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New Hope News

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Water aerobics is a perfect, gentle exercise

By Katherine Bezinovich

If you want to start exercising and are looking for an activity that is fun to do, low in cost, requires no real equipment, doesn't make you feel sweaty and doesn't hurt to do, try water aerobics.

Water aerobics, also called water exercise or aqua exercise, is taught year round at many healthy clubs that have pools, the YMCA, some hospital health centers, as well as Park District outdoor pools during the summer months.

It is the only exercise I've ever tried that allows you to briefly forget how large and out of shape you may have got-

ten. Because you feel weightless in water, for the duration of class, you feel light!

Water exercise is the perfect exercise be-



cause it is gentle on your joints, gives you an excellent aerobic workout without causing you pain, and is easy and fun to do.

Water exercise is gentle on your joints. Jumping or running in water cushions your joints, removing the possibility of

causing pain or damage to them.

This fact makes exercising in water enjoyable, especially for anyone suffering from sore or weak ankles, knees or hips, or anyone with a bad back. It is also easier to maintain your balance in water than it is on land.

I have been doing water aerobics for about 20 years, and I can honestly say that unlike other classes I've taken, I look forward to the mornings when I have a class scheduled.

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Question of the month

What kind of medication am I allowed to help relieve my pain?

We all know pain relievers such as Ibuprofen, Aleve, Aspirin, and Motrin are completely out of the question.

The reason for this is because medications such as those can

produce ulcers, extra stomach acid, or heartburn.

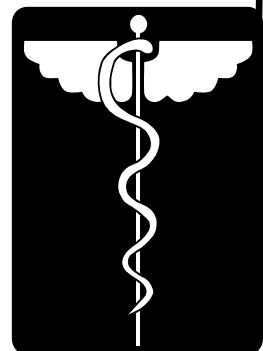
Why give yourself more pain than you are already enduring? But there definitely is a good solution to this.

When you are in pain or for the ladies, are experiencing some men-

strual cramps, you might have to call your primary doctor for a prescription for Celebrex, Vioxx, or Bextra.

However, there are some over the counter solutions you can try, as well. Try some Tylenol or Aspirin-free Excedrine.

Once again, if none



of that helps, call a physician to assist you.

OPTISOURCE products available to WLS patients

By Liz Stallone

OPTISOURCE can now be your source for specialized nutritional support.

Novartis Nutrition is pleased to introduce the OPTISOURCE family of nutritional products, designed specifically meet the nutritional needs of post bariatric surgery patients.

These products provide:

- *High protein
- *Vitamin and mineral fortification
- *Controlled carbohydrate, fats, and

calories

- *Single size, small portions
- *Easily consumed food/liquid form
- *Excellent taste
- *Convenient, easy to purchase option

The products available include: a high protein drink, mini nutrition bars, chewable vitamins, mineral supplements, and instant protein powder.

The OPTISOURCE products



can be shipped straight to your door through the Walgreens Home Delivery Program.

You can call 1-800-828-9194, or visit the following web site at

www.resource.walgreens.com

For more information, brochures, and samples of each of the products, you can obtain them at the New Hope Surgical office.

Recipe of the Month—White Bean Tuna Salad

Provided by Liz Stallone

This is a great recipe, very high in protein and quick and easy to make.

If you are still on pureed food, you can put this in the food processor until it is a "dip" consistency. You will have a good high protein that should be well tolerated.

Gather the following ingredients:

*1/4 red wine vinegar

*1-1/2 TSP minced garlic

*2 TSP Dijon mustard



pepper

*2 T olive oil

*2-15 oz. cans white beans

*1 TSP Splenda (I leave this out).

*1/2 TSP salt

*1/4 TSP

(northern or kidney) rinsed and drained

*2-6 oz. cans water packed tuna, drained and flaked

*3/4 C. black olives (optional)

*1/2 chopped red or yellow onions

Mix everything together in a large bowl. This recipe makes quite a bit and keeps well in the refrigerator.

You can also cut this recipe in half. Enjoy!

We have our own Yahoo! group and discussion board at last. Go to the following web site, www.newhopesurgical@yahoo.com for discussions, questions, and answers on both the Gastric Bypass and Lap Band procedures. Offer each other support, insight, and friendships.



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Besides being comforting, the water creates resistance for you to exercise against which helps you exert more energy and burn calories.

The movements done in class are very easy to follow. We jump rope, do cross country skiing, downhill skiing, various jumps such as frog jumps and rabbit jumps, rocking horse, bow and arrow, jogging, and running in place.

Just like any other sport, there is a warm up at the beginning of class and a cool down at the end of class, when we do various stretches.

We also do some suspension

exercises, which work on the abdominal muscles.

The only equipment required is a bathing suit and pool. Some people prefer to wear water shoes

"You do not have to be a swimmer to participate in aqua exercise."

during the class.

Class fees average around \$30-\$40 for a 6-8 week class. Classes are held several times a week and you can sign up for once, twice, or three times a week classes. They last between 45-60 minutes.

You do not have to be a swimmer to participate in aqua ex-

ercise. People who cannot swim often wear a floatation device on their backs.

Be even though that is usually not necessary because the classes are held in the shallow end of the pool and unless you want to, you never really have to immerse your body above the waist or chest.

So why not try Water Exercise? If you are serious about starting an exercise program on a regular basis, Water Exercise is the perfect exercise!

It won't make you sweat. It won't cause you pain. It won't make you broke. It won't make you feel fat or out of shape.

But it will provide you with a fun aerobic workout that will be gentle on you body and help you feel better and get healthier!

Taking vitamins after bariatric surgery

By Liz Stallone

Following the surgery, the issue of taking vitamins takes on a whole new meaning compared with prior to your surgery.

If you've had the Gastric Bypass Surgery, you will absorb vitamins differently after the surgery.

Vitamins play an essential role in how you feel, not only in the months following weight loss surgery (WLS), but for the rest of your life.

Some patients make the mistake of stopping vitamins because they "feel okay" or their levels are normal. These vitamins are necessary for the rest of your life.

Only your bariatric surgeon can adjust your recommended doses.

There are several types of multiple vitamins on the market:

*Children's Multivitamins—Chewable

*Centrum Chewable Multivitamin/
Multi-mineral—Orange Flavor

*All One Powder Multivitamin/Multi-mineral—Rice Base

*Centrum Liquid High Potency Multi-vitamin/Multi-mineral

I've tried all of the vitamins above, and I prefer the Centrum Liquid.

Do you have any bariatric related questions for Dr. Frederick Tiesenga to answer? Would you like to see your question posted in this newsletter? If so, call (708) 366-5070 and contact Crystal Dunbar.

