

NEW HOPE NEWS

New Hope Surgical Weight Loss Center Newsletter

November Edition

What is Dumping Syndrome?

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 "butterflies" in your stomach, and have a pounding pulse. Cramps and diarrhea may follow. This state can last for 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 Gastric Band.

Liz Stallone
Bypass 01/13/04

Recipe of the Month:

Watermelon Raspberry Ice Pops

Makes: 8 (1/4-cup) Ice Pops

Preparation Time: 20 min.

Freezing Time: minimum 6 hours or overnight

❖ Ingredients

2 cups Watermelon, seeded and diced
1 cup Fresh Raspberries
1/3 cup SPLENDA® Granular
1 Tbsp. Fresh Lemon Juice
1 Tbsp. Light Corn Syrup

❖ Directions

1. Place all ingredients in blender or food processor. Blend until smooth. Pour ingredients out of blender. Strain through a sieve into a small bowl, pressing firmly to extract as much of the liquid as possible. Discard pulp.
2. Pour extracted juice into ice pop molds and freeze at least 6 hours or overnight.

Help Wanted



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers. See Denise Robinson for more information

***New Hope Surgical
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NEEDED: New Hope Testimonials for our Web Site.

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going

VITA MIST

With Vita Mist being one of the easiest ways to take your daily-required vitamins an opportunity has come to the New Hope Surgical Support Group. As a Group we would need to order 3 tubes a month for a cost of \$15.96 a tube or \$ 47.88 a month. With our goal being to order at least 16 tubes for our group members a month, this covers the cost of the order and a small profit for the group that could cover the cost of the supplies we need to hold our monthly meetings. Please contact if would like to order Melissa Birriel I think that this would be a great opportunity for the group to be able to help support itself.

Mission Statement

New Hope Surgical strives to restore health in those suffering from morbid obesity and its related diseases. We are committed to serving our patients with the highest quality minimally invasive, laparoscopic weight loss surgery, compassionate support groups, beneficial nutritional consultations, and valuable psychological consultations. We desire to give hope to individuals who have been affected physically, mentally, and emotionally by morbid obesity. Our goal is to improve our patient's long-term quality of life by increasing their weight loss and decreasing the severity of their co-morbidities.