

The *Bariatric Beat* at Regional West

September 2024



Special Announcements

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 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

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.



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.

