

Weight Loss Warriors Newsletter

March 2024

The Healthy Crew: Getting to know your NP.

(Spotlighting Our Surgical Nurse Practitioner)

Kriste Miller NP

Kristie has been with Mercy Health since 2017, and joined our practice in June of 2022. She earned her nursing degree from Sharon Regional School of Nursing in 2006, and her Master of Nursing degree from Kent State University in 2016. She also has a Master of Science Degree focusing on Exercise Science from Slippery Rock University. In her free time she loves to exercise, travel and spend time with her two daughters Kaylee and Ashlyn as well as her dog Ava. She has always believed that her purpose is to help others become the healthiest versions of themselves they can possibly be.

For expert weight loss follow-up care call to schedule an appointment.

Registered Dietitian Speed Dating:

Check in once a month every Friday for 15 minutes with your Registered Dietitian on-line. She will share all her secrets to a healthier, happier you. If interested, please call 330-480-2034 for details. ***First date is with Kefir and will be scheduled in March. Come see what Kefir can do for you!***

St. Joseph Weight Loss Center Fun Facts

1st Surgery:

July 15, 2002

Total Surgeries:

2,975

Total Surgeries in 2023:

410 total surgeries

RYGB - 176

LSG - 118

Bariatric Surgeons:

Dr. Benjamin Biteman

Dr. Joseph Martin

Dr. Robert Woodruff

National Doctor's Day: March 30th2024

The biggest thank you we can receive is referrals that you send us from family and friends.

Waist Winners: By: Kimberly Triveri RDN LD

Are you gaining you weight back since surgery?

Does this sound familiar? It is possible to not lose enough weight or to regain weight after weight-loss surgery. This weight gain can happen if you do not follow the recommended lifestyle changes. Did you know that not taking the prescribed supplements or having bariatric labs checked by a bariatric physician after weight loss surgery plays a role. Bariatric practitioners check very specific labs that other physicians do not draw.

Your body requires the right balance of vitamins and minerals to regulate important body processes for weight loss, including hunger and appetite, fat and sugar metabolism, energy storage, and nutrient absorption. The best way to get the nutrients your body needs is through food. However, weight loss surgery restricts the amount of food you can eat, reducing your body's ability to absorb nutrients from food. Malnutrition can result if you are not getting the vitamins and minerals necessary to function properly.

As a bariatric surgery patient, taking vitamin and mineral supplements should be one of your top priorities lifelong and is not something to be taken lightly. After having bariatric surgery, nutrient deficiencies can occur without supplementation as the amount of food you are able to eat will not be enough to provide your body with adequate amounts of all the vitamins and minerals it needs.

Did you know that 98% of post-op weight loss surgery patients will have at least two nutrient deficiencies yearly. Signs and symptoms include - fatigue, weakness, depression, muscle cramps, trouble concentrating, headaches, hair loss, brain fog, muscle loss, cracked and dry skin, nerve damage, blurred vision, weak and brittle bones, paleness, lightheadedness, permanent memory loss, loss of teeth and anemia.

Please schedule an appointment to have your labs checked and get back on track with bariatric supplementation and your weight loss journey.

YOUR WEIGHT LOSS JOURNEY IS A TEAM EFFORT – NOT A SOLO RIDE

Remember, WLS is a journey, not a destination. It is a marathon not a race. Sometimes, we get off course; if you are lost to follow-up scheduling a *Back on Track* appointment is designed to give you the tools to get back on the path to good health and weight loss. Interested in learning more? Give the Surgical Weight Loss team a call to talk about your situation. Remember there is no ‘I’ in team we are in this together, and together, we will support you in reaching your weight loss goal—and maintaining it permanently.

2024 Contest:

The patient who refers the most co-workers, family members or friends for bariatric surgery in 2024 will win a free 3-month supply of post-op supplements.

Surgeon:

Referral Patient Name:

Patient Name:

YSU Bariatric Cooking Classes

When: Friday, March 22nd, 2024, at 2:30
and
Friday, April 19th, 2024, at 2:30

Where: *YSU – Cushwa Hall
Human Ecology Dept
210 Lincoln Ave
Youngstown, OH 44502*

Meet: 1st Floor back of the building by Main Elevators

Class Registration:

**Must Register to attend by calling
Kim Triveri - 330-480-2034**

Counts Towards Support Group Meeting Requirement:

The Daily Sweats: By Kristie Miller

Exercise is one of the best things that you can do for both your mind and your body. When we lose weight from weight loss surgery, we lose both lean and fat weight. It is so important to increase physical activity at this time to maintain our strength.

I know that the gym is not for everyone. I highly recommend using YouTube on your smart phone, TV or computer to search for free home exercise programs. There are even programs you can do sitting in a chair if you have a bad back or knees. Let's try to aim for 3-5 days of exercise every week!

Will it be easy? NOPE. Worth it? ABSOLUTELY.

Recipe Corner: *Fitalicious*

Skinny Meatloaf Muffins with BBQ Sauce

115 calories | 18 g carbs | 2 g fat | 18 g protein

INGREDIENTS

1 package (~1.25 pounds) 99% fat-free ground turkey breast
½ cup whole wheat breadcrumbs
1 cup onions finely diced.
1 egg
2 tablespoons Worcestershire sauce
½ cup Sugar Free Barbecue Sauce
¼ teaspoon salt
Fresh ground pepper, to taste.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Coat a regular (12-cup) muffin pan with cooking spray. Since this recipe makes 9 meatloaf muffins, you will only fill 9, not 12. Set aside.
3. To make breadcrumbs: Toast 1 slice whole-wheat or multigrain bread. Place in a blender and pulse until made into crumbs.
4. In a large bowl, add ground turkey, breadcrumbs, onions, egg, Worcestershire sauce, ½ cup sugar free barbecue sauce, salt, and pepper. Using your hands or a large spoon, thoroughly mix together until well blended.
5. Add meatloaf mixture to the 9 muffin cups, flattening out the tops. Top each meatloaf muffin with ¾ tablespoon barbecue sauce and spread evenly over top.
6. Bake for 40 minutes. Run a knife around each muffin to loosen it from the pan. Remove to a serving plate.