

NEW HOPE NEWS

New Hope Surgical Weight Loss Center Newsletter

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Special Quote of the Month:

- "To the world, you might be just one person, but to one person, you might be the world."

Question of the Month

A big question everyone has been asking for the Gastric Bypass as of lately is: Will my stomach always stay small and only be able to tolerate no more than 3 ounces per meal?

The answer is no. The stomach is a muscular organ.

This means that like any other muscle in the human body, the stomach does in fact have the ability to expand.

After approximately 2-3 years after bariatric surgery, patients can eventually become able to tolerate approximately six ounces of food.

There has been so much talk about celebrities such as *Carnie Wilson* and *Al Roker* gaining a little

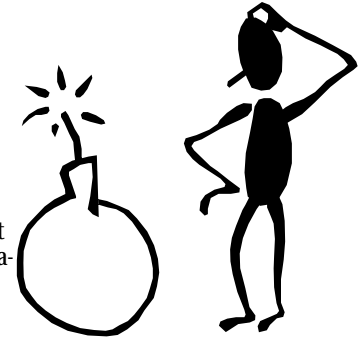
weight. It is normal to gain just a little back.

The bottom line is that both celebrities would probably never have had the success they experienced without weight loss surgery.

After all, the statistics are against the morbidly obese. As stated in the informational meetings, by maintaining diet and exercise, the realistic goal is to lose and keep 22 pounds off. And 95% of dieters return to their pre-diet weight, and can even *gain* more.

However, most patients keep their weight off because they have completely changed their eating habits, as well as their own behavior.

Do you remember the



golden rules? More importantly, are you following them?

The most successful patients have adjusted their life by eating healthier and become more physically active with exercise than prior to their weight loss surgery.

One must always remember that bariatric surgery is a *tool*, to help you reach your weight loss goal.

The real work comes from you, the patient..

Recipe of the Month—Black Bean and Corn Salad

Provided by Liz Stallone

All of the ingredients to collect for this recipe include:

- *1 can, 14 ounces, black beans, rinsed and dried
- *2 cups frozen corn kernels
- *1 small red bell pepper, seeded and chopped
- *1/2 red onion chopped
- *1 1/2 teaspoons hot sauce,

just eyeball the amount (*recommended: Tabasco)

*1 lime, juiced

*2 tablespoons vegetable or olive oil

*salt and pepper

Combine all in-



redients in a bowl. Let stand at 15 minutes for corn to fully defrost and flavors to combine, then toss and serve.

The corn will also place a quick-chill on this easy side-salad as it defrosts—no need to refrigerate.

Also, if you ever need to bring a dish to a barbecue, this salad travels well.

**NEW HOPE SURGICAL
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**Upcoming Summer
Events**

August 16th—Joanne from Westlake's Dietician Department will come speak about "Healthy Eating for Weight Maintenance" for our support group.

September 18th—"Walk from Obesity" in Chicago

September 20th—Heather from Westlake's Weight Management Program will come speak about "Staying Motivated" for our support group.

If You Want Healthier Hair, Eat This

By **Liz Stallone**
RNY 01/13/04

Healthy hair requires a healthy diet. Hair typically grows a half-inch each month.

Restrict your calories a bit too much, and your hair growth will then slow down. It could actually even fall out.

Hair needs a nutrient-rich supply of blood to the follicles to grow and be at its healthy best.

Here's a quick test to tell if your hair is healthy:

"Hair needs a nutrient rich supply of blood to the follicles to grow and be at its healthy best."

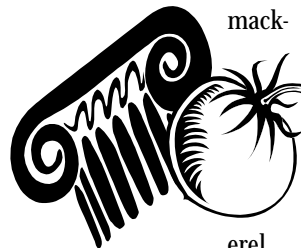
Stretch a strand of hair by the root when it's wet. Tug gently.

If it stretches about 30 percent of its length before it breaks, then it's healthy. If it snaps instantly, then it's damaged.

Eating a healthy, well-balanced diet with the following nutrients, is one of the best things you can do for your hair:

****Omega-3 fatty acids**

Salmon, mack-



erel, halibut,

sardines, herring, flaxseeds, flaxseed oil, canola oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, walnuts, & walnut oil.

****Zinc**

Oysters, cereal, Alaskan King crab, the dark meat of turkey, cashews, sunflower seeds, spinach, kidney beans, and tofu.

****Vitamin B-6**

Bananas, salmon, light meat of chicken, sweet potato with the skin, cod, watermelon, and spinach.

****Vitamin B-12**

Cereal, top round steak, canned tuna packed in water, flounder, turkey breast, fruit-flavored yogurt, skim milk, and mozzarella cheese.

****Selenium**

Baked potatoes with the skin, roasted pork loin, eggs, top sirloin, turkey breast, wheat germ, whole wheat bread, and cashews.

Other healthy tips to keep in mind to keep and maintain healthier hair:

**It is very important that you drink lots of water—8 to 10 glasses a day—to hydrate your body and keep your hair silky and shiny.

**Eat lots of fruits and veggies and stay away from processed foods.

**Remember to take your vitamins daily.

Obesity is Recognized as an Illness

Medicare now identifies obesity as an illness. It is an illness that causes several health problems and premature death. This may now incur changes in policies that can allow many overweight Americans to make medical claims for treatments such as weight loss surgeries, as well as diet and nutritional programs.

With this recognition, Medicare will be able to research scientific evidence in order to see what therapies work for weight loss, as well as research other illnesses that are related to obesity.