

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.

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. To watch the seminar, go to rwhs.org/bariatrics-online-seminar or scan the QR code at the bottom of the page.



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!

Upcoming Events:

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.

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.



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.



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.