

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



### **Dr. Nicholas Gastaldo**

We would like to extend a very warm welcome to the St. Joseph Weight Loss Center's newest surgeon.

Dr. Gastaldo grew up in Central Ohio and completed residency at Cleveland Clinic, Akron General. Afterwards he pursued bariatric surgery fellowship at Inova Health, where he gained experience in advanced robotics and endoscopy. Dr. Gastaldo's best practice is that he has always wanted to use the latest technology to help care for complex patients.

When Dr. Gastaldo is not working, he enjoys supporting Ohio State and Cleveland sports, growing his tomato garden, and spending time with his wife and children.

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

## **Something New In 2025 – The TORe**

**Are you regaining your weight after a Roux-en-Y Gastric Bypass procedure?**

The Transoral Outlet Reduction (TORe), a minimally invasive out-patient endoscopic procedure that revises a previous Roux-en-Y Gastric Bypass by reducing the size of the gastrojejunal outlet (the connection between the stomach pouch and the small intestine), aiming to address weight regain and improve satiety.

**Maybe the TORe is right for you, please call to schedule an appointment to start your weight loss journey or get back on track with your weight loss success.**

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### **St Joseph Weight Loss Center Fun Facts**

1<sup>st</sup> Surgery: 2002

Total Primary Bariatric Surgeries: over 3,000

Total Surgeries in 2024

Gastric Bypass – 93

Gastric Sleeve – 79

**St. Joseph Weight Loss Center Lab – 452 Broadway Street – Youngstown, OH**

**“Opening Soon”** Did you hear the great news! The St. Joseph Weight Loss Center is thrilled to announce the upcoming launch of our own in-office lab facility, dedicated to conducting routine post-op bariatric lab tests starting in 2025. Stay tuned for updates on the official opening date and hours of operation!

# Malnourishment:

**Can you still be overweight after weight loss surgery but still be malnourished?**

**By: Kimberly Triveri RDN LD**

Having bariatric surgery can be associated with a lifetime of increased risk of malnutrition post-operatively. The malnourishment comes from altered nutrient absorption, dietary changes, reduced food intake, poor post-op supplementation, lack of follow-up care and non-compliance.

**Signs and symptoms of malnourishment can include:**

- Anemia
- Constipation
- Dehydration
- Fatigue and Weakness
- Edema or Leg Swelling
- Dry Skin, Hair, and Eyes
- Vision Problems
- Loss of Teeth
- Poor Wound Healing
- Changes in Fingernails
- Neurological Issues (e.g., numbness, tingling, difficulty walking)
- Gastrointestinal Problems
- Weight Regain
- Weight Loss
- Vitamin Deficiencies

One of the leading causes of malnutrition after weight loss surgery is skipping meals, frequent grazing, and relying on sugars and processed foods. To maintain optimal health, patients must follow a nutrient-rich diet centered on whole foods, as guided by their surgeon and dietitian. Regular follow-ups with the bariatric team are essential, along with lifelong adherence to the vitamins and supplements recommended by the American Society for Metabolic and Bariatric Surgery.

Seeing your bariatric surgeon and team before weight loss surgery is crucial, but following up with them afterward is even more essential for long-term success and health. This includes scheduling additional appointments with your bariatric surgeon, nurse practitioner, and dietitian to ensure you stay on track and achieve the best results.

**Bariatric follow-up care is a lifelong journey, and at St. Joseph Weight Loss Center, our experts are dedicated to supporting you every step of the way. If you are struggling with the above, make that call today!**

**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.

## Spring Ahead: Spring Should Bring a Healthy Lifestyle Plan: By: Kim Triveri RDN LD

*Did you know more people start diets and dieting efforts during the Spring than any other season?*

Spring dieting is like spring cleaning—just as we declutter our closets and refresh our homes, we should do the same for our bodies! This season is the perfect time to reset you're eating habits, swap out processed foods for fresh nutrient-rich options, and nourish yourself with lighter, wholesome meals. Embrace the freshness of spring by incorporating seasonal fruits, leafy greens, and hydrating foods to energize your body and mind.

Think of it as a refresh from the inside out!

### Spring is the Perfect Time to Shed Extra Pounds:

1. **Set Achievable Goals** – Begin with small, realistic targets to stay motivated and avoid feeling overwhelmed.
2. **Eat Mindfully** – Slow down and take 30–45 minutes per meal. Chew each bite 30–35 times for better digestion.
3. **Hunger or Thirst?** – Constant hunger might actually be dehydration. Aim for at least 2 liters of water daily.
4. **Cut Out Liquid Calories** – Eliminate juices, sugary coffee drinks, creamers, energy drinks, and soda.
5. **Choose Nutritious Foods** – Prioritize fresh fruits and vegetables while avoiding processed foods.
6. **Plan Your Meals** – Meal planning can become a healthy habit, leading to better food choices.
7. **Track Your Progress** – Writing down your meals and habits can help break unhealthy patterns.
8. **Stay Active** – Your body is built to move, so incorporate plenty of exercise.
9. **Prioritize Sleep** – Aim for 7–8 hours of rest each night to support weight loss and overall health.
10. **Be Kind to Yourself** – Eat smaller, more frequent meals, and focus on small, sustainable changes that turn into lasting habits.

### Bariatric Surgeons:

**Dr. Benjamin Biteman**

**Dr. Nicholas Gastaldo**

**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

### Creamy Avocado Greek Yogurt Chicken Salad

*A healthy spin on chicken salad with no mayonnaise involved!*

**Prep Time:** 10 minutes // **Total Time:** 10 minutes

**Calories:** 200kcal **Servings Size:** ½ cup

- 3 cups shredded chicken
- 1 ripe avocado, mashed
- 2-3 tablespoons plain Greek (or non-Greek) yogurt
- 1 tablespoon lime juice
- 1 tablespoon finely diced red onion
- ¾ teaspoon black pepper
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- 1 tablespoon fresh cilantro, chopped

1. Stir together shredded chicken, mashed avocado, Greek yogurt and lime juice. If mixture seems dry, add another tablespoon of Greek yogurt.
2. Add diced red onion, salt, pepper, garlic powder and cilantro, and stir to combine. Taste to adjust spices to your preference.

### Replace The Fat: By Kim Triveri RDN LD

A simple way to cut calories and reduce fat in your diet is by swapping mayonnaise for healthier alternatives. Did you know that just one cup of mayonnaise packs 1,440 calories, 160 grams of fat, and 24 grams of saturated fat? If you typically use mayonnaise on sandwiches and salads, consider using avocados instead—they even work well as a replacement in frostings!

Avocados are naturally free of cholesterol and trans fats. Their creamy, thick texture, combined with a boost of protein and heart-healthy monounsaturated fats, makes them a delicious and nutritious choice. Plus, they are loaded with essential vitamins like C, E, K, B6, and potassium, among other nutrients.

Research suggests that consuming two or more servings of avocado per week may be linked to a lower risk of cardiovascular disease.