

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 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

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.

