



Georgetown Bariatrics & Advanced Surgical Services

Message from Dr. Smith

Eric Smith, DO

Welcome to our first edition of the Georgetown Bariatric and Advanced Surgical Services newsletter. This newsletter will be full of inspiration, recipes, healthy habits and information to help support you on your journey to a healthier way of living. We are going to fill up the pages with patient wins, and milestone celebrations of individuals just like you who said yes to making a change.



Stay connected with me and the Georgetown Bariatric community by following us on Facebook and Instagram @GeorgetownBariatricsAdvSurg.

Want to know what I'm up to? Follow my Instagram page @doctorericsmith_ and I'll follow you back. Tag me so I can celebrate you and share your successes. I want to cheer every milestone you hit and the fun, healthy things you are trying along the way. For me this is a passion not a career.

Interested in becoming one of our patients? Log on to our website for more details:

<https://georgetownbariatricsadvancedsurgical.com/>

Newsletter

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**“The groundwork for all
happiness is good health.”
– Leigh Hunt**

Fiesta Salad



A fresh Mexican style salad made with black beans, corn, peppers, onion, cilantro, and lime juice. Brighten up any meal with this incredible salad

Prep Time: 15 minutes

Total Time: 15 minutes

Servings: 8

Ingredients

- 1 can black beans (19oz/540ml) , drained
- 1 can corn (12oz/340ml) , drained
- 1 red pepper , cored and diced
- 1/2 English cucumber , diced
- 1/2 sweet onion , diced finely
- 1 jalapeno pepper (optional) , cored and diced finely
- 1/3 cup cilantro , washed and minced
- 1/3 cup lime juice , (2 or 3 limes usually)
- 1/3 cup olive oil
- 1/3 cup sugar
- 1 tsp salt

Instructions

Toss black beans, corn, red pepper, cucumber, onion and cilantro in a large bowl.

In a separate container mix the oil, lime juice, sugar and salt together until the sugar is dissolved.

Pour the dressing on the salad and stir until everything is coated. Let the salad marinate in the fridge for about 1 hour.

Serve cold.

Nutrition

Per Serving:

Calories: 231kcal **Carbohydrates:** 33g **Protein:** 6g
Saturated Fat: 1g **Sodium:** 553mg **Fiber:** 6g **Sugar:** 12g



What is your “Why”?

A German philosopher Frederick Nietzsche once said, ‘He who has a why can endure any how.’ Knowing your *why* will help you to stay focused as you work through the *how’s* of weight loss. What excites you and will motivate you to say no to the doughnuts left on the breakroom table or chose the piece of fruit over a king sized candy bar for your afternoon snack.

Your *why* is as unique as you are. Is it the confidence to wear the little poke-a-dot bikini at the beach or taking up horseback riding lessons? Is it something as important as walking your daughter down the aisle at her wedding? Do you want to coach your son’s little league team but worry about not being able to keep up with the kiddos? Whatever your *why* is, it will help give you purpose and motivation when the weight loss journey gets hard.

Wight loss is changing your daily habits and using tools, like weight loss surgery, to help you reach your goal weight and optimum health. It’s trying new healthy foods and cutting out the empty calories. Adding in extra movement throughout the day, especially through exercise will increase your chances of success.

For some, just changing daily habits can help drop those pesky 10 pounds, or after this last year the COVID-19 pounds. For some individuals the weight loss challenges go beyond just changing a few habits. Its genetics, metabolism issues, lifesaving medications that have side effects of weight gain and many other factors of why just diet and exercise won’t get you to your ideal weight. It’s trying every diet fade and exercise combination but the weight just won’t go.

When is it time to reach out and ask for professional help? It’s different for everyone based on your height and weight in combination with other health factors. But a good rule of thumb is that if you are carrying 60 or more pounds in excess weight, you may be a candidate for a surgical weight loss program.

To learn more about our program visit: <https://georgetownbariatricsadvancedsurgical.com/>



May’s featured superfood: Blueberries

A 3.5-ounce (100-gram) serving of raw blueberries has: Calories: 57, Water: 84%, Protein: 0.7 grams, Carbs: 14.5 grams, Sugar: 10 grams, Fiber: 2.4 grams, Fat: 0.3 grams

Blueberries are considered one of the many superfoods we can find at our local supermarket. Rich in vitamins, minerals, and antioxidants, this little fruit packs a big nutritional punch. Native to North America, blueberries can be grown in the back yards right here in Kentucky. Blueberries are linked to improving heart health, brain function, and lowering LDL (bad) cholesterol. They are as versatile as they are delicious. Blueberries can be added to any protein shake or give steel oats a bit of sweetness.

Fun Fact: Did you know you can't look at the size of the blueberry to tell if it will be sweet or sour. You have to look at the color. Generally, the darker and bluer in color the blueberry is, the sweeter it is, and the lighter and redder the blueberry is, the more sour it is.

For more information on blueberries check out: <https://www.healthline.com/nutrition/foods/blueberries#nutrition>

Blueberry Banana Bliss Protein Shake

Ingredients:

- 2 scoops Bariatric Fusion Vanilla High Protein Meal Replacement
 - Any protein powder can be used but the nutrition may vary.
- 1/2 cup unsweetened almond milk or other milk substitute
- 1/2 cup water
- 1/2 small banana
- 1/4 cup blueberries



Instructions:

1. Place all ingredients in a blender and blend until smooth. Enjoy!

Blueberry Banana Bliss Protein Shake can be used for breakfast, lunch, or a snack and you'll get a boost of energy and filling protein that will last for hours. You can also freeze the shake for a nutritious treat in the summer instead of ice cream.

Optional 1: Add 3-4 ice cubes to thicken and chill

Optional 2: Can use frozen fruit in this recipe

Nutrition Facts: 230 calories, 3.5g total fat, 26g carbohydrates, 7g fiber, 9g sugar, 28g protein

<https://www.bariatricfusion.com/blogs/blog/blueberry-banana-bliss-protein-shake>



Why do I see a psychologist prior to bariatric surgery?



This is a good question and one that frequently comes up when we meet with patients for their assessment. Simply put, we know that patients who are struggling with emotional issues, such as anxiety and depression, are not as successful long term as those who are in a better place emotionally.

We learn from a very young age that food is often used as a tool to make us feel better if we are feeling sad or stressed out, for example. We carry this tool with us throughout our lives and bariatric patients are no exception. If a person is in a tough place emotionally going into surgery, they are less likely to stick with the behavioral and dietary recommendations for success after surgery. So in a nutshell, if you are in a good place going into surgery, you are far more likely to be successful in the long run.

If you feel like you are dealing with mental health issues don't worry, you're certainly not alone. Our objective is not to weed people out of the program, but rather to identify those who might benefit from services, such as counseling, that can help them cope with their emotional challenges. Much like an Olympic athlete having a good mind set going into their event, we want to help ensure you have a winning mindset and see great success with your bariatric procedure!

Charles J. Biebel, Ph.D.
Licensed Psychologist

Ways to add more steps to your day

There's no denying that walking is a healthy habit to get into. The benefits of walking effect your overall health including your mental health. According to *womenshealthmag.com*, it has been linked to reducing the risk of cardiovascular disease, dementia and even some cancers. Better sleep, better digestion and better moods are all linked to walking.

In a study published in the *International Journal of Exercise Science*, researchers looked at a group of overweight patients. One group was time-based in their walking goals, while the other was distance-based. The exercise program aimed to keep total calories burned as close as possible between the two groups. The distance-based group lost an average of 8.8 pounds, while the time-based group gained an average of 2.4 pounds by the end of 10 weeks. From this study we learned that the number of steps you get per day do matter for weight loss.

There are little things you can do every day to add steps onto your daily number. Tracking your steps through a wearable device like a pedometer is key to know where your steps are for the day. Each week try and beat the average total steps from the week before.

How to add steps into your day

- **Choose the restroom farthest from your desk at work:** Pass up the restroom that's closest to you (except in the case of an emergency). This technique can even give you a few minutes of a mental rest from work which could lead to a more productive day. You can also use this trick at home.
- **Don't get the mail from your car's window:** Park your car and then go back to get the mail. This will also give you a few more breaths of fresh air.
- **Use your breaks to get steps in:** Bring a pair of comfortable shoes to work and use your breaks to capture some more steps. If you enjoy a protein shake for lunch, these can be a great on the go meal as you get some more steps in. Spring is here so it's a great time to get out and walk.
- **Plan activities to get you moving:** Invite your best friend or significant other to go walking. By committing to a routine date and time, it can help keep walking a priority.
- **When shopping, park far away:** Instead of circling the parking lot trying to find the closest spot, park at the back of the lot. It's usually less crowded at the back of the parking lot which means it's less likely to lose your car or have it bumped by a wayward shopping cart.

However you get your steps in, be safe and have fun. Set goals and crush them! Your health will thank you for it.



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Congratulations to everyone that lost this month!

Just a few highlights from last month's successes.

Ashley L. is down 90lbs and counting at her 6 month post op check in!!!! Way to go Ashley!!!

Jimmy O. is down 131lb at his 9 month post op check in!!! Great work Jimmy!!!

Cal C. is down 180lb in 13 months!!! Awesome job Cal!!!

Interested in starting your weight loss journey with us? Come to our live seminar for more details! Sign up on line or call 502.735.4589.

Date: May 10, 2021 @ 5:30pm at our clinic. (Address below) Or June 14, 2021 @ 5:30pm.

Already started your journey and would like to tap in to more resources? Come to our Support Group!!

Date: May 20, 2021 @ 6:00pm at our clinic or July 15, 2021.

Georgetown Bariatrics & Advanced Surgical Services

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