



SPECIAL POINTS OF INTEREST:

- Rewrite your Script
- Change what you don't like
- Make a list
- TIPS from Dr. Jay
- Don't drink your calories
- Learn to Slow Down when eating

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Banded Life

ISSUE 5

AUGUST 2006

Weight of the World

by Dwayne Guccione & Deborah Marshall-Brown

Judy is a 43 years old and married. She began gaining weight at an early age. She feels her eating was the result of her parents divorce when she began eating for comfort during periods of stress.

John is 34 years old. He began gaining weight in college. He attributed his obesity to inactivity, no motivation, and eating out with friends (including fast food and beer).

Carol, a 52 year old, found herself 1.5 years post op from lap band surgery and still struggling with poor eating habits. She found herself an "empty-nester" who continued to cook large meals after her kids were grown and out of the house.

Do any of these situations sound familiar? What these people, and many more, have in common are continuing old habits and behaviors that don't fit with their desired lifestyle and goals. Don't like the way your life script is going? Change it. You can re-write your script and change your world. You can't erase what has happened to you. However, you can stop reliving it and making the same mistakes over...and over. Regardless of how your script began, you can change the way it ends. Everyone carries around some "weight" that begs for change. (Carol's large portions, John's food

choices, or Judy's coping styles) What would your world look like right now with a new ending? Consider starting a new chapter. Here's how to get started.



What if your whole world is in your hands?

1. Identify items in your outdated script that need changing. These are habits, behaviors or situations that you are not happy with and desire change. (i.e. 'I eat when I'm bored' or 'I spend all my time planning what I'm going to do')
2. Next, decide how you want your story to end. Write down all the words that describe your perfect ending.

Make a note of what you see around you in your new ending.

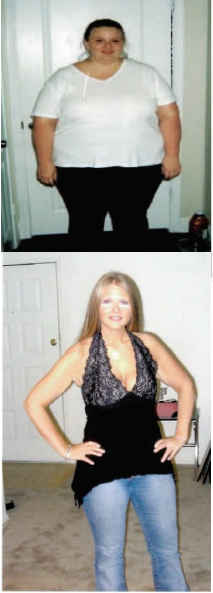
3. Next, make a list of all the words that you would use to describe yourself. Ask yourself if each of these words are a true testament of who you are? Are the words you used typical of

what it would take to be in your re-written ending? For each word that doesn't fit in your new ending, re-write a word or phrase that is a better fit.

4. Next, using your new words and/or phrases, start with a statement that declares the New You. (i.e. I am a motivated, healthy individual who makes positive changes in my life for growth). With this statement, you have just declared your personal mission statement and begun your first new chapter.
5. Next, using this approach, re-write each item that you wish to change from the first step. Judy's next step may look like this: I choose to manage my stress with walking rather than eating. Stress does not dictate the habits of my life. Judy has re-written an important component of her health, leading to a much happier ending.

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard

Patient of the Month



Banded: July 2003

Total Weight Loss: 172 lbs

Hi there. My name is Jacqui and the Lap band has unquestionably, saved my life. I was banded July 24, 2003 and to date, I have lost 172 pounds.

I have always struggled with my weight my whole life. When I was a child, it was easier to control, because I was in sports and a lot more active, however, when the weight started to show, I backed away from social things. I love to eat, but my eating got way out of control. I would come home from school crying all the time because of the other kids comments and I found comfort in more food, resulting in me just getting larger. In junior high school I was 170 pounds, by the time I hit high school, I had crossed that 200 pound mark and just continued to gain. Senior year, I hit 275 pounds. I tried to diet, but nothing ever worked. I was very self conscious and my self-esteem was nonexistent. I was embarrassed to go anywhere and I felt like I was embarrassing the people I was with when I was out. I At 22, after a failed relationship, I went over the 300 pound mark. I was depressed and angry all the time. At 23 I heard some stories about the LapBand on the Kidd Kraddick morning show. I went to a seminar and was immediately sold. Dr. Jay spoke at that seminar and answered all our questions. At 24, I had the procedure, and since then I have become a whole new person. I lost about 40 pounds right off the bat, but then went through a period of about 6 to 8 months when I didn't loose anything. I had found a loop hole, drinking while eating. That was the hardest habit to break. I got past it though, and since then the weight has fallen off. My self confidence increased and I became so much more active in my social life. People don't even recognize me anymore.

I am 27 now and about 147 pounds. I have been in a relationship for over 8 months now, something I have never done before. I am happy and I am no longer that angry bitter girl I use to be. This band saved my life. I would do it over and over again if I had to.

GOT BAND? HERE'S THE SCOOP. By Cynthia O'Kelly

.The following are some expectations once you're banded.

1—Expect not to be hungry for a few days post-op. The length of time will vary from person to person, but you can expect at least a few days of ignorant bliss from food.

2—Expect to get hungry once the swelling goes away! Yes, most likely your hunger will return with a vengeance and you will have thoughts like your stomach was cut off from your mouth and you are starving to death. OK, slight exaggeration, but still. This is expected. It is made worse by the fact you are/ should be consuming mostly liquids, then purees and softs, which don't fill you up as well as solids. Even when you get to solids about a month out, thought, you still may be hungrier than you like for a couple of weeks until you get your first fill. Of course this doesn't apply to everyone, but something you can EXPECT...if it doesn't wind up applying to you.

3—Expect not lose much, if any, weight the 1st 6 weeks. If you go in expecting not to lose, any loss is a bonus-which it is. We always say "the 1st 6 weeks is for healing,

not weight loss". Yes some do wind up losing-but that doesn't mean everyone will. Expect not to and you won't be disappointed.

4—DON'T COMPARE with anyone else. Everyone's rate is different. Don't get caught in that trap as it may lead to frustration and impede your journey. Speed doesn't matter-where you are a year, two years and longer down the road is what matter, not when you got there.

5—Expect the port area to be sore longer than the others. The port is stitched to the fascia (covering the abdominal muscle) which causes irritation and needs to heal. The tubing passes thru the fascia into the abdominal cavity, to the band. The area needs to form scar tissue and get used to the tubing being there (rubbing back and forth a little when you move around). This is why it is hard to reach down the left side or make certain movements for 4-8 weeks until everything is healed.

6—Expect to have diarrhea for awhile. As they say, "Liquids in, liquids out". Of course, this doesn't happen to everyone

but if you are prepared for the possibility, you don't worry if it happens

7—Expect 3-5 fills the 1st year. This is, of course, just an average, though the Vanguard band requires more fills. Some will need more, some less. If you expect and plan for this, you will be able to get the follow up you need to help you succeed. If you wind up needing less that's great but at least you planned for more.

8—Expect to lose 50-100 lbs the 1st year. Some will lose more, some less.

9—Expect to meet your own WL goals! Of course your goal must be realistic. If you are truly determined and consume the necessary caloric value to reach your goal (don't forget to exercise!), it can happen. You must be honest with yourself, thought...and remember your body may have other ideas as to what your goal should be!

10—There are 3 types of bands. The 9.75cm and the 10cm band hold 4cc's of saline. The VG Band or Vanguard 13cc's of saline. Also, there is room in the tubing so this is an approximate for the three bands.

- New office hours: Dr. Jay's office closes at 12 noon on Fridays. If you call, the answering service will contact a practitioner.
- WALKWAYS walking program begins in August. Call 214-348-5557 for registration or more info.
- Want a cooking class or nutrition class? Want to learn a new coping skill to handle stress? Not sure why you're at a standstill in your WL goals? Sign up for the Lifestyle classes by Aug. 30th and get 50% off enrollment fees. Call 214-348-5557.

Schedule of Events

AUGUST 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Support Group @ Medical City Topic: Motivation	4	5
6	7	8 PSY-MED Nutrition Class	9	10	11	12 Seminar SCOR Back on Track Class
13	14	15	16	17	18	19 Seminar Pine-Creek
20	21	22 Re-write your future class Seminar - SCOR	23	24	25	26 Seminar Med.City WALKWAYS
27	28	29	30	31 McKinney Support Group		

Important Dates

- } 3-Lap-Band Support Group at Medical City Dallas, Bldg. A, 7PM in the Cafetorium
- } 8- PSY-MED Nutrition Class at Medical City Dallas, Bldg. A, 6:30 PM in the Cafetorium. Please RSVP 214-348-5557
- } 12- Informational Seminar about the Lap-Band for new patients held at Surgical Center of Richardson at 1:00PM. Please RSVP (972)331-7323
- } 12- Back On Track Class, Medical City Dallas, Bldg. A, 9am -12 noon in the Cafetorium. Please RSVP 214-348-5557
- } 19-Informational Lap-Band Seminar at Pine Creek Medical Center on Harry Hines Blvd. at 1:00PM. Please RSVP 1-800-NEW-SELF
- } 22-Informational Seminar about the Lap-Band for new patients held at SCOR at 1:00PM. Please RSVP (972)331-7323
- } 26-Informational Seminar about the Lap-Band for new patients held at Medical City Dallas, Bldg. A, in the Cafetorium at 1:00PM. Please RSVP (972)566-2263
- } 26- WALKWAYS walking program starts. RSVP & Orientation 214-348-5557
- } 31- Collin County Bandster Dinner held at El Chico, 1222 North Central Expressway, McKinney, 6:30PM. Please RSVP to msimpson@co.collin.tx.us

Tips for Success

by Dr. Jay

Avoid **daily** soups, chips & salsa, cereal, potatoes, ice cream, milkshakes, cookies, candy and chocolate.

-Eat the above in moderation because they **will** sabotage your weight loss.

-Instead focus on eating fresh meat and vegetables. This will keep your energy level up because this is what your body truly needs.

-Don't drink your calories. Fruit

drinks and Gatorade are high in calories and will also sabotage your weight loss efforts.

Eat slowly, but don't spend an hour eating

-Don't spit up...Repeated vomiting or spitting up can lead to a slip. It is not normal to spit up on a regular basis. If you are spitting up regularly, this means that you are either too tight, or you are eating too fast and not chewing well

enough. It is possible that you may need an un-fill until you can adapt to the new eating habits.



Therapist Corner by Deborah Marshall-Brown, M.A., LPC

Dear Deborah: I am too embarrassed to attend a support group because it seems like everyone else there is losing weight and excited about where they are. I'm stuck. I feel funny about being around others who have made all the eating and lifestyle changes. "I just don't know what to say." Please advise. Paula

Dear Paula: The first thing I want to stress is, you are not alone, and you may find this out when you share your experiences with the group. It is hard

to be the 1st one to speak up when it seems that everyone else is doing great., but if you do, I believe you will get the support you need. It is easier to share successes in group than to ask for help, but this is exactly the purpose of a support group! Please don't isolate and struggle alone. Just talking sometimes helps. There's a very good chance that a group member will identify with your experience, and share helpful techniques, or just listen to you. Here are some tips:

- Ask for what you want from the group, e.g., just a listening ear, suggestions, or ask other members to share whether they have "been where you are" and how did they move beyond that point.
- Rehearse what you're going to say before the group.
- Ask a buddy in the group to support you when you share.
- Put the support group on your calendar, and make a commitment to attend.
- Include support groups in your plan for success. Most people who meet their lap-band goals have taken advantage of support groups and classes. Isolating keeps you "in the dark," alone and struggling. Please reach out to your group.
- Put your questions for help on paper and give to the facilitator anonymously.

Deborah is a licensed psychotherapist with PSY-MED and is available in Dr. Jay's office Weds and Thurs afternoons.

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Eating Well

by Merlene Phillips, NC, A PSY-MED Nutritionist

Simplicity and quality are the main ingredients for any recipe for people on the go. With a bit of planning along with some minor meal preparation in advance, eating well during the busy summer months is a lot easier than you might think—especially now when many fruits and vegetables are at their peak. You should also start doing a little research on your own to find the foods that best suit you and your family. Did you know that watermelon is 92% water and is high in lycopene? Or that 1 medium papaya has 780 mg. of potassium? Start looking at the nutrition facts in the produce section on your next trip to the grocery store and you may be pleasantly surprised! I am including a breakfast recipe

that I came across that is quick, nutritious and portion sized just for you.

Mini-Spinach and Ham Frittatas

Ingredients:

Pam cooking spray
2 4-oz. cartons egg substitute
½ cup low fat milk
¼ tsp. fresh ground black pepper
Dash of salt
4-oz. thinly sliced ham, chopped
1 cup frozen spinach, defrosted and squeezed dry
1/3 cup Parmesan, mozzarella, or cheddar cheese, grated
2 tbsp. Italian parsley leaves

To Make:

- (1) Preheat oven to 375°
- (2) Spray a 12-cup muffin tin w/Pam. Whisk together the egg, milk, pepper, and salt in a large bowl until thoroughly blended. Stir in ham, spinach, cheese and parsley.
- (3) Fill muffin cups almost to the top with the egg mixture. Bake until the muffins puff up and just begin to set in the center, about 8-10 minutes.

Makes 12.....105 calories, 11g. Protein, 4g. Carbs. 5g. fat and 1g.fiber.