

New Hope Support Group (NHSG) Newsletter

Greetings

by Bob Mujica

Welcome to the *New Hope Support Group* newsletter. We will be bringing you information that will be beneficial and helpful on your journey to a new life. We would appreciate any comments, or suggestions that you may have. Please submit them to either Melissa Becker, or Bob Mujica (Co-Editors). If you would like to give us your story, we would be happy to publish it. Let's begin our journey.

For Those Considering Surgery

by Bob Mujica

How to get started..

Check with your Insurance company to see if this is a covered benefit. Your PCP should be able to write a letter to get the ball rolling. He/She should be able to suggest a doctor that is experienced in the field of Bariatric Gastro-Bypass and/or Lap Band surgery. If they don't know of any, I would suggest Dr. Tiesenga, who did my surgery. You can go to ObesityHelp.com and look for a surgeon through there.

Make sure that you get an information packet from the surgeon about the surgery and a copy of the diet along with any other information that would be beneficial.

And the most important aspect is COME TO OUR MEETINGS. This way you can meet and talk to people who have had the surgery.

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Pre-op Tips	1	.Do all your shopping before you go in for surgery. Get all your vitamins, medications, gelatins, and protein drinks ahead of time so that you will be able to focus on healing and getting your energy back.
Post-op Benefits/Problems	2	.Clean all your clothes, change your bedding, and do other household chores, so that you won't have to lift anything when you get home..
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Post-op Benefits/Problems

by Bob Mujica

Some of the benefits of the surgery are:

If you are a diabetic your blood sugar count will come down.

If you have asthma, this may also clear up.

Some of the Problems of the surgery are:

Your blood pressure may go down and you will have to talk to your doctor to find a way to control it. You may have to wear support hose that have a compression of at least medium strength.

You can become anemic if you don't drink plenty of liquids.

Stage-1 Recipe (Liquids)

Brown Cow Pro Complex Shake

- 2) scoops pro complex — vanilla
- 1 cup skim milk
- 1/2 cup apple juice
- 4) prunes — pitted
- 1) teaspoon vanilla extract
- 8) ice cubes

Combine first 5 ingredients (all but ice cubes) in container of an electric blender; top with cover, and process until smooth. Serve immediately over ice.

Servings: 1

Per serving: 487 Calories (kcal); 2g Total Fat; (4% calories from fat); 62g Protein; 53g Carbohydrate; 29mg Cholesterol; 356mg Sodium

Stage-2 Recipe (Soft Foods)

Butternut Squash Soup

- 1) medium onion — chopped
- 2) pounds butternut squash — peeled and cubed
- 2) cups water
- 1/2 teaspoon dried marjoram
salt and pepper — to taste
- 3) cups fat-free chicken broth
- 8) ounces fat-free cream cheese

Place all prepared ingredients except cream cheese in 3 1/2 to 4 quart slow cooker. Cover and cook on low heat setting 6 to 8 hours or until squash is tender. Place one-third to one-half of the mixture at a time in blender or food processor. Cover and process until smooth. Return mixture to slow cooker; stir in cream cheese. Cover and cook until cream cheese is melted, stirring with wire whisk until smooth.

Servings: 8

Per serving: 82 Calories (kcal); trace Total Fat; (1% calories from fat); 9g Protein; 15g Carbohydrate; 2mg Cholesterol; 330mg Sodium

Stage-3 Recipe

NHSG : Thought for the day.
It all begins with that first step!

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With NEW HOPE there's LIFE!

WE'RE ON THE WEB
NEWHOPESURGICAL.COM

The New Hope Support Group started in July 2002. It was started by Dr. Tiesenga as a way for people to get together and exchange their experiences with others that have either not had the surgery yet, or to help those that have just started their journey to the other side. We have been growing since then and now have a group of approximately 30 people.

Guiding Angel Volunteers

If you would like to be a volunteer to be a Guiding Angel for someone, or if you already are a Guiding Angel for someone please give your name to Stephanie. As those of us who have been through the journey know, you really need the support and help that a Guiding Angel can provide.
