



Georgetown Bariatrics & Advanced Surgical Services

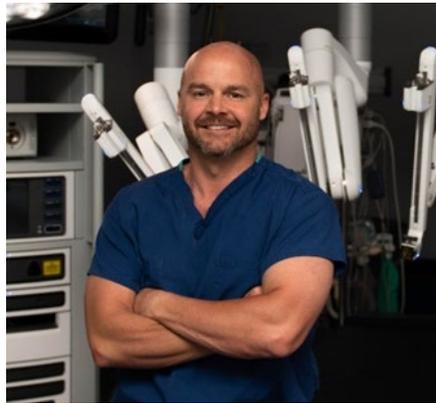
Message from Dr. Smith

By Eric Smith, DO

Valentine's Day is right around the corner. It's a day we set aside to show our family, friends or significant others how much we care about them. This year I want to take my fiancé to a nice romantic dinner and get my boys some chocolates. But there are lots of ways to say "I love you" instead of the traditional chocolates and flowers.

Jaeana, one of our dietitians, has some great ideas for Valentine's Day without eating all the extra junk food. Keep reading for some great ideas that are easier on the waistline! February is also Heart Health month and research shows a direct link between obesity and heart health. Check out the article from Dr. Joseph Thomas, a cardiologist and one of my fellow colleagues at Georgetown Community Hospital.

This month's support group is all about the emotional wellness side of surgery. It's about how to show yourself love and embrace who you are every step of the journey. I hope you join our Zoom meeting and get some tips from Chelsea and Cindy on how to say "I love you" to yourself and others through actions. Keep an eye out for an email with the login information. Have a heart healthy month!



Newsletter

Issue: February 2022

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Vegetables in Season for February

It doesn't take much looking around at food blogs, store aisles and Pinterest posts to see that it's the season of chocolate covered strawberries and red frosted pastries. Bakery window displays are brimming with Valentine treats, tempting people in all their sweetness. It's no wonder that 58 million pounds of chocolate are purchased in the seven days leading up to February 14. Although it can be tempting, it's best to limit sweets and show some love to healthier vegetables.



But what vegetables are good to eat in February? Working cool-weather vegetables into your diet may take some getting used to, but it is better for your budget and the environment. Buying local and in season is always the way to go. There are a broad range of vegetables in season to help you skip the frozen peas and green beans. A quick Google search and you can find a wealth of recipes to help incorporate these delicious veggies into your dinner.

Beets are low in calories and loaded with potassium, vitamin A, iron, antioxidants, and other nutrients. Whether you eat them raw, cooked or pickled, these brightly colored vegetable can add some amazing health benefits to your plate. Impress your Valentine with this beet and goat cheese salad from Eating Well - [Beet & Goat Cheese Salad Recipe | EatingWell](#).

Brussel sprouts are still in season for February. They are a nutty member of the cabbage family and a versatile addition to the menu. They can be roasted, steamed, served on their own or added into a flavorful side dish. And one cup delivers 124% of your daily recommended allowance of vitamin C.

Cabbage may be the best bargain as far as winter vegetables go and is easy to come by in the winter. Cabbage tastes just as good in February as it did in October. And it is packed with nutrients including high amounts of vitamin K, vitamin C and fiber.

Leeks are a member of the onion family. They can be added to many recipes such as risotto, tarts, vegetarian main dishes and soups. Many people love the mild earthy flavor that leeks add to any dish. They last for a long time in your refrigerator crisper, making it easy to grab and add to a dish, soup or side. Leeks are also a great source of kaempferol, an antioxidant that has been shown to prevent heart disease and certain types of cancer.

Winter greens are a great way to add some color to your plate, especially when it's gray and gloomy outside. Kale, radicchio, collards, chard, and endive are some of the greens that shine in the winter. Take advantage of their unique flavors and make a hearty salad or use them as a side dish.

Root vegetables like winter squash, potatoes, sweet potatoes, parsnips, carrots and turnips are all great vegetables to eat in February. They are versatile and store very well, making them ideal to keep around to add to your healthy dish lineup. And most are packed with fiber and antioxidants!



When picking your weekly menu, don't always fall back on your old favorites. Go out on a limb and try something in season that you have never tried before. You might surprise yourself and find a new favorite dish!

How Healthy is Your Heart?

Joe Thomas, MD, Cardiologist



Your heart is one of the hardest working parts of your body. It's also one of the most threatened. In fact, according to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for both men and women in the U.S. – about one in four deaths. Additionally, in the U.S., someone has a heart attack every 40 seconds. And about one in five of those heart attacks is silent – meaning you may not be aware of damage to your heart that is happening or has already taken place.

That is why it is so important to stay on top of our heart health. Do you know how healthy your heart is? This American Heart Month, refresh yourself on a few key indicators that can give insight into your heart's current health state and point to any specific steps you may need to take for its care.

Cholesterol is a substance that circulates in your blood and comes in two different types – LDL (also known as the “bad” kind) and HDL (known as the “good” kind). HDL cholesterol transports the LDL cholesterol from your arteries to the liver, where it is flushed from your body. Too much of the LDL or not enough of the HDL increases your risk for build-up and blockage in your arteries, potentially leading to heart attack or stroke. Knowing your cholesterol numbers is one of the key ways to assess your heart health and one of the most manageable factors in terms of lowering your risk for disease. Targets for healthy cholesterol levels can vary based on age and gender but a general rule of thumb for adults is to aim for 125-200 mg/dL.

Blood pressure is just what it says – it measures the pressure or force of blood within your arteries. Like cholesterol, there are two different numbers – your systolic pressure (the higher of the two numbers) measures your blood pressure when your heart beats and your diastolic pressure (the lower of the two numbers) measures your blood's pressure when your heart is resting between beats. A normal blood pressure reading is less than 120 systolic and less than 80 diastolic. Readings above these levels would be considered elevated or high, including hypertension when readings are 130/80 or above. High blood pressure can be a significant contributor to and sign of serious heart issues. Unfortunately, it is an all too common condition, affecting nearly half of American adults according to the American Heart Association, and presenting no symptoms the majority of the time. Because there are often no clear-cut symptoms, it's important to get your blood pressure checked. Fortunately, high blood pressure can be lowered and managed with the proper care.

Waist size can also be a harbinger for heart health and a predictor of heart problems. A study by the National Heart, Lung and Blood Institute showed that men with a waist size larger than 40 inches and women with a waist size greater than 35 inches are at higher risk for heart disease and type 2 diabetes. The good news is that healthy eating and physical activity can help you lower and maintain a healthy waist size and stay on the road to good heart health.

Risk factors like high cholesterol and blood pressure can also run in your family, so knowing your family's heart health history can help you stay alert to your own health risks. And while these aren't the only markers on the map to good heart health, they are key factors in determining how healthy your heart is and your risk for heart issues now or down the road. Your primary care provider can check these numbers for you – including during your annual check-up – and work with you on a plan to make any changes necessary to get you back on track, whether it's simple lifestyle changes or medication if necessary. How healthy is your heart? Know your numbers so you can know how to stay on the road to good heart health.

Valentine's Menu for Two

By Jaeana Tooson, RDN, LD

Tip 1: Don't Limit Yourself to Dinner

Enjoy a romantic breakfast or lunch meal with your significant other. Make heart-shaped pancakes or a deli-sandwich with a side of fruit to sweeten the whole day.



Tip 2: Plan Fun Activities

Spa day, anyone? Replace the chocolate with fun activities to do with your partner. A good movie or game, mani-pedis, or a day of events you never get to do otherwise make for a great time.

Tip 3: Give a Non-Food Gift

Has your loved one been eyeing a new pair of shoes, earrings, or a snazzy new bow-tie? Give a gift card or a candle this year - and of course, flowers are a classic!



Tip 4: Make a Dinner to Share

Bumped about smaller portion-sizes? No biggie - just plan a delicious dinner and make it romantic by sharing your meal. That way, neither you or your partner will overeat this year.

Tip 5: Choose a Healthy Treat

Chocolate-dipped fruits and Valentine's Day is a match made in heaven!

Bonus Tip: plan to make these with your significant other, and take turns feeding one another the finished product.



THREE-COURSE MENU FOR TWO

Appetizer: Baked Zucchini Chips

Adapted from The Scrambled Chef

Serving Size: 1 Yield: 2

Nutrition per Serving:

Calories: 163 Tot. Fat: 14 g Sat. Fat: 2 g Trans Fat: 0 g

Unsaturated Fat: 12 g Chol.: 0 mg Sodium: 9 mg

Carbs: 8 g Fiber: 3 g Sugar: 4 g Protein: 3 g

Ingredients

·2 zucchini, sliced ·1 tsp onion powder
·1 tsp garlic powder ·1/2 tsp paprika
·1/4 tsp red pepper flakes ·2 Tbsp. olive oil



Instructions

1. **Preheat** oven to 300°F.
2. **Wash** and dry a zucchini. Slice into thin rounds.
3. **Place** zucchini on lined baking sheet. Pat dry.
4. **Whisk** seasonings in a small bowl.
5. **Brush** tops of zucchini with olive oil. Sprinkle seasoning blend over tops of zucchini.
6. **Place** zucchini into oven. Bake 90 min. or until crispy and lightly browned. Enjoy!

Entrée: Garlic Scallops

Adapted from Tastes Better from Scratch

Nutrition per Serving - serves 4:

Calories: 142 Tot. Fat: 3.2 g Sat. Fat: 2.1 g

Chol.: 8 mg Sodium: 125 mg Tot. Carb: 6 g

Dietary Fiber: 0.6 g Sugar: 3.3 g Protein: 11 g

Ingredients

·1/2 lb. scallops, frozen ·2 garlic cloves minced
·1 cup white wine ·1 onion diced ·1 Tbsp. butter



Instructions

1. **Melt** butter in a frypan. Add onions and garlic. Cook until softened and clear.
2. **Add** white wine and reduce.
3. **Add** scallops, turning after cooking 2-3 min. on each side. Scallops should be opaque all the way through and firm to touch with softness of set Jell-O.
4. **Serve** over rice.

Side: Wild Rice with Cranberries & Slivered Almonds

Adapted from The Food Channel

Nutrition per Serving:

Calories: 131 Total Fat: 2.7 g Sat. Fat: 0.3 g

Cholesterol: 0 mg Sodium: 62 mg Total Carb: 23 g

Dietary Fiber: 2.3 g Total Sugars: 1.7 g Protein: 4.8 g

Ingredients

·1 Tbsp. olive oil ·1 small red or white onion, diced
·3 1/2 cups water ·1 cup fat-free, reduced sodium chicken
broth -or- beef broth ·2 (4-ounce) boxes wild rice
·1/3 cup slivered almonds, toasted or plain
·1/3 cup dried cranberries or 1/2 cup of fresh cranberries



Instructions

1. **Heat** oil in large pot over medium heat.
2. **Add** onion and cook for 3 to 4 minutes.
3. **Add** water and chicken broth to pan. Bring to boil.
4. **Add** rice; cover and cook according to package directions; usually about 50-60 min.
5. **Remove** lid and add in toasted almonds and cranberries; use a fork to mix together.

Side: Lemon Parmesan Asparagus

Adapted from Simply Recipes

Nutrition per Serving:

Calories: 97 **Tot. Fat:** 8 g **Sat. Fat:** 1 g **Chol.:** 2 mg
Sodium: 141 mg **Tot. Carb:** 5 g **Dietary Fiber:** 2 g
Sugar: 1 g **Protein:** 4 g

Ingredients

·1 bunch asparagus ·2 Tbsp. extra virgin olive oil
·2 Tbsp. freshly grated Parmesan cheese ·1 tsp. lemon zest
·Kosher salt and freshly ground black pepper



Instructions

1. **Fill** a medium saucepan halfway with lightly salted water. Bring to boil.
2. **Prepare** asparagus while water is heating. Rinse thoroughly. Break off and discard tough, white bottoms.
3. **Cut** spears into 1- to 2-inch sections, slicing asparagus at a slight diagonal.
4. **Add** asparagus to boiling water and lower heat to a simmer. Parboil the asparagus for 2 minutes. Drain.
5. **Toss** asparagus with olive oil, parmesan, and lemon zest while hot. Salt and pepper to taste. Serve warm.

Drinks: Pink & Red Velvet Hot Chocolate

Adapted from Bariatric Food Coach

Nutrition per Serving - serves 1:

Calories: 115-212 **Tot. Fat:** 4-6.8 g **Sat. Fat:** 2.5-4.1 g
Chol.: 0-4 mg **Sodium:** 0-19 mg **Tot. Carb:** 10-25.6 g
Dietary Fiber: 0 g **Sugar:** 8-25.5 g **Protein:** 1-1.3 g

Ingredients (use sugar-free when able)

Base: ·1 cup skim milk ·3/4 cup water ·1/2 scoop whey protein powder (optional)
Red Velvet: Base + 1/4 cup dark chocolate chips + 2-3 drops food color
Pink: Base + 1/4 cup white chocolate chips + 2 Tbsp. strawberry syrup



Instructions

1. **Heat** milk over medium heat in a small pot.
2. **Add** chocolate chips. Stir constantly as they melt and incorporate into the milk.
3. **Add** syrup or food coloring.

Dessert: Chocolate-Dipped Strawberries & Bananas

Adapted from Tasty Recipes

Nutrition per Serving:

Calories: 166 **Tot. Fat:** 12 g **Sat. Fat:** 10 g **Chol.:** 1 mg
Sodium: 14 mg **Tot. Carb:** 14.6 g **Dietary Fiber:** 2.6 g
Sugar: 11.1 g **Protein:** 1.5 g

Ingredients

·5 oz. dark chocolate chips ·1/2 lb. whole, fresh strawberries
·1/2 lb. fresh banana, sliced thick
·Chopped nuts or coconut (optional)
·3 oz. white chocolate chips (optional)



Instructions

1. **Wash** strawberries. Dry VERY well. Chop bananas thick.
2. **Pour** chocolate chips and white chocolate chips into their own microwavable bowls.
3. **Pour** nuts and coconut onto their own small plates. Line a sheet pan with parchment or waxed paper.
4. **Microwave** chocolate for 30 second. Remove and stir. Repeat until chocolate has melted. Repeat with white chocolate until melted.
5. **Dip** fruit into chocolate, lift and twist slightly, letting excess fall back into bowl. Optional: dip fruit in coconut or nuts. Place fruit on parchment paper.
6. **Optional:** dip a fork in melted white chocolate and drizzle over dipped fruit. Add milk if too thick.
7. **Chill** fruit until chocolate sets, about 15 min.

A Decade to Remember!

January 24, 2022 marked a decade since Dr. Smith performed his first robotic case at Georgetown Community Hospital. Ten years and over 3,500 robotic cases later, he is still going strong!

Caleb Z. from Intuitive Surgical brought Dr. Smith a cake to celebrate the anniversary!



Georgetown Bariatrics & Advanced Surgical Services

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<https://georgetownbariatricsadvancedsurgical.com>



Interested in starting your weight loss journey with us?

Come to our live seminar! For more details, sign up online (<https://georgetownbariatricsadvancedsurgical.com/online-seminar/>) or call 502.735.4589.

Date: Live seminars are held the second Monday of each month.

February 7, 2022 at 5:30 pm in the education room of the clinic. (Moved to first Monday of February due to Valentine's Day)

March 14, 2022 at 5:30 pm in the education room of the clinic.

Why wait? The online seminar is available anytime on demand!

To sign up for an online seminar, please go to: <https://georgetownbariatricsadvancedsurgical.com/online-seminar/>

Already started your journey and would like to tap into more resources?

Come to our Support Group!!

Date: February 15, 2022 from 6:00 – 7:00 pm via Zoom. Our topic will be the emotional side of surgery and how to love yourself through every step of the journey. The group link will be emailed or you can contact Chelsea directly at chelsea.smitson@lpnt.net to request the link.

Stay tuned for March's support group! It's all about getting back on track when you've fallen off the wagon.

GEORGETOWN BARIATRICS AND
ADVANCED SURGICAL SERVICES

February's Support Group



15 FEB 6-7 P.M.

No RSVP required

Email chelsea.smitson@lpnt.net for a calendar invitation with the zoom link!

Join us for February's support group where we will talk about loving yourself through every step of the surgical weight loss journey!

Zoom Meeting

<https://us02web.zoom.us/j/4569811482?pwd=NlZBUHhPQXB2U0xjbEVVQdVNlclTBPdZ09>

Meeting ID: 456 981 1482

Passcode: 7AY9Rr