

NEW HOPE  
SURGICAL  
7411 LAKE ST.,  
STE. 2100  
RIVER FOREST, IL  
60305

# New Hope News

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## Can I drink alcohol?—Special Question of the Month

Lately, there have been a lot of questions regarding alcohol consumption.

With the summer on its way, everyone has a wedding, vacation, or party to attend.

The big, one million dollar question is "Can I drink alcohol?"

It is **not** recommended due to the high calorie content, which can definitely sabotage your weight loss and future success.

Additionally, alcohol tends to break down vitamins.

According to the British Journal of Clinical Pharmacology, especially for Gastric Bypass patients, alcohol is absorbed much differently than before the surgery had been performed. It is important to keep that fact in mind.

Alcohol is absorbed quicker, the blood alcohol level will be higher, and it requires a lot less time to feel "a buzz."

The absorption would be higher for someone who has had the Gastric Bypass because with the procedure, 95% of the stomach and the upper gut have been bypassed.

Any alcohol consumed will pass without restriction.

Furthermore, the GI tract that influences alcohol absorption will be more responsive to the effects of alcohol because of the reduced calorie intake that every bariatric patient experiences.

Therefore, drinking alcohol would further raise your risk for intoxication or inflict other terrible consequences such as coma, brain damage,



vomiting, disorientation, confusion, and death.

Please be responsible. It only takes a small amount of alcohol to feel the effects, so it is essential that you take extra precaution and be careful.

You can still have fun at a party, wedding, or on vacation without consuming alcohol. Drink or eat something that would be of more nutritional value to you.

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### ATTENTION!!

Do you have any questions about the Gastric Bypass or the LAP BAND surgery? Post or pre-operative? If you don't ask, your question will never be answered. You might not be the only one who is thinking the same thing. Your question can greatly help someone else out.

If you have any questions for us, that you would like to see posted on the newsletter you may call the office, fax us, or E-mail it to Crystal, our bariatric coordinator at CrystalDun@webmd.com.

Please remember, *New Hope Surgical* is here to support you at all times.

## White Chilli—Recipe of the Month

This recipe can be very easy to make. You do not necessarily need to be a chef or pro to make something so simple and great tasting.

It is quite the delicious treat to eat.

First, you should collect the following ingredients for the white chilli:

\*\*1 lb. of boneless, skinless, finely diced chicken

\*\*3 shallots peeled and chopped fine or 1/2 onion (onions are optional)

\*\*3 cloves of garlic, crushed

\*\*1 10 oz. can chicken broth-**fat free of course!**

\*\*1/2 can of salsa *Verde* (It is usually found in the Mexican food section of any grocery store).

\*\*1 14 1/2 oz. can of tomatoes

drained and cut up

\*\*1 14 1/2 oz. can of tomatoes with liquid, cut cup

\*\*1/2 teaspoon coriander seed - crushed

\*\*1/2 teaspoon dried oregano for flavor

\*\*1/4 teaspoon ground cumin

\*\*1 15 oz. can drained white kidney beans

\*\*squeezed Juice of one lime

\*\*cooking spray, non-stick

Once everything has been gathered, in a large deep pan sprayed with the non-stick cooking spray, you can lightly brown the chicken on medium high heat.

You can then remove them from the pan and keep them in the refrigerator.

Add shallots or onion and garlic and sauté for approximately 3-4 minutes until they are tender.

Stir them in the tomatoes, salsa *Verde*, and the fat-free chicken broth. Simmer everything for about 30 minutes on low heat. Next, you can add the chicken and beans.

Continue cooking for about 45 minutes. You can add the lime juice last.

This recipe will make about 4 servings for you and your family or friends to enjoy. Prepare yourself for a mouth-watering meal!



## Let's Get Physical—Monitor your Heart Rate

When doing aerobics, or any kind of exercise for that matter, it is a good idea to monitor your heart rate.

There are lots of devices you can buy in sporting good stores, health stores, or even online.

Or instead, you can do it the old fashioned way. After all, it is less

expensive and gets your brain to thinking.

To find your approximate Maximum Heart Rate (MHR), subtract your age from 220.

Your Training Heart Rate (THR) should be anywhere around 50% to 85% of your MHR.

In order to find your THR range, you must multiply your MHR

by .5 and .85.

You can check your THR range at any point during your exercise routine by taking your pulse for 6 seconds and multiplying the number of beats by 10.

Once this becomes natural to you and you are an expert, find the THR level in your range that you feel best fits you.

# Tips in Starting an Exercise Regimen

By Nina Dillon

Whether you have decided to start exercising for general health benefits, to enhance your current physical fitness or to help maintain or lose weight, it is important to select types of exercise that you will be able to continue to do, week-in and week-out.

The health, fitness, and weight management advantages to be gained through exercise all depend on your ability to make physical activity a regular part of your life.

Listed below are some things to consider when you are choosing an exercise regimen:

•**Select an exercise regimen that you will enjoy.** One of the primary reasons why people quit exercising is because of boredom with their workout. If you find taking a walk around the block to be pleasurable, use it as a starting block for your exercise regimen.

If you find working out in the gym to be unbearable, skip the health club and purchase a set of weights for your home.

•**Try more than one type of exercise.** Exercising in the same manner day after day is not only potentially boring, but it also greatly increases your risk of injury from using the same sets of muscles repeatedly.

Rotating the types of exercise you do each day will add variety to your workout and will also allow you to focus on different types of muscles, as well.

•**Consider exercise options that are readily available to you.** Research what exercise options you have open to you in your local area. Are fitness clubs, school tracks and pools, public parks, or other options easily ac-

*“Find a workout buddy. He or she can also help motivate you. It seems we all need a little help and inspiration.”*

cessible to you?

Try to select locations that you frequently pass, either on your way to work or while you are running errands. Pack a bag with your workout clothes and keep it in your car. That way, you can drop in at the gym on your way home from work, without having to go home and grab your workout clothes.

•**Join a class or social sports team.** Many people enjoy the discipline and structure they find by attending a regular exercise class or joining a social sports team.

Some people find that they tend to work harder in these situations than they might do on their own.

The added responsibility of knowing that other people are counting on you to show up also adds extra motivation. Check your local gyms and recreation facilities to see that activities are available.

•**Find a workout buddy.** He or she can also help motivate you. It seems we all need a little help and inspiration.

When we have a friend to workout with or just to go out for a walk with, we tend to stick to our program with more dedication. There are many exercise options available, so don't get trapped by boredom and don't choose activities that are inconvenient.

Keep your energy and enthusiasm high by rotating your activities on a regular basis. Choose the time and location that you exercise carefully, so that it doesn't feel like an additional burden in your busy schedule.

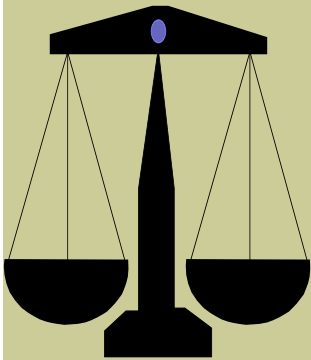
You'll find that it is much easier to stay fit when you are having fun.



NEW HOPE  
SURGICAL  
7411 LAKE ST., STE.  
2100  
RIVER FOREST, IL  
60305

Ph. (708) 366-5070 or  
(866) 4-SLIM YOU  
Fax: (708) 386-6353  
E-mail:  
CrystalDun@webmd.com

We're on the web!  
[www.newhopesurgical.com](http://www.newhopesurgical.com)



  
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# Important Announcement!!!

*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.

