



SIERRA BARIATRIC SURGERY

Dr. Scott Green, Plastic Surgeon
Presents on July 23rd at NOON

NEWS

EXTRA!
EXTRA!

Volume 2 Issue 7 - July, 2005

WLS Patients LOVE to Walk in Auburn

Auburn, CA – Have you heard about the Weight Loss Surgery patient walking group that walks before the monthly support group meetings? If you are one of the few who don't know about this everyone is invited. The group meets at the front of Sutter Auburn Faith Hospital at 5:30 pm, before support group meetings. The next meeting is on Thursday, July 21st.

It's apparent the group has started a real trend. There are people walking all over Auburn! With winter finally behind us it's time to get out the sneakers and load up the water bottles for some site seeing and socializing.

Thanks to group member Cheri Didio who provided the following list of measured walks in Auburn from the Auburn State Recreation Area to help you plan your adventures:

MILES LOCATION DIRECTIONS

- 1.2 Midtown Lubeck Road; Brook Road; Channing Way; Terrace Street (to end and back); Marvni Way (loop)
- 1.2 Midtown Stadium Way; Finley Street; Cherry Avenue; Orange Street; Agard Street (loop)
- 1.9 Midtown Racetrack Street; Clark Street; High Street; Timberline Street; High Street; Brewery Lane; Sacramento Street; Auburn Folsom Road (loop)
- 1.3 North Palm Avenue; Collins Street; Blocker Drive; Nevada Street; Enterprise Drive (loop)
- 2.3 North Same as above, but walk to end of Hidden Creek off Blocker Drive (loop)
- 0.8 North Start at Elm Plaza; exit on Epperle Lane; right on Auburn Ravine Road; hard left at path along creek; past Rite Aid and Grocery Outlet and back to Elm Plaza (loop)
- 1.6 North Same as above, but add extension of Auburn Ravine Road north at creek to end of road and back.
- 2.1 South Sunrise Ridge Circle (loop)
- 1.5 South Katherine Way; Perkins Way; Vista Del Lago; Mary Jane Court; Poet Smith Drive; Carolyn Street .

ENJOY, be safe, stay hydrated.



SIERRA BARIATRIC SURGERY

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NEXT INFORMATION SEMINAR:

Saturday, August 27th
10:00 am
call Sally at 530-823-0701
for reservations

Who Can You Call?

FOR MEDICAL CONCERNS or TO MAKE AN APPOINTMENT:

Call Dr. Jenkins' Office 530.823.0701

FOR SUPPORT (NOT FOR MEDICAL CONCERNS):

Jeffrey Jenkins, MD, Bariatric Surgeon
DrJenkins@SierraBariatrics.com (Call the office with
medical concerns; Email may be checked infrequently.)

Jan Haemmig, Fellow Patient, Support Group Volunteer
530.265.2931 or Volunteer@SierraBariatrics.com

Lori Ridgway, Fellow Patient, Education & Support
Bariatric Behavior Analyst
916.705.7309 or Lori@SierraBariatrics.com

Pam Kesler, MFT, Bariatric Therapist
Kesler, Elliott & Associates
530.888.7958

DIRECT ALL MEDICAL CONCERNS TO THE OFFICE

WLS Website Resources

www.SierraBariatrics.com

www.obesityhelp.com
For patients by patients

www.asbs.org
The American Society for Bariatric Surgery

www.obesity.org
Information from the American Obesity Association

www.FitDay.com
Track your intake, exercise, weight loss and goals
online for free.

www.SierraBariatrics.com
Join the MESSAGE BOARD!

Sutter Hospice Thrift Shop Clothing Exchange

To set-up a one-to-one clothing exchange arrangement,
please request a letter to bring to Sutter Hospice Thrift
Shop. The arrangement is for a one year period beginning
anytime after you undergo surgery.

The Thrift Shop is located at 13342 Lincoln behind KFC.
You must present a letter to participate.

Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH
HOSPITAL UNLESS OTHERWISE NOTED

BRING YOUR FRIENDS!

July 21st, 2005 7pm (Thursday)
Post-Op Support Group Meeting

July 23rd, 2005 NOON (Saturday)
Special Guest Speaker
Scott D. Green, MD
The Plastic Surgery Center

August 18th, 2005 7pm (Thursday)
Post-Op Support Group Meeting

August 27th, 2005 10am – noon (Saturday)
★Free Informational Seminar
Followed by a Panel Discussion featuring
Post-Op Patients

September 11th – 18th
2nd Annual WLS Cruise & Conference

September 15th, 2005 7pm (Thursday)
Post-Op Support Group Meeting

September 24th, 2005 (Saturday)
WALK

October 20th, 2005 7pm (Thursday)
Post-Op Support Group Meeting

October 22nd, 2005 10am – noon (Saturday)
★Free Informational Seminar
Followed by a Panel Discussion featuring
Post-Op Patients

*Post-op Support Group Meetings are held the
third Thursday of every month. We meet at
Sutter Auburn Faith Hospital.*



Oh BEHAVE!

By Lori Ridgway

KNOWING What Influences Your Intake Choices : No More Excuses

We've agreed to this much: Knowledge is power and no fair sticking your head in the sand. When you are finished reading this article give yourself a big pat on the back for adding to your knowledge. Check yourself though; are you coming up with excuses for why you can't follow through with what you've learned over and over again? If so, maybe you aren't facing the truth.

O.K. I'll give you this much: There are a LOT of choices and tips and tricks and advice dispensed about healthy eating. Sometimes information is coming from questionable sources, and that's about the ONLY time we ought to set the information aside. You can't use that excuse for everything!

We're going to review some things that commonly influence our intake choices. When you read these, be honest with yourself and consider closely which ones might make a difference for you:

- Planning. People who take the time to plan regular meals tend to eat healthier diets and are closer to their recommended weight than those who eat randomly. If you have children this is even more important. You are their teacher to show them what balanced eating is. Do you plan?
- Marketing. Snack foods are more processed, more expensive, and are therefore advertised more. Just because we see more of it splashed everywhere doesn't mean it's healthy. Check this out – isn't it funny that nobody really could look like the thin movie stars or models on TV if they ate what is advertised on TV?
- Readily Available Foods. It's everywhere, it's quick, it's easy, and so we take it without thinking. Make it a rule to stay out of the fast food lane. Have kids who love fast food? There has recently been a breakthrough with a coating for cut fruit that keeps them from getting brown. Grocery stores are selling fruit ready to eat from disposable containers that aren't stored in high calorie juice. If you plan, (see above) you can have several choices available in your fridge all the time.
- Social Gatherings. Everyone else is ordering dessert but you've got your carrot sticks and a glass of water. Good for you! Think of yourself as a trend-setter or at least that you are making a good example. When you come to a situation where for your whole life you've eaten a certain way socially, it may feel uncomfortable at first to be different, but you will get used to it.
- Emotions. Are you bored, anxious, depressed, or stressed-out? Emotions and eating are closely related. When we are truly physically hungry it's an emotional event to finally become satiated. We interpret that as success for squashing an emotion even if the feeling of physical hunger isn't an emotion. Through this process we've learned to eat in response to some emotions. Instead, we have to actually stop and feel the emotion. The emotions may seem to build but in time you will find resolution. Each time you have successfully waited, recognize when the emotion has passed and that you handled it without eating.

No more excuses. It's time to make yourself acutely aware of what influences you. Once you recognize the tough spots your job is to plan to eliminate the problem by creating distractions or alternatives – whatever it takes. It will not be as intense as it sounds forever, after awhile it becomes a habit to cope and choose differently, but you have to start somewhere.

We do not need to live a life of total structure and obedience. Owning, accepting, and LIVING a lifeSTYLE of healthy eating means to choose well the vast majority of the time. There is room for French Fries and Frappuccinos – but just occasionally.

So you see, with some careful investigating into what is influencing you, and some acceptance of what the truth might be for you, you can tackle the problem areas and plan to be successful. Focus on the stuff that works and your hard work will pay off. Focus on the excuses and they will never go away. Good luck! YOU CAN DO IT!

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PROTEIN POWDER VERSATILITY

Ever get tired of the same old boring protein drink? Here are some simple recipes for adding 2 - 4 ingredients to protein powder to get a different drink.

Protein Shake Pantry Ingredients

(keep these on hand to make creative, tasty protein shakes)

Frozen fresh banana chunks (2-inch chunks, individually frozen)

Frozen fresh papaya cubes (2-inch cubes, individually frozen)

Frozen fresh mango cubes (2-inch cubes, individually frozen)

Frozen unsweetened pineapple cubes (1 T. crushed pineapple and juice individually frozen in ice cube tray, then popped out and stored in a freezer bag)

Frozen blueberries (no sugar added)

Frozen strawberries (no sugar added)

Frozen cherries (no sugar added)

Coconut, maple, vanilla, and almond extracts

Ground cinnamon

Freshly grated nutmeg

Good quality unsweetened cocoa powder

Whipped peanut butter

Instant espresso powder

Da Vinci (or other brand) sugar-free flavoring syrups (hazelnut, vanilla, strawberry, etc.)

Basic Shake Formula

(I prefer Zero Carb Isopure Creamy Vanilla, but use whichever brand you like)

1/2 c. skim milk, soy milk, or water

2 scoops Zero Carb Isopure Creamy Vanilla (50 grams whey protein)

About 1 cup ice cubes

Flavoring ingredients, optional

In a blender, mix milk (or water) and protein powder. Add ice cubes and desired flavoring ingredients. Pulse the blender on and off until you get a creamy, frosty, well-blended shake. Do not add additional liquid as the ice will melt producing a smooth shake. Many of these recipes use frozen banana chunks. They have the splendid ability to make any shake a creamy concoction.

Shake Recipe Variations

(add these ingredients to the Basic Shake Formula)

PB & B Shake

1 frozen banana chunk

1 T. whipped peanut butter

1/2 t. vanilla extract

Mochaccino Milkshake

1/2 t. instant espresso

2 t. cocoa powder

1/2 t. vanilla extract

Banana Nog (great for the holidays)

1 frozen banana chunk

1/8 t. grated nutmeg

1/2 t. vanilla extract

Chocolate-Dipped Banana Shake

1 frozen banana chunk

2 t. cocoa powder

1/2 t. vanilla extract

Grande Sugar-Free Hazelnut Latte

1 t. instant espresso

2 T. sugar-free hazelnut syrup

Pinch of cinnamon

(can vary your choice of sugar-free syrup with this recipe)

Peanut Butter Cup Shake

2 t. cocoa powder

1 T. whipped peanut butter

1/2 t. vanilla extract

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Mexican Chocolate Shake

2 t. cocoa powder
1/2 t. vanilla extract
1/4 t. ground cinnamon

Mexican Coffee

1 t. instant espresso
1/4 t. ground cinnamon

Creamy Dreamy Banana Shake

1 frozen banana chunk
1/4 t. ground cinnamon
1/2 t. vanilla extract

PiZa Colada

2 frozen pineapple cubes
1/2 t. coconut extract
1/2 t. vanilla extract

Tropical Delight

2 frozen papaya cubes
1 frozen banana chunk
1 t. coconut extract
1/2 t. vanilla extract

Mexican Sunset

1 frozen pineapple cube
3 frozen strawberries
1/2 t. vanilla extract

Frosty Apple Crisp

1/4 c. applesauce (no sugar added)
1/2 t. ground cinnamon
1 T. sugar-free hazelnut syrup

Frosty Cherry Pie

1/4 c. frozen cherries
1/2 t. almond extract
1/2 t. vanilla extract

Choco Cherry Shake

2 t. cocoa powder
1/4 c. frozen cherries
1/2 t. almond extract

Banana Bread

1 frozen banana chunk
2 T. sugar-free hazelnut syrup

Cookies and Cream Shake

2 sugar-free chocolate cream-filled sandwich cookies
(Murray is a good brand)
1 heaping tablespoon Cool Whip Lite
1/2 t. vanilla extract

Banana Vermont

1 frozen banana chunk
1 t. maple extract

Frosty Fifty/Fifty Shake (Orange-Banana)

Replace milk in Basic Shake with 1/4 c. water
1 frozen banana chunk
1/4 c. orange juice
1/2 t. vanilla extract

Nectar Protein Powder Recipe Ideas

Make ice cubes with your favorite flavor of Nectar
Make a slurpy/slushy using Nectar ice cubes
Blend Nectar into vanilla pudding
Blend Nectar into Cool Whip
Blend Nectar into ricotta or cottage cheese
Use iced Nectar in place of the water when making sugar-free Jell-O
Blend Nectar into a pitcher of Crystal Light for all-day summer sipping

ENJOY!

Please feel free to share your recipe ideas by e-mailing them to me at didio@yahoo.com, and I'll try to incorporate them into upcoming issues of the Newsletter.