

TEXAS LAPAROSCOPIC CENTER
&
PST-MED, INC.
7777 FOREST LAKE
SUITE C-470
DALLAS TEXAS 75238
PHONE: 972-566-8888 (2243)
WWW.TEXASLAPAROSCOPIC.COM

**SPECIAL
POINTS OF
INTEREST:**

- Do you over-react?
- Rid yourself of negative Triggers
- Why you should ask yourself "what does that mean to me?"

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All about Slips |

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Banded Life

NIRMAL JAYASEELAN, M.D.

APRIL 2007

Finger on the trigger? What's underneath it all?

By Dwayne Guccione, PSY-MED

Have you ever met someone that you just don't like? Maybe they provoke negative feelings in you. You may pass it off saying "He/She doesn't rub me the right way". Perhaps you have a friend or co-worker in your world that when you're around, you have a little less patience, are a little more argumentative, or just get easily irritated. Where are those feelings coming from? Similarly, for example, is someone I'll call "Lady J". Lady J would get all worked up prior to a holiday when she would travel back home. She had a long history of arguing with her younger sister which made her feel miserable and often guilty once she returned home. This routine left Thanksgiving family dinners with little to be thankful for. Lady J would say that her sister just

annoyed her. When asked what her sister meant to her, she had revealed some interesting issues. Lady J's sister was a bit of a "Princess" when she was younger. Lady J always saw her as smarter, prettier, thinner, etc. Her parents were always bragging about her and, it seemed to her, they paid all their attention to her. This used to make her feel angry and neglected. She said her parents favored her younger sister. Lady J would argue and fight with her sister constantly growing up, it was a never ending competition for her parents attention. Whenever they gathered as a family and her sister gained any attention from their parents, it would trigger these feelings and Lady J would start to fight and argue with her sister. She later recalled that she would

eat after these fights to sooth her anxiety over the fight. Once we explored the reality of this, Lady J was able to abandon her childhood visions, separating them from her adult world, and resolve these issues with her sister, which in turn, resulted in a much more pleasant relationship and calmer, enjoyable family gatherings. Issues such as these nearly always result in feelings of anguish, are unproductive and lead to feelings of regret and remorse. However, you can free yourself from them when you isolate the trigger and restructure your response. So, if you ever find yourself in a conflicting situation, or think back to something you may have over-reacted to, ask yourself this...what does this person or thing mean to me? Chances are, once you have a better understanding you can move beyond your reaction whether it's anger, irritation, arguing, or eating.

All you want to know about slips and more

by Dr. Jay

Sometimes my waiting room can be a frightening place. A patient is complaining about the slip they have and how they're not losing weight. And others start talking about a person they know with a slip. Pretty soon everyone in the room thinks they might have a slip or afraid they're going to get one soon!

Don't worry slips occur infrequently. Only a small percentage of patients (7%) get slips and they are usually easily repaired and can be totally prevented.

First of all what is a slip? It is when part of the stomach below the band comes up above the band. When more stomach is above the band, then you can eat more. Also some patients get acid reflux because the acid making part of the stomach which is normally below the band is now above the band and it can burn the swallowing tube(esophagus). Another symptom is more spit ups because as more stomach is forced above the band the opening is tighter, so you get more spit ups.

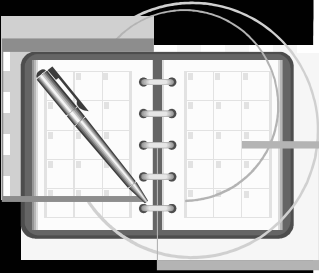
So what causes a slip? Usually throwing up a lot. But there are several other causes. Let's start with the beginning. Right after surgery the band is trying to heal in one place on the upper stomach. But some patients do not stick to the 2 weeks of liquids and then 2 weeks of soft mushy foods. I've had patients that eat pizza and hamburgers the first week. This causes your stomach to move a lot to breakdown this solid food, and the band doesn't get a chance to heal in one place. This greatly increases your chance of a slip later on.

Another cause of slips is being too band dependant and not listening to body for early signs that you are full. When you over eat and then spit up frequently it can stress your stomach and cause a slip. Plan ahead, eat a child's plate of food and wait 10 minutes. Your body should tell you that you're no longer hungry if you give it time and then listen. Avoid getting your band too tight get it just right.

Finally avoid situations that cause severe vomiting like eating questionable food or binge drinking and get a flu shot.

Overall slips do happen, but luckily not that often. And following a few rules can keep you slip free.

Important Dates:



April 5th: Dr. Jay's Support Group Meeting. 7:00pm at Medical City Hospital, Building A in the Cafetorium across from the Cafeteria. This month we are having a clothes swap. See below.

April 7th: Lifestyle and Support Group, 10am– 12noon, Doctors Hospital Professional Bldg. 1, with PSY-MED. Topic: Call 214-348-5557 for more info or to RSVP.

April 7th: Bandster Lunch at Aparicio's Restaurant Mexicano & Tequila Bar, 101 E. 18th St. Plano TX. 2:00pm –5:00pm. RSVP-Cynthia 214-243-0840 or cpjl@swbell.net

April 12th: Bandster Dinner at Jasons Deli, 10220 Technology Blvd. E, Dallas TX 752206:30pm . RSVP-Cynthia 214-243-0840 or cpjl@swbell.net

April 19th: Bandster Dinner at Mercado Juarez 1901 W. Northwest Highway, Dallas TX 6:30pm
RSVP-Cynthia 214-243-0840 or cpjl@swbell.net

April 26th: Collin County Bandster Dinner at El Chico 1222 North Central Expressway, McKinney TX. 6:30pm RSVP-msimpson@co.collin.tx.us or call Cynthia at 214-243-0840.

REMINDER: March 31st: Meal Planning Discussion at Whole Foods Dallas. Join us in discussing healthy food choices and sample a variety of menu items. A Nutritionist/ Dietitian from Whole Foods will discussing food labels and protein content of the food as well as a tour of the store to assist in making healthy choices. Call 214-348-5557 for more info. RSVP is required. We are adding additional dates by request.

April Swap: It's that time again. Spring clean your closets and bring all your clothes that you have shrunk out of to the Cafetorium in building A of Medical City at 7pm on April 5th and swap them for some new duds that fit. Since the smaller sizes go fast, ask your friends to contribute their clothes as well. If you have some pre-banded folks that would like to shop in our temporary and free store, feel free to invite them as well. We always have loads of larger sized cute clothes. The rules of a swap are as follows: Bring Clean clothes, hangers are optional, folded would be nice, and you don't have to bring clothes to receive and you can bring clothes without having to take any clothes with you. Leftovers will be donated to Salvation Army. See you there!

What can Health Counselor do for me?

A Health Counselor works with patients to identify behaviors and choices that are compromising your weight loss. Once identified, short-term goals are created and you will begin to work with your Health Counselor on a strategy that is right for you to assist in achieving your goals. All too often, we set aggressive goals and jump in head first., without a plan or any consideration of our personal life demands (time, family, work). Your Health Counselor will review your daily and weekly schedule, and suggest action steps that are realistic for your lifestyle, so you can achieve your goals. A Health Counselor may identify the behaviors that are interfering with your weight loss are simply poor food choices and lack of meal planning. In this case, they will recommend an individual session with a certified nutritionist or registered dietitian to help you with meal planning, protein supplementation, and/or making healthy choices without sacrificing taste. A licensed Counselor is available in Dr. Jays office on Tuesday and Thursday afternoon and Saturday mornings with the office open or at PSY-MED Monday –Saturday. Call 214-348-5557 to schedule. PSY-MED, Inc. has successfully worked with more than 5000 surgical weight loss patients.

Patient of the Month

As a nurse practitioner I can remember sitting across from patients and telling them to lose weight and get healthy. I thought that even though I was overweight too, I was a healthy "fat" because I didn't have any major health problems. It was just a matter of time that my weight finally caught up with me and I developed high blood pressure, high cholesterol, back pain and knee pain. I could no longer justify that I was a healthy fat and I felt so hypocritical with my patients. After several embarrassing moments at an amusement park, I decided that I had to do something about my weight. I had to be a better role model to my patients and family. I had the lapband May 2003 and it took me 2 years and 1 month to lose 139 lbs and reach my goal. I lost not only the weight but all of the medical problems that I had been suffering. It takes a lot of work and patience on my part but it was still the easiest way that I ever lost weight. People ask me if I regret getting the lapband and I can honestly say "no regrets" whatsoever.



Dear Deborah: I can't seem to get started this year. First, it was the holidays, then houseguests and business events. I haven't been able to stick to my resolutions for eating healthy and exercising. I'm discouraged, really down on myself and losing ground, but not losing my weight. Can you help? Janet

Dear Janet: Here are some tips to help you get back on track:

STOP! Stop the negative feedback to yourself immediately. We don't have a time machine, so we can't change the past. Today is an opportunity to review your goals and make one realistic change at a time. You've already started by acknowledging what is wrong, and reaching out for help! Now, take healthy steps:

SET THE STAGE. You are your own health coach. Get busy with a "taking stock" tour of your pantry, refrigerator, workplace and home. Make recommendations to yourself, and follow through. What needs to come out? What needs to be added? What needs to stay? Does your environment lend itself to your good health? Are there lots of unhealthy foods? Where are the lean proteins, vegetables, workout clothes? **Arrange your environment to promote your health.**

MOTIVATING MAGIC: ** Call, email or spend time with at least two people who motivate you, encourage you, make you feel excited about a healthy lifestyle. Ask for positive feedback! ** Write affirmations to yourself in your journal. ** Design a great reward when you accomplish a goal (new walking shoes, a trip to a beautiful walking trail (check out the Katy trail and White Rock Lake in Dallas!))

POLISH UP YOUR SELF IMAGE. You are a person who has taken courageous, important steps toward health by having weight loss surgery, and working on your plan. Don't fall into a "dieting mentality." Dieting includes an "on" or "off" switch. Remind yourself that **you will live like a healthy person.** Healthy people are not perfect, and when you "fall behind," just get going, right back into your healthy life.

Deborah

Email your questions confidentially to the Therapist Corner at psymed@msn.com

Tick, Tick, Tick

by Cynthia Jones O'Kelly

My Father passed away over 3 years ago. I miss him so much. I want to pass along the best advice he ever gave me. 3 words: Tick, Tick, Tick. Time passes quickly. I used this saying every time I get down. Let me tell you why.

Dad first said these words to me when I was told I had to have my Gallbladder removed in 1986. I was so scared and depressed. I had never had any surgery before. I was in pain and thought the pain would never stop. I felt like I was going to feel this way forever.

My Dad sat me down and said, "Tick, Tick, Tick, Cynthia." I thought he had lost his mind. He told me that time passes quickly. Tomorrow at this time (it was in the evening), the surgery would be over. 1 week from now, I would be home and on the mend. 1 month from now, I would be back at work. 6 months from now, all I would have to remember the surgery was a scar. Life would continue.

He was right. Time does pass. I have used this in every situation from tests to surgery. I have used those words throughout the banding process. During the hard times, the painful times, the scary times. When I went to New Orleans for my surgery, I thought Tick, Tick, Tick...a week from now I will be home and healing. For each plastic surgery, I thought the same thing. For those times when I had to do something I didn't want to... I thought Tick, Tick, Tick. When relationships didn't work out...the same 3 words got me through the pain and sadness. When I wanted to eat my way through some anger, pain, or sadness (I am an emotional eater and food was my comfort buddy), I remembered those 3 words and it helped me from over indulging. Knowing that the feeling you are experiencing is not going to last forever helps. I think I would have spit up much more often had I not been taught that time passes.

While going through the weight loss process, many things tend to come to our attention. As they say in therapy, you are peeling away the onion. When we experience these new aspects of our lives, some of them tend to be quite painful. Remember, these are just feelings and you won't feel them forever. Tick, Tick, Tick...time passes. This feeling or situation you are in is not going to last forever. I always tell people who are sitting on the fence about having the surgery about Tick, Tick, Tick. I tell them that if they have the surgery, 6 months from now, they will be somewhere between 30-60 pounds down. Time will pass quickly. If they don't have the surgery, they could be 10 pounds up. After banding when you are sore...Tick, Tick, Tick...If you hit a bump in the road and have a slippage or have to have your fluid removed for one reason or another...Tick, Tick, Tick.

Make it your mantra. When you are sitting in traffic, remember that this won't last forever. If you are going through a tough time with your significant other...Tick, Tick, Tick. If you have no significant other...Tick, Tick, Tick. If you or someone you love is going through a tough time be it a health problem or whatever...Tick, Tick, Tick. My Father was right. Time does pass quickly and things do change and get better. It has almost been 4 years without my Dad, but his advice lives on. In everyday life, when things get hard, I remember those words. I survive. I learn. I live.

So I would like to pass it on to you all, "Tick, Tick, Tick!" May those three little words help you through your life changing process as much as they have helped me.

Texas Lapband Center
&
PSY-MED, Inc.

7777 Forest Lane
Suite C-670
Dallas Texas 75230

Phone: 972-566-BAND (2263)
www.texaslapbandcenter.com

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Strawberry Ricotta Whip

2 ½ cups fresh strawberries
1/2 cup fat-free ricotta cheese
1/2 cup plain, fat free yogurt
1/2 teaspoon grated orange zest
1/2 teaspoon vanilla extract
4 packets artificial sweetener of your choice
6 tablespoons egg white substitute
1/2 teaspoon cream of tartar

1. Combine strawberries, ricotta, yogurt, orange zest, vanilla, and sweetener in the container of a food processor and process until smooth.
2. In a medium bowl, whip egg white substitute and cream of tartar until stiff peaks form.
3. Gently fold beaten egg whites into strawberry mixture. Pour into 4 small desert bowls and chill overnight.

Makes 4 servings.

Calories: 85.92
Protein: 8.89f
Fat: 0.38g
Cholest: 3.83mg
Carbs: 14.01g
Sodium: 85.27mg