



Banded Life

DR. JAYASEELAN

DECEMBER 2006

SPECIAL POINTS OF INTEREST:

- 30-Day Challenge
- Start a healthy habit and qualify for free Makeover
- Manage Holiday Stress
- Avoid feeling powerless over holiday cooking
- Look Great and Feel Great

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Take the 30-day CHALLENGE

By PSY-MED

The Holidays are upon us and if you are like most of us, you have a few concerns about making it to the New Year without an extra 10 lbs. Sound familiar? Imagine for a moment that you can build a foundation that will serve you well during the holiday season and into the New Year. Take the PSY-MED 30-day Challenge and qualify for a complete makeover.

The first step is making a commitment. Simply make an appointment with your assigned Health Counselor and identify any areas you'd like to strengthen. Your Health Counselor, along with you, will put a strategy together for you to begin. At this time you'll receive your Challenge Card. Next step is attend the following events, at no cost, by December 30th.



1. Attend 2 Lifestyle Classes within 30 days
2. Attend one WALKWAYS walking group or one Sit & Be Fit Class.
3. Email or Call your Health Counselor once during the time period to report your

4. progress
Substitute one Lifestyle Class for a Back On Track Class.

Each event you attend, a representative will sign off on your Challenge Card. Once you complete each of the required events, your Challenge Card will be entered into a drawing for a free Makeover by a great Dallas Salon.....just in time for the new year! Look and Feel GREAT.

Want to double your chances for winning? Keep a wellness diary during the 30 day period and turn it in with your Challenge Card. All you do is log your exercise and keep a food diary. You will gain awareness and motivation to change.

Want to triple your chances of winning? Sign up for the Patient Advocacy Program (see September Newsletter or stop by Dr. Jays office and meet your Health Counselor). It's that simple. **For more information and to sign up for the 30-day Challenge, call 214-348-5557 today!**

The Fill/ Unfill Scenario

By Dr. Jay

The Band should do about 70% of the work in your weight loss. This means that you are responsible for 30% of your weight loss journey. When people come in and are constantly trying to fill and unfill their band, they are trying to make the band 100% responsible for their weight loss. This will only slow your progress down and could cause a possible slip in the future. The band, when restricted, depresses your appetite. You should not be hungry

if you are eating 3 meals a day. When loosened, the appetite will return and you will feel famished. If you depend on the band to do all the work, you can get into a horrible cycle of too much restriction where you move to a maladaptive form of eating. An example of this is to depend on ice cream for your protein as nothing else will go down. Once the fill is removed, people tend to fall into their old habits of eating large amounts of food, some healthy, but still

having those 'bad' foods as well. Participation in Lifestyle classes to adopt new behaviors can prevent old eating habits from returning.

To do your 30% would entail you to look for your stop signal. Some people experience port pain, shoulder pain, hiccups, burp, toot, and runny noses. These are some of the better known stop signals. Do you know what your signal is? Spitting up is not a stop signal.

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Schedule of Events

DECEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 PSY-MED Lifestyle Class	6	7 Support Group @ Med City	8	9 New Pt. Seminar SCOR, 1pm
10	11	12	13	14	15	16 New Pt. Seminar Medical City Dallas, 1pm
17	18	19 Lifestyle Class	20	21	22	23
24	25	26	27	28 Collin County Bandster Dinner	29	30

IMPORTANT DATES

5- PSY-MED Lifestyle Class from 7PM to 8:30PM., Call 214-348-5557

7- Lap-Band Support Group at Medical City Dallas, Bldg. A, 7PM in the Cafetorium.

9-Informational Seminar about the Lap-Band for new patients held at Surgical Center of Richardson at 1:00PM. Please RSVP (972)331-7323.

16- Informational Seminar about the Lap-Band for new patients held at Medical City Dallas, Cafetorium at 1:00PM. Please RSVP (972) 566-2263

19- PSY-MED Lifestyle Class, Call 214-348-5557 for more info.

28- Collin County Bandster Dinner held at El Chico, 1222 North Central Expressway, McKinney, 6:30PM. Please RSVP to msimpson@co.collin.tx.us

2007- save the date! Protein Product Tasting, January 25th, Med. City Dallas.

Patient of the Month



Before

After



I heard about lapband surgery from a friend. I was kind of nervous about surgery. I knew I needed to do something to get the weight off. I have been overweight since my first child and could never get the weight off. I've tried everything possible. Within the last four years, I've had foot surgery ,back problems, and no energy to keep up with three kids. So, I made the call to Dr. Jayaseelan and it was the right decision. Dr. Jayaseelan and his staff are the best.

Banded: 11-28-05

Initial Weight: 215

Current Weight: 140

Pre-Op Size: 20

Post-Op Size: 8

DID YOU KNOW?

* A Licensed Health Counselor has been assigned to you to help you reach your goals? A Licensed Health Counselor is available to you in Dr. Jay's office on Weds, Thurs and Saturday's and is committed to one thing, your SUCCESS. And it's covered by your Insurance.

* A cooking class is offered quarterly w/ food demonstrations by a Healthy Chef designed just for surgical wt. loss pts? Call 214-348-5557 for more info.

* A Saturday support group meets once per month? If you cannot make the Thursday evening meeting and don't want to miss out, Call 214-348-5557.

* If you show your Lifestyles card at certain retailers I can get 10-50% off products protein shakes, clothes, walking/ running shoes? Show your PSY-MED Lifestyles card at retailers such as Lukes Locker, GNC, Fitness Essentials, area restaurants, and retailers.

SAVE THE DATE: JANUARY 25, 2007, we'll have a PROTEIN SHAKE PRODUCT DEMONSTRATION- come and taste several different brands of protein products available. Discount coupons and product give-aways. In the Cafetorium, Medical City. Call 972-566-2263 for more info.

Therapist Corner

By Deborah Marshall-Brown, MA, LPC

Dear Deborah: It discourages me when someone (usually my husband, sometimes a friend) bugs me about what I'm eating. Comments like, "Are you supposed to eat that? You're not going to throw up, are you?" really upset me. I want to either snap at them, or just go off by myself and eat junk food. Am I paranoid, or are they just rude? **Joyce**

Dear Joyce: You're not paranoid, and your friends and family may not realize how much their comments upset you, or they simply may not know what to say. You're in good company, Joyce, I hear this very often. Choose a good time to have a discussion with the offending parties (*not while you're eating, or when you're upset*). Share what they do that *is* helpful to you. Then explain that you are working on your nutrition, but you're not perfect. Request that they leave your food decisions up to you. Use "I" statements – this takes responsibility for your feelings, and what you want. "You" statements typically result in defensiveness. "It would be really helpful for me if you didn't comment on what or how I'm eating," not, "You better stop saying things like that." See the difference? Guide your friends and family about what *is* helpful, and not helpful to you. Be assertive and specific. *You can't control whether they honor your requests, but you can feel good about letting them know what you need!*
Email your questions to Deborah at psymed@msn.com

The Fill/ Unfill Scenario (continued from pg. 1)

by Dr. Jay

It means you have gone past the signal and are now stretching your pouch and esophagus. You can get a free copy of PSY-MED's *Hunger/ Eating Scale* to assist you. Try to find your own stop signal. When you sit down to eat, dine for 20 minutes and then STOP! Step away from the table and do something else. If you are still hungry ten minutes later, then go and have some more food. In most cases, you will notice that you are full and desire no more food. This should be after having about an amount the size of your palm. If you notice that you are truly hungry (real hunger and not head hunger), have more food. Do not eat out of boredom! I have

one patient who refers to her band as a "slapband", when she tries to over eat; the band slaps her as a reminder to stop!

Just because I don't want you to come in looking for the constant fill/unfill, does not mean that I don't want to see you in the office. You can always come by and weigh, visit with me, meet your Health Counselor, the office staff, or just hang around the waiting room chatting with Cynthia about your progress. We are all here for you and only want you to succeed.

So, look for your stop signal and start obeying its command.

Banded Holiday Tips

by Cynthia Jones-O'Kelly

The holiday season is upon us and many people are nervous over how to keep from overindulging during family gatherings. Here are some helpful tips to help you survive a Banded holiday!

COOKING: If you are the designated chef for the big events, here are some tips to get you through.

1. Eat your breakfast, lunch, or dinner BEFORE you start cooking. Designate a taster in your family.
2. If you are baking, make sure you are full. If that means you eat a protein bar before, then do so. If you are full from the good stuff, there won't be any room for the bad stuff!
3. If cooking is a family event, give yourself the task that involves something you wouldn't be tempted to eat. Such as making the dough for the rolls, or CLEANING! Everyone hates that job, but it must be done. You will burn a few calories at the same time.

DINNER Ok, so the food is ready and it is time to eat! What to do?

1. If your meal is served by plates put together in the kitchen, then tell Aunt Violet that you would like to help serve.
2. BE REALISTIC! Come on, you know you can't eat like you used to, so don't even try.
3. If you are eating buffet style. Grab that teaspoon from your seat. Again, serve yourself with the spoon instead of the big 'ol spoon there for the regular folks.
4. Go Slow, Chew well! You all know this. Remember, everyone is gulping their food so they can get seconds. You DO NOT need to track with them.

NOBODY KNOWS: For whatever your reasons are, you may wish to keep your surgery quiet.

1. If you are still on liquids, then tell your family that you are recovering from a bad bout of the flu and the Doctor wants you to stay on liquids as not to be tempted to make your healing tummy stressed by having the yummy but rich foods.
2. You can move food around on your plate to seem to have eaten more than you really have. Concentrate on cutting your meat. Move those mashed potatoes around. Be so enthralled in the conversation! No one will notice.

You can pick up a copy of the complete Banded Holiday Tips at the office.

TEXAS LAP-BAND CENTER
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Recipe

Holiday Egg Nog

Ingredients: 1 quart DANNON natural flavors Vanilla Yogurt

8oz Eggbeaters

1 cup sugar

2 teaspoons non-alcohol rum extract

Dash of cinnamon and nutmeg

Directions:

Beat egg substitute and sugar together until frothy.

Add yogurt and rum extract, whisking together to blend well

Stir in cinnamon and nutmeg

Keep chilled until ready to serve.

Calories 180

Calories from Fat 15

Total Fat 1.5g

Saturated Fat 1.0g

Trans Fat 0g

Cholesterol 5mg

Sodium 105mg

Carbohydrates 35g

Dietary Fiber 0g

Protein 7g

Calcium 15%