

New Hope News



Slipping out of the old habits, into the new

While we all know the basics: use smaller plates, cups, and bowls and not to drink between meals, we sometimes need reminding because we forget and slip back into our old habits.

Let's remind ourselves and each other what not to do and why. First, do not eat while watching the television or while reading a book. If this is done, we will often forget what we are eating and simply eat too much.

When eating, focus. Otherwise, try multi-tasking in other ways such as exercising while reading a magazine or watching re-runs of "Friends."

Next, it is important that we "clean house." By this, I mean make sure that junk food is out of the shelves and all of those frozen pizzas are no longer waiting in the freezer.

If there is still a bag of chips, brownies, or cup cakes in the house, they will be sure to

find you, and you will be tempted. Just fill your kitchen with healthy goodies.

Also try not to shop at a grocery store or mall while you are hungry. You just might buy too much or buy fast food to quickly satisfy your hunger.



Avoid the all you can eat buffets. Don't feel bad because everyone else is going for seconds while you are still on your first plate. Avoid this feeling.

At picnics, weddings, and birthday parties, you don't have to stand near the food table any-

more. Be a social butterfly and become the life of the party.

This will help tempt you from going for more, or choosing what you know you shouldn't have.

It is very essential to keep a food diary, and be honest. You will then be aware of what you are consuming, your calorie count, and so forth.

If you can look back at what you ate the day before, you can always correct yourself and slap yourself on the hand.

If you are also seeing a bad pattern, it is something you can bring to a dietician/nutritionist to help you with.

Let's get rid of all of our old habits, and begin the new us, with better habits.

The Skinny for Summer Exercising

Trying to shape up, or down rather, seems pretty easy in the summer season because it will be nice and warm.

But the biggest problem and excuse for not exercising is that because summers get pretty hot, you don't want to overheat your-

self. However, you can still exercise with some helpful tips:

****Make sure you are properly hydrated.** Try carrying a water bottle with you. Or make sure there are water fountains around you when you work out.

****Exercise in less heated times of the day,**

such as the early morning or late evening.

****Take small breaks every now and then.**

****Wear light colors if you are exercising in the day.** Dark colors absorb heat quicker.

****Most importantly, if you feel dizzy, weak, and so forth, *stop* exercising and rest.**

Inside this issue:

What is Dumping Syndrome?	2
Recipe of the Month	2
Special Reminder	2
Join the discussion board	3

What is Dumping Syndrome?

By Liz Stallone

Eating sugars or other foods containing many small particles when you have an empty stomach can cause dumping syndrome in patients who have had a Gastric Bypass, where the stomach pylorus is removed.

Your body handles these small particles by diluting them with water, which reduces blood volume and causes a shock-like state. Sugar may also induce insulin shock due to the altered

physiology of your intestinal tract.

The result is a very unpleasant feeling: you break out in a cold clammy sweat, turn pale, feel

"This syndrome can be avoided by not eating the foods that cause it, especially on an empty stomach."

"butterflies" in your stomach, and have a pounding pulse. Cramps and diarrhea may follow.

This state can last for approximately 30-60 minutes and can be quite uncomfortable—you may have to lie down until it goes away.

This syndrome can be avoided by not eating the foods that cause it, especially on an empty stomach. A small amount of sweets, such as fruit, can sometimes be well tolerated at the end of a meal.

None of this happens with a Vertical Banded Gastroplasty or with the Gastric Banding.

Recipe of the Month—Orange Salad

In order to prepare Orange Salad, you must first collect the following ingredients:

**24 oz of low-fat or fat-free cottage cheese (which ever your preference would be)

**11 oz can of mandarin oranges (please drain and rinse in water)

**8 oz can of pineapple bits/pieces (also drain and rinse in water)

**1 box of sugar-free, orange

jello

** 1/2 of a small bowl of *Cool Whip Free*

**3 or more, upon taste preference, packets of *Splenda* (*Splenda* works best)

Then, mix everything in a bowl. Refrigerate the salad for approximately 30-45 minutes.

It might also be a good idea to add a bit of protein powder, just to get that extra bit of protein in your daily diet.

You can finally enjoy your healthy and appetizing salad. Your friends and family will also greatly appreciate this.

Remember, with any kind of recipe or salad, you can also just make your own adjustments.

Be creative!



Attention! Free and Open to the Public!

We are pleased to announce and sponsor a very special guest speaker, Barbara Thompson. She will come discuss her personal experiences with the surgery at an upcoming free seminar. Ms. Thompson's book, *Weight Loss Surgery: Finding the Thin Person Inside You* is widely read and recommended by surgeons and other healthcare professionals across the country. Come see her speak in the Mother Celine Room located at:

Resurrection Medical Center
7435 W. Talcott Ave., Chicago, IL



Join Our Discussion Board!!

New Hope Surgical is proud to announce that we now have our own Yahoo! group and discussion board at last. To subscribe **for free** please go to the following web site:

<http://groups.yahoo.com/group/newhopesurgical/join>

Join in for discussions, questions, and answers on both the Gastric Bypass and Lap Band procedures. Offer each other support, insight, and friendships.



