

# 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!*



### Upcoming Events:

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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

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April 10, 2024

Surgery, Vascular Diagnostics  
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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!



4021 Avenue B | Scottsbluff, NE 69361  
308-630-3812 | [RWHs.org](http://RWHs.org)

## Upcoming Events:

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Surgery, Vascular Diagnostics  
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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

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### 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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April 3, 2024

5:30 to 6:30 p.m.

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Social Settings After Surgery

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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 Procare. 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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Extreme Makeover:

Pantry Edition

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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

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### 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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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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# 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

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### 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.