

The Healthy Crew: Getting to know your Surgical Weight Loss Staff.

(Spotlighting Our Program Manager)

Mary Ford, LSW



I have been with Licensed Social Worker for 36 years and have spent the entirety of my career with Mercy Health. I started at St. Elizabeth and covered all units of the hospital during my 14 years there. I joined the Surgical Weight Loss team in 2003 as the counselor and learned many aspects of the program in my first 10 years here.

In October 2013, I became the Bariatric Program Manager. Since that time, I have worked to ensure we maintained our accreditation as a Comprehensive Center for Metabolic and Bariatric Surgery, having successfully led us through 4 triennial site surveys.

In January 2018, we opened our medical weight loss program, and St. Joseph Warren Hospital Weight Loss Center has offered a fully comprehensive surgical and non-surgical weight loss program to the residents of the Mahoning Valley since that time.

For an exceptional weight loss experience and follow-up care call to schedule your appointment today.

“New Year – New You” Written By: Kim Triveri RDN LD

The New Year always starts off with the best intentions. Let’s make a commitment to keep these intentions for the next 6 months and change your body shape and size. Remember weight loss is so much more than just a number on the scale.

1. Rule #1. Christmas tree is down, and stockings are away so that means you must get rid of all the festive food or temptation food in your kitchen.
2. Begin the New Year right by starting a work-out routine or ramping up the work-out routine you currently have.
3. Make it a “New Year” with a “New You” and that means change. Be open to change. **Start by increasing fiber in your diet through high fiber unprocessed foods and supplements. Goal is 25 – 30 grams of fiber total daily.**
4. Did you know that taking your bariatric supplements daily is essential lifelong for weight loss. Establishing a routine for taking your Bariatric Multivitamin, Iron, Calcium and Vitamin D can support weight loss by ensuring that your body is not stressed by nutritional gaps, which can impede your progress and success.
5. Remember your will power muscle is the strongest muscle you have, so let’s commit to be the best version of ourselves and exercise that will power this year – 2025!

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 in 2025** 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. **Make 2025 your year!**

Waist Winners: By: Kimberly Triveri RDN LD

What most patients focus on after weight loss surgery is protein with smaller portions, but did you know that this leads to an unbalanced diet. If your diet does not contain the right balance of food, you will not be getting enough dietary fiber which can lead to constipation, weight gain and weight loss plateaus.

Why Is Fiber Important?

Fiber takes longer to digest which helps stabilize blood sugar levels. Slower digestion means you feel fuller longer which can aid in *weight loss and weight maintenance*. Studies also show that a diet high in fiber can lower cholesterol levels (LDL and total cholesterol) and improve bowel regularity, which is great news for patients suffering from constipation. Fiber plays an important role in maintaining a healthy digestive system. Provides fuel for beneficial gut bacteria and contributes to a balanced gut microbiome. A healthy gut microbiome leads to better digestion, nutrient absorption, and overall health.

How Much Fiber Is Enough?

Men should aim for 30 – 38 g of fiber per day.

Women should aim for 21 – 25 g of fiber per day.

When reading nutrition labels look for foods that list 2- 5 g of fiber per serving. Make sure you're drinking enough water throughout the day as you increase your fiber intake – fiber works better when it can absorb fluid.

Add fiber gradually, a week or two at a time. Adding fiber too quickly can cause gastrointestinal symptoms like bloating and gassiness.

Ways To Increase Fiber In Your Diet

- Opt for fiber supplements for gastric bypass patients.
- Add chia, flax, or hemp seeds to shakes, oatmeal or yogurt.
- Top pancakes with berries instead of maple syrup.
- Swap white rice with brown rice whenever possible! Brown rice has more fiber.
- Snack on crunchy veggies like carrots, celery, or cucumbers instead of chips.
- When making smoothies, try adding in some avocado! This creamy fruit is also high in fiber and healthy fats.
- Make cauliflower rice to use as a low-carb alternative to grains when cooking meals like stir fry or fried rice.

Use Of A Fiber Supplement

You should work with a dietitian or health care professional who specializes in bariatric surgery to determine the appropriate amount and type of fiber for your post-surgery diet along with use of a fiber supplement if you can't meet your fiber needs orally.

Why must you lose weight before having weight loss surgery?

Losing weight before surgery will lower the risk of complications and make weight-loss surgery safer. The main purpose of losing weight before weight-loss surgery is to reduce body fat in the abdominal region, especially in and around the liver. Also, by losing weight before surgery we see shorter operating times, reduced length of hospital stays, early implementation of healthy habits, and reduced risk of infections, blood clots, and heart attacks following weight loss surgery.

Eat for the body you want. Not for the body you have!

A huge part of losing weight is believing you can do it, and realizing it is not going to happen over-night. Here at

The St. Joseph Weight Loss Center, we provide the support to help you on your weight loss journey. Our staff will tailor a weight loss program to fit your individual needs and set you up for success.

Give us a call today 330-480-2866.

Bariatric Surgeons:

Dr. Benjamin Biteman

Dr. Joseph Martin

Dr. Robert Woodruff

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

Fitalicious Recipe Corner:
By Kim Triveri, RDN LD

Cucumber & Black-Eyed Pea Salad

An easy salad to serve alone or with grilled chicken or salmon for lunch or dinner. Substitute white beans or chickpeas for the black-eyed peas if you prefer.

Cook Time: 20 mins. **Servings:** 6 servings, about 1 cup each. **Nutrition Profile:** Low-Carb, **High-Fiber**, Vegetarian, Gluten-Free, Low-Calorie.

Ingredients 1 tablespoons extra-virgin olive oil, 3 tablespoons lemon juice, 2 teaspoons chopped fresh oregano, or 1 teaspoon dried freshly ground pepper, to taste, 4 cups peeled and diced cucumbers, 1 - 14-ounce can black-eyed peas, rinsed, $\frac{2}{3}$ cup diced red bell pepper, $\frac{1}{2}$ cup crumbled fat free feta cheese, $\frac{1}{4}$ cup slivered red onion 2 tablespoons chopped black olives.

Directions Step 1 Whisk oil, lemon juice, oregano, and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, fat free feta, onion, and olives; toss to coat. Serve at room temperature or chilled.

Per serving: Serving Size about 1 cup 161 calories; total fat 11g; saturated fat 3g; cholesterol 11mg; sodium 242mg; total carbohydrate 12g; dietary fiber 3g; total sugars 3g; protein 5g; vitamin c 28mg; calcium 93mg; iron 1mg; potassium 274mg