeled and diced
- 5 ounces diced avocado from 1 medium
- 1 plum tomato, diced
- 1 clove garlic, minced
- 1 jalapeno, seeded and diced
- ¼ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ¼ cup chopped red onion
- ½ tablespoon olive oil
- Kosher salt and fresh pepper to taste

Combine all the ingredients and let them marinate in the refrigerator for 30 minutes before serving. Serve with whole grain chips, pretzels, or apple slices.



## Health Tips

Hydration is key for weight loss success. Every cell in your body needs water to function optimally. Stay hydrated with water, herbal tea, or broth to reduce headaches, control hunger, and boost energy. Recognize your body's signals; often, thirst masquerades as hunger. Minimize unnecessary snacking and support your goals.



# The *Bariatric Beat* at Regional West

July 2024



## Special Announcements

### Physical activity helps fight insulin resistance and support weight loss.

#### Introducing Our Wednesday Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

#### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of the page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!



#### Success Stories

We're proud to celebrate Lana Lewis and Amanda Chancellor on their incredible weight loss! These ladies are down 100 lbs. and counting through lap band surgery and gastric bypass, respectively. We are thrilled to be part of their amazing journeys!

#### Upcoming Events:

##### In-Person Support Group

July 3, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Eating Healthy While  
Eating Out

##### Dr. Holloway Lap Band Presentation and Appointments

July 10, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

##### In-Person Support Group

Aug. 7, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

It's Time to Plan Your Menu

##### Dr. Holloway Lap Band Presentation and Appointments

Aug. 14, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.



**SCAN ME**

## Ask the Expert

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Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

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by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

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- ¼ cup chopped red onion
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Combine all the ingredients and let them marinate in the refrigerator for 30 minutes before serving. Serve with whole grain chips, pretzels, or apple slices.



## Health Tips

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# The *Bariatric Beat* at Regional West

August 2024



## Special Announcements

**“Nothing can dim the light that shines from within.” - Maya Angelou**

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of the page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!



### Success Stories

Congratulations to Yvonne Millwood for her incredible success after gastric sleeve surgery! Yvonne has put in the hard work and lost 100 lbs. and counting. We are amazed by her and are thrilled to be on this journey with her! Yvonne, thank you for putting your trust in Regional West's Bariatric and Weight Loss Surgery program. We are proud to celebrate you!

### Upcoming Events:

#### In-Person Support Group

Aug. 7, 2024

5:30 to 6:30 p.m.

Regional West Medical Center, Scotts Bluff II Room

It's Time to Plan Your Menu

#### Dr. Holloway Lap Band Presentation and Appointments

Aug. 14, 2024

Surgery, Vascular Diagnostics

Please call 308-632-2872

to make an appointment.

#### In-Person Support Group

Sept. 4, 2024

5:30 to 6:30 p.m.

Regional West Medical Center, Scotts Bluff II Room

Your Fitness Journey

#### Dr. Holloway Lap Band Presentation and Appointments

Sept. 18, 2024

Surgery, Vascular Diagnostics

Please call 308-632-2872

to make an appointment.



**SCAN ME**

## Ask the Expert

### Which Behavioral Interventions Best Promote Weight Loss?

Successful long-term weight control requires sustained behavioral changes, as short term medicinal and dietary interventions alone are often insufficient. Self-monitoring and goal setting are particularly effective. Statistically, in 43% of studies within 17 reviews self-monitoring demonstrated significant weight loss compared to control groups. Self-monitoring through a mobile app resulted in a mean weight loss of 1.78 kg (3.92 pounds), while digital self-monitoring via web or mobile apps lead to a pooled weight loss of 2.87 kg (6.31 pounds) compared to control groups. Goal setting, which is often used in combination with other techniques such as self-monitoring, showed significant success. One review reported a weight loss of up to 4.9 kg (10.78 pounds) when these methods were combined. These findings highlight the importance of integrating self-monitoring and goal setting into weight loss programs to achieve and maintain meaningful long-term results.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

#### Grilled Lemon Herb Chicken

This recipe features tender chicken breasts marinated in a zesty lemon herb mixture.

- 4 boneless, skinless chicken breasts
- 1/4 cup olive oil
- Juice of 2 lemons
- 3 cloves garlic, minced
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- Salt and pepper to taste

In a bowl, whisk together the olive oil, lemon juice, garlic, rosemary, thyme, salt and pepper. Place the chicken breasts in a resealable bag and pour the marinade over them. Seal the bag and refrigerate for at least 30 minutes, preferably two to four hours. Preheat the grill to medium-high heat. Remove the chicken from the marinade and grill for six to seven minutes per side, or until the internal temperature reaches 165 °F. Let the chicken rest for a few minutes before serving.



#### Grilled Veggie Skewers

- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 zucchini, sliced
- 1 red onion, cut into chunks
- 1 cup cherry tomatoes

In a large bowl, toss the vegetables with olive oil, balsamic vinegar, oregano, salt, and pepper. Thread the vegetables onto skewers, alternating types for a colorful presentation. Preheat the grill to medium heat. Grill the skewers for 10-12 minutes, turning occasionally, until the vegetables are tender and slightly charred.



## Health Tips

Creating a daily walking routine offers numerous benefits, including better heart health, stronger muscles and bones, improved immunity, better sleep, a sharper mind, and more energy. Walk in the morning to invigorate and set a positive tone for the day, or in the evening to unwind. Make walking enjoyable by listening to music or podcasts, walking with a friend, exploring new routes, and setting achievable goals. Embrace walking as a simple yet powerful way to enhance your wellbeing.

# The *Bariatric Beat* at Regional West

September 2024



## Special Announcements

### Introducing Our Wednesday Support Group

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### Education Seminar

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### Success Stories

We're proud to celebrate Jolene Jones, a new member of Regional West Bariatric and Weight Loss Surgery program's 100 lbs. down club. Since her gastric sleeve surgery, Jolene is down 100 lbs. and counting, and we are so proud of her progress. Congratulations on this amazing milestone, Jolene! Thank you for choosing us to be your partner on your weight loss journey.

### Upcoming Events:

#### In-Person Support Group

Sept. 4, 2024

5:30 to 6:30 p.m.

Regional West Medical Center, Scotts Bluff II Room

Your Fitness Journey

#### Dr. Holloway Lap Band Presentation and Appointments

Sept. 11, 2024

Surgery, Vascular Diagnostics

Please call 308-632-2872

to make an appointment.

#### In-Person Support Group

Oct. 2, 2024

5:30 to 6:30 p.m.

Regional West Medical Center, Scotts Bluff II Room

"Helping" Your Kids  
with Their Weight

#### Dr. Holloway Lap Band Presentation and Appointments

Oct. 9, 2024

Surgery, Vascular Diagnostics

Please call 308-632-2872

to make an appointment.



**SCAN ME**

## Ask the Expert

### Does Obesity Affect the Immune System?

The immune system is a vital defense network in our body, consisting of cells, tissues, and organs that work together to combat infections and diseases. When harmful microorganisms such as bacteria or viruses invade, the immune system responds by identifying and eliminating these threats. Without this intricate system, our bodies would be defenseless against both external pathogens and internal changes, such as cancerous cells.

Obesity, however, can significantly impair function. Excess weight leads to chronic inflammation, which overburdens the immune system and causes it to overreact even in the absence of infection. This prolonged state of inflammation is linked to various health issues, including diabetes, heart disease, and cancer. Moreover, obesity disrupts key immune components, such as memory cells and B-cells, weakening the body's ability to fight infections.

Maintaining a healthy weight is crucial for optimal immune function. Consulting with a healthcare provider about weight management can be an important step towards enhancing your immune health.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator



## Health Tips

### Reading Nutrition Labels

Reading food labels is essential for making healthier choices. By examining labels, you can quickly assess the fat, sugar, and carbohydrate content of foods to make sure they align with your dietary goals. Pay special attention to the first three to five ingredients, as they are listed in order of quantity. This helps you understand what's most prevalent in the product. Being mindful of labels not only simplifies grocery shopping but also promotes better nutrition for you and your family.

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

#### Frozen Yogurt Bark

- 2 cups plain Greek yogurt
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- ¼ cup sliced strawberries
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ cup granola



Mix the Greek yogurt with honey and vanilla extract until well combined. Spread the mixture evenly on a baking sheet lined with parchment paper. Sprinkle the sliced strawberries, blueberries, raspberries, and granola over the yogurt. Freeze for at least four hours or until firm. Break into pieces and enjoy.

#### Smoothie Bowls

- 1 cup frozen mixed berries
- 1 frozen banana
- ½ milk, dairy or non-dairy
- Toppings: sliced bananas and other fruits, nuts, pumpkin or sunflower seeds, coconut flakes, nut or seed butters, granola, etc.

Blend the frozen berries, banana, and milk until smooth. Pour into a bowl and let everyone customize their own smoothie bowl with their favorite toppings.

# The *Bariatric Beat* at Regional West

October 2024



## Special Announcements

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our newly initiated support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of this page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!



### Success Stories

Join us in giving a huge round of applause to Kameron Hahn! Kameron is down an incredible 100 lbs. and counting with medical weight management. Kameron, we are so proud of the effort and tenacity you've shown on your weight loss journey. Thank you for allowing us to be there every step of the way!

If you'd like to join Kameron on the path to weight loss, visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) or call 308-632-2872.

## Upcoming Events:

### In-Person Support Group

Nov. 6, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Managing Seasonal/  
Holiday Stress

### Dr. Holloway Lap Band Presentation and Appointments

Nov. 13, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

### In-Person Support Group

Dec. 4, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Been There, Done That -  
Realistic Advice After Weight  
Loss Surgery

### Dr. Holloway Lap Band Presentation and Appointments

Dec. 11, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.



**SCAN ME**

## Ask the Expert

### Stress and How It Affects Obesity

Stress, as defined by the World Health Organization (WHO), is a state of worry or mental tension triggered by challenging situations. It's a natural human response, and chronic stress can significantly impact our health. Stress plays a key role in obesity, primarily due to the increased cortisol levels. Prolonged stress affects the nervous, immune, and metabolic systems, leading to hormonal imbalances that promote fat storage, insulin resistance, and even a stressed brain. These changes can also increase the risk for autoimmune disorders such as asthma and mental health issues like panic attacks.

Chronic stress and obesity are interlinked in a vicious cycle. Stress can lead to weight gain, and obesity can further exasperate stress. To manage stress, adopting healthy lifestyle habits is crucial. This includes reducing sugar intake, improving sleep quality, practicing mindfulness, and engaging in physical activities like yoga. Building a strong support system and focusing on the present moment are also essential strategies for breaking the stress obesity cycle and improving overall well-being.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

October brings a season of warmth and indulgence. Check out this pumpkin recipe that is delicious and nutritious.

#### Pumpkin Soup

- 1 tbsp. butter
- 1 cup onion, chopped
- 3 tbsp. whole wheat flour
- ½ tsp. curry powder
- ¼ tsp. cumin
- ¼ tsp. ground nutmeg
- 2 garlic cloves, crushed
- ¼ tsp. salt
- 1 cup peeled and cubed sweet potato
- 2 (14 oz.) cans of low-sodium chicken broth
- 1 (15. oz.) can of pumpkin
- 1 cup 1% milk
- 1 tbsp. fresh lime juice



Melt butter in a Dutch oven or large sauce pan over medium-high heat. Sauté onion for three to four minutes, then add flour, curry, garlic, cumin, and nutmeg and sauté for one minute. Add sweet potatoes, salt, chicken broth, and pumpkin and bring to a boil. Reduce heat to medium-low and simmer partially covered for about 20-25 minutes or until sweet potatoes are cooked through and softened. Remove from heat and let stand for 10 minutes to cool. Place half of the pumpkin mixture in a blender and process until smooth. Using a strainer, pour soup back into pan. Repeat with rest of soup. Raise heat to medium, then stir in milk and cook for five minutes or until soup is heated through.



## Health Tips

As summer fades into autumn, it's the perfect time to refresh your fitness routine. The cooler air and stunning scenery create ideal conditions for outdoor activities like walking, hiking, and cycling. For rainy days, consider indoor options like gym classes or home workouts. Establish a consistent routine by scheduling regular exercise starting with short sessions. Dress in layers to stay comfortable in unpredictable weather. Embrace the seasonal change as a chance to start fresh and prioritize your health.

# The *Bariatric Beat* at Regional West

November 2024



## Special Announcements

### Introducing Our Wednesday Support Group

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### Education Seminar

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## Health Tips

### Simple Strength Training Exercises

Strength training is essential for weight loss and overall health. By building muscle, you boost your metabolism, meaning you burn more calories throughout the day – even at rest – supporting sustainable weight management. Strength training also improves bone health, reducing the risk of osteoporosis, and supports mental well-being by reducing anxiety and depression symptoms. Strength training also enhances balance, mobility, and body tone, making weight loss both effective and long-lasting. It's a powerful tool for overall health.

## Upcoming Events:

### In-Person Support Group

Dec. 4, 2024

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Been There, Done That -  
Realistic Advice After Weight  
Loss Surgery

### Dr. Holloway Lap Band Presentation and Appointments

Dec. 11, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.



**SCAN ME**

## Ask the Expert

### How does drinking more water help you lose weight?

About one-fifth of our daily water intake comes from food. If we do not drink enough water, the body will compensate by increasing hunger-drive, and therefore food intake. This leads to unnecessary calories and weight gain. In fact, dehydration is one of the main causes of overeating.

Water is essential in the metabolic reaction that breaks down fat. Hydrolysis, a chemical reaction where water breaks down chemical bonds, is the first step in lipolysis, the breakdown of fat cells. Without enough water intake, the body cannot break down stored fat or carbohydrates for energy.

We need more water as we exercise or increase activity. Water is lost from increased respiration and sweat, and metabolic waste is created by exercise and the breakdown of fat. Water is needed to flush these chemicals out of the body and make you feel better.

Replacing flavored drinks with water has been shown to help with weight loss and is an important step in your weight loss journey.

Jason LaTowsky, MD

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Sheet pan dinners are a lifesaver on busy nights. They minimize cleanup and allow you to cook everything at once, so you can relax while your meal roasts in the oven. This balanced meal provides a great source of protein from the chicken and plenty of fiber and vitamins from the root vegetables. You can easily swap out different vegetables based on what's in season or what you have on hand.

### Sheet Pan Roasted Chicken with Root Vegetables

- 4 chicken thighs (bone-in, skin-on for more flavor)
- 2 sweet potatoes, cubed
- 2 carrots, sliced
- 1 red onion, quartered
- 1 tbsp. olive oil
- 1 tsp. paprika
- 1 tsp. garlic powder
- Salt and pepper to taste
- Fresh thyme or rosemary (optional)



Preheat the oven to 425 °F. Arrange the chicken and vegetables on a sheet pan. Drizzle olive oil over everything, then sprinkle with paprika, garlic powder, salt, and pepper. Toss to coat evenly. Roast for 35-40 minutes, turning the vegetables halfway through, until the chicken is crispy, and the vegetables are tender. Garnish with fresh thyme or rosemary and serve hot.



# The *Bariatric Beat* at Regional West

December 2024



## Special Announcements

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### Success Stories

We're celebrating success stories! If you've achieved your weight loss goals through our medical weight management program or bariatric surgery, we'd love to hear from you. Share your journey to inspire others and showcase your incredible transformation. With your permission, we'd like to feature your photo and story to highlight the life-changing results of your achievements. Send your story to [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org) today!

## Upcoming Events:

### Dr. Holloway Lap Band Presentation and Appointments

Dec. 11, 2024  
Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

### In-Person Support Group

Jan. 8, 2025  
5:30 to 6:30 p.m.  
Regional West Medical Plaza  
South, Conference Room 1

Join the Discussion: Is  
Obesity a Condition or a  
Calling for Change?



**SCAN ME**

## Ask the Expert

### Balanced eating: Progress, not perfection!

All or nothing nutrition can lead to harmful eating habits, especially when perfectionism defines success or failure. This rigid mindset often contributes to eating disorders like bulimia, binge eating, or anorexia and creates fear or irrational thoughts around food. It can also trap individuals in unhealthy cycles of extreme dieting. Instead, aim for balance by embracing “shades of gray,” or moderation and flexibility. Focus on incorporating diverse food groups to meet nutritional needs and adjust for age and environmental changes. If you’re considering a strict diet plan, ask questions: is it sustainable? Have you tried it before? What worked or didn’t?

Flexibility and nutrition support long term health without creating undue stress. Remember, progress takes time, and balance is the key to avoiding frustration or setbacks. Nutrition is both art and science; focus on consistency, not perfection.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian’s Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Spinach and red pepper frittatas are a perfect holiday brunch for Christmas morning. The vibrant red peppers add a festive touch, making it ideal for sharing with family and guests. Prepare the egg mixture the night before to save time.

#### *Spinach and red pepper frittatas*

- 1 small onion, diced
- 1 red bell pepper, diced
- 4 strips of turkey bacon, diced
- ½ tsp. salt and pepper
- 1 cup of loosely packed baby spinach, chopped
- 8 large eggs
- 2 oz. shredded parmesan cheese

Heat the oven to 375 ° F and heat a non-stick skillet to medium high heat. Make sure the skillet is oven safe. Sauté onion, bell pepper, and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir. Add spinach and stir. Cook 30 to 60 seconds or until spinach starts to wilt. Whisk and add the eggs, moving the pan around a bit for eggs to surround it evenly. Sprinkle with cheese and move to the oven for eight to 10 minutes or until eggs look set. Remove with a hot pad and let it cool before serving.



## Health Tips

### Every Minute Counts

Regular physical activity, even in short bouts, can significantly impact weight, BMI, and waist circumference. Current guidelines suggest aiming for 150-plus minutes per week of moderate to vigorous exercise, which benefits overall health and reduces obesity risk. Activities can be accumulated in as little as one-minute intervals or through sustained 10-minute sessions. Both methods contribute to long term health improvements.

# The *Bariatric Beat* at Regional West

January 2025



## Special Announcements

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our evening support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

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### Success Stories

We're celebrating success stories! If you've achieved your weight loss goals through our medical weight management program or bariatric surgery, we'd love to hear from you. Share your journey to inspire others and showcase your incredible transformation. With your permission, we'd like to feature your photo and story to highlight the life-changing results of your achievements. Send your story to [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org) today!

## Upcoming Events:

### In-Person Support Group

Feb. 5, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Conquer the Fear; Embrace  
Your Fitness Journey

### In-Person Support Group

March. 5, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Discover the Hidden Costs  
of Tiny Bites



## SCAN ME

## Ask the Expert

### Navigating Gatherings: Tips for Staying Focused

Special occasion meals don't have to derail your progress. Start with a plan. Think ahead and set realistic expectations, because perfection isn't the goal. Instead, aim for balance and enjoy special foods while staying aligned with your health goals.

Plan ahead and bring a healthy dish you love, eat a small meal beforehand to avoid arriving overly hungry, or balance snacks such as 10 nuts with fruit or high protein yogurt to prevent overeating. Practicing mindful eating by pausing to assess food options, choosing what truly appeals to you, and skipping the rest. Use smaller plates and fill half of your dish with veggies, a quarter of it with lean protein, and the rest with carbs. Eat slowly, savor each bite, and give your body time to signal fullness.

Handle social pressure with a polite responses such as, "Thank you, but I'm good for now." Focus on connections and activities beyond food, including helping hosts, playing games, or sharing traditions. Remember, these moments are about joy and togetherness, not just what's on your plate. You got this!

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Here is a bariatric-friendly meal that is high in protein, low in calories, and easy to prepare.

#### Grilled chicken and veggie bowl

Serves one

Nutrition facts: 25 to 30 grams of protein, 200-250 calories, and three to four grams of fiber

- 1 three-ounce grilled chicken breast, skinless
- 1 cup steamed or roasted non-starchy vegetables, such as zucchini, broccoli, or bell peppers
- 2 tablespoons of hummus or Greek yogurt as a light dressing or dip
- 1/4 cup cooked quinoa or cauliflower rice, optional for added texture and variety
- Fresh herbs such as parsley and cilantro
- A squeeze of lemon for flavor
- Garlic powder, paprika, salt, and pepper to taste

Grill or bake the chicken breast, seasoned with garlic powder, paprika, and a pinch of salt and pepper.

Steam or roast the vegetables with a light spray of olive oil and your favorite seasonings. Arrange chicken and vegetables in a bowl. Add a small portion of quinoa or cauliflower rice if desired. Top with hummus or Greek yogurt for a creamy flavor addition. Garnish with fresh herbs and squeeze a lemon for brightness.



## Health Tips

### Create a Winter Wellness Routine

Winter is the perfect time to nurture a wellness routine that supports your weight loss journey. Start small; stretch each morning to awaken your body, journal to center your mind, or plan meals to stay on track. These daily habits build a foundation of balance, helping you thrive through the busy season and beyond. Prioritize yourself; small steps lead to lasting results.



## Special Announcements

### Monthly Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process of bariatric surgery. Scan the QR code at the bottom of this page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!

### Success Stories

We're celebrating success stories! If you've achieved your weight loss goals through our medical weight management program or bariatric surgery, we'd love to hear from you. Share your journey to inspire others and showcase your incredible transformation. With your permission, we'd like to feature your photo and story to highlight the life-changing results of your achievements. Send your story to [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org) today!

## Upcoming Events:

### In-Person Support Group

March 5, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Join the Discussion: Discover  
the Hidden Costs of Tiny Bites

### In-Person Support Group

April 2, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Join the Discussion: Break  
Free From Within: Redefining  
Self and Health



## SCAN ME

## Ask the Expert

### Obesity is Not a Motivation Problem

Almost daily people come into the office asking, “Why don’t just do it?” as if weight loss is purely a matter of willpower. This misconception is harmful. Obesity is a complex medical condition influenced by genetics, physiology, environment, and social factors — not just motivation.

Many people believe that if they were truly motivated, they would lose weight. But motivation isn’t the issue. If you take care of your family, go to work, or complete daily responsibilities, you already are motivated. The challenges lie in where and how that motivation is directed, as well as the biological and environmental obstacles that impact weight regulation. Studies show that being harder on yourself does not improve motivation; it often has the opposite effect.

Even after weight loss, maintaining it is difficult due to metabolic adaptations, environmental triggers, and physiological responses. Long term success requires ongoing medical, emotional, and lifestyle support. Viewing obesity as a motivation issue oversimplifies a complex reality and contributes to self-blame and stigma. Instead of focusing on motivation alone, embracing a broader understanding of obesity fosters self-compassion and empowers sustainable strategies. Success comes from knowledge, support, and long-term commitment to overall well-being — not just sheer willpower.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

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#### *Mediterranean Zucchini*

- 2 zucchinis, cut in half, lengthwise
- 2 tsp olive oil
- ½ tsp. lemon zest
- ½ tsp. dried basil
- ½ tsp. dried oregano
- 1/8 tsp. crushed red pepper flakes
- 1/8 tsp. salt
- 4 tsp. grated Parmesan cheese

Preheat the oven to 400 °F. Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half. In a small bowl, stir together the lemon zest, basil, dried oregano, crushed red pepper flakes, and salt. Sprinkle over the zucchini.

Bake for 20 minutes, or until zucchini is just tender.

Remove from the oven. Immediately sprinkle each with 1 tsp. of Parmesan cheese. Let stand for 5 minutes before serving.



## Health Tips

### Mental and Physical Health are Intertwined

Mental and physical health are deeply intertwined. Stress can disrupt sleep, anxiety can cause digestive issues, and emotional struggles impact overall well-being. Unlike visible injuries, mental health challenges are often overlooked, yet they are just as important to address. Regular exercise, a balanced diet, quality sleep, and positive self-talk can improve mental health. Seeking support through therapy or medical care is a sign of strength. Prioritizing both mind and body leads to lasting well-being.