



Walk from Obesity 2004 a Success

Our first Walk from Obesity for the Chicago land Chapter was a successful event thanks to many supporters.

The event was held on September 18th and was a nation wide event in over 38 other cities.

It took place in the Danada Forest Preserve of Dupage County in Wheaton, Illinois.

The actual Chicago Chapter walk was 3 miles long, of course for those who wanted to go the distance, with different sites or paths to walk on.



Picture by Melissa Birriel

We had a total of 32 walkers, not including supporters, and raised a total of \$5,077.

Willard Kastning raised a total of \$1,026 and won first place for most donations given. Also, our very own Bob Mujica raised over \$400 and won second place.

This non-profit event was designed for those who are obese and in need of support and healthy lifestyles motivations. The purpose of the organization, and this event in particular, was to educate the public and healthcare professionals about effective treatments for this disease.

The funds raised through this event will support the ASBS (American Society for Bariatric Surgery) Foundation's

educational mission by increasing research funding specifically for severe obesity, improving obesity awareness and reducing its associated discrimination, and increasing public knowledge regarding this devastating disease.

There was so much to do and so much to see.

New Hope Surgical, Kishwaukee Hospital, AutoSuture, Questcorp, and Novartis held informational booths regarding weight loss surgery and

various vitamins.

Psychologist Dr. Margaret Crowley also held a booth and talked about hypnosis for weight loss.

We were additionally entertained by Amtgard's Shadow's Home Medieval sword-fighting group.

The Walk from Obesity was also kindly handing out donations of goodies such as fresh fruit, water, sports bottles, Revival's protein chips, Opti-source's protein bars, Boost, and Vita-ball gumballs.

Various prizes were also given to children who attended.

There was so much enjoyment for a great cause. If you missed this year's event, be sure to make it to next year's.

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Special Quote of the Month

"We are not in a position in which we have nothing to work with. We already have capacities, talent, direction, missions, callings."

—Abraham Maslow

Pre-Ops—Make Sure You Know Your Stuff!

By: Melissa Birriel

For all of us, having bariatric surgery is a life-changing event. For many of us there are months, even years of research.

Unfortunately, those weeks and few days before surgery are such an emotional roller coaster that all the facts and figures you've learned really go out the window.

Most hospitals have a bariatric program. Some do not. You can't expect every nurse, assistant, and doctor to know everything about this surgery. It is your responsibility to know, for your own good.

Your New Body

Yes, you have just had MAJOR surgery. Your body is healing. There are many things you can do to help jump-start your recovery.

What are you supposed to do right out of surgery? Rest. The most important thing right out of surgery is to rest. Take a few hours to get back to reality. You need to make sure the anesthesia is on the way out and you are aware of your surroundings.

You're awake...now what? GET UP! WALK! WALK! WALK! It is SO IMPORTANT to get up and move as soon as you are able.

"The most important thing (to do) right out of surgery is to rest."

In a perfect world, there would be someone to come in and walk you. In the real world, nurses are over-worked and understaffed. You need to flag down your nurse and tell him/her "HEY! I NEED TO WALK!"

Walk? What are you nuts?!

No, you need to get your butt up and walk. We're not talking about a mile. We're not even talking about speed walking either. Just get up and move.

If you can walk over to the chair, that is what you do. If you can walk down the hall and back and do a back flip, go ahead. You know YOUR body. You do what you can tolerate. It is imperative that you get up and get moving.



Your New Fuel

What can you drink/eat? How much? When? **Do you know these things?**

When the cafeteria gets your food ready and sends it up, do you think they know what surgery you had?

They'll know that you aren't supposed to have salt or sugar and that everything has to be clear.

Do they know why? Most likely, NO. Will they know you are only supposed to consume X amount of ounces? Again, probably not. That is why it is YOUR responsibility to know what to do.

Eating the wrong thing or eating too much of something can cause serious pain or even injury to your new stomach. Knowing what is right for you is the most important thing.

Make a list. Read it over and over and then one more time to make sure you are consuming the right thing.

If you aren't sure, ask. If your nurse doesn't know, make her call your surgeon. There is no reason for you to sit there and second-guess yourself.

There is also no reason to sit there and do what is told if you aren't sure. You are your only advocate.

If it hurts, stop. As much as you might WANT to eat or drink, everybody is different. Some people can't tolerate Jello-O right away. If you take a spoonful of something and it hurts, STOP! You aren't ready. It's perfectly fine.

You are getting IV Fluids; you aren't going to get dehydrated.

If you have made the choice to have bariatric surgery, it wasn't made

"You need to know what it takes to be successful. You need to know the steps to take to ensure a healthy recovery and weight loss period."

in a day. You know what this entails and you are ready to change for the better.

But just like your decision to have the surgery wasn't made in a day, your ability to eat and function as you are used to, won't happen in a day either.

You need to know what it takes to be successful. You need to know the steps to take to ensure a healthy recovery and weight loss period.

Do your research and write down those things that you are going to need to know when you are in the hospital. And don't forget to put it in your bag!



Post-Op Guide to Enjoy Halloween without Going Back to Old Habits

Halloween is always a fun time of the year. The leaves are changing colors, kids get to dress up costumes, haunted houses, scary stories, and all of the television stations are showing classic horror films.

However, there's just one thing about Halloween that tempts everyone to go back into their old habits—the candy from trick-or-treating.

Yet, there are a few things we can all do to try to avoid this. Halloween doesn't have to be evil.

If you pass out the candy from home, you can try passing out the types of candy you aren't very fond of. If you don't like hard candies, jelly beans, or chocolate, pass that out. That way, you won't be tempted to eat it.

Also, instead of passing out candy, you can try passing out non-candy items. Kids still like and can use pencils, erasers, sniff and scratch stickers, or noise makers.

Or, you can pass out healthier

food items such as bags of mini-pretzels. Children do eat them and like them.

Be sure to keep some pretzels, pieces of cheese, or yogurt to the side for yourself when the night is over. Treat yourself to your favorite horror flick.

If you are taking children to go trick-or-treating, do not snack during the walk. Try not to think about it and *enjoy* the spirit of Hal-

loween.

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loween.

Otherwise, if you are going to need something to pass the wants away, bring some gum to chew on—sugar free, of course.

You can even bring some of those “on the go” yogurts with you. They are convenient and really tasty.



When you get home, go should still go through your child's candy anyway. If you don't, you really should. So why not make a pile for yourself?

There are other people that give away packs of goldfish or pretzels. Even sugar free candy occasionally will get tossed into that bag of goodies.

Use your brain. Don't eat candy just because it's Halloween and you feel you like to have to in order to keep the “tradition” going. It's head hunger you've got. Remember that.

Recipe 1 of the Month—Cherry Pie

Provided by Melissa Birriel

INGREDIENTS:

**Two (16 ounce) cans pitted tart cherries (in water - no syrup)

**One large box cook & serve sugar-free vanilla pudding mix

**1 small box sugar-free cherry gelatin

**Sugar substitute to equal 4 teaspoons sugar

**1 baked 9-inch pastry shell

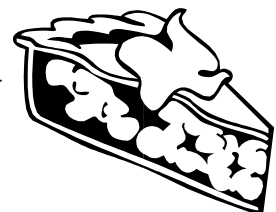
DIRECTIONS:

Drain cherries, reserving juice. Set cherries aside. In a saucepan, combine cherry juice and dry pudding mix.

Cook and stir until mixture comes to a boil and is thickened and bubbly. Remove from heat; stir in gelatin powder and sweetener until dissolved.

Stir in the cherries; transfer to pie shell. Cool completely. Store in refrigerator.

Recipe makes eight servings.



Recipe 1 of the Month—Apple Cinnamon Muffins

Provided by Melissa Birriel

INGREDIENTS:

1 cup quick cooking oats
2 teaspoon cinnamon
2 cups flour
2/3 cup Splenda Granular
2 teaspoons baking powder
3/4 cup light margarine
1 teaspoon baking soda
1 tablespoon molasses
1/2 teaspoon cream of tartar
1 cup egg substitute
2-1/2 cups peeled, grated apples (3 to 4 apples)

Crumb Topping (optional)

1/4 cup quick cooking oats
2 tablespoons SLENDA Granular
1 tablespoon cinnamon

Preheat oven to 375-degrees.
Lightly grease a muffin pan with nonstick food spray. Set aside.

Place oats, flour, baking powder,
baking



soda, cream of tartar,
cinnamon and Splenda Granular in a mixing bowl. Mix together and set aside.

Place spread and molasses in a medium size bowl. Add half of the

oat/flour mixture. Cream together on medium speed until blended. Add remaining oat mixture. Mix well.

Measure grated apples and gently squeeze to remove any excess water.

Add grated apples and mix on low speed until just blended. Scoop batter into prepared muffin pan.

Place all topping ingredients in a blender. Blend until finely ground. Sprinkle evenly over muffins.

Bake muffins in preheated 375-degree oven 20-25 minutes. Serve and enjoy!

This recipe makes 12 muffins.

DIRECTIONS:

To Ensure your Success, Do the Following:

Weight will come back if you stop following the rules of post-bariatric surgery.

Excuses not to exercise, stop at the door. You need to exercise.

Walk everyday.

Chew. Chew. Chew.

Always take your vitamins and supplements, even if you think you are feeling good.

Regularly schedule your follow up appointments.

Show up to your follow up appointments!

Remember to eat protein first.

No snacking in between meals.

Drink water.

Continually remind and educate yourself on all of the above.

ATTENTION!!

****Mark your calendars for November 15th at the usual 6:30 p.m. right here at Brewster Hall. Merle Shapera from West Suburban Hospital's Center of Diabetes will talk about "Meal Plans to Help Deal with the Holiday."

****Sign up to be a "Secret Santa!" Turn in your slips or email Melissa Birriel at LadyBugPicnic@sbcglobal.net by November 15.

****Nominate someone for "Support Group Member of the Year." They will receive recognition for their devotion, as well as a nifty award. Turn in your nominations or email Crystal Dunbar at CrystalDunb@yahoo.com by November 15.

****The next clothing drive is coming up on November 15.

****Join our Yahoo! Group at <http://groups.yahoo.com/group/newhopesurgical/join>