

Banded Life

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SPECIAL POINTS OF INTEREST:

- Frustration!
- S.L.I.M.
- Sweet Potato Fries
- Merlene's Column!
- Core Exercises

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Frustration!

I heard the most enlightening phrase last week: **Frustration consists of broken expectations.** Wow! Though the person who said this was not speaking of banding, he really flipped a few switches for me. When we are going through our weight-loss journey, many of us get frustrated with the different aspects of banding.

For instance: When we are waiting for the insurance approval. For some, it is a phone call. For others, it is jumping through numerous hoops. There are psychological evaluations, nutritional evaluations, many tests, and monthly weigh-ins with a doctor. All of this to get the insurance company to finally admit you actually need this surgery. Some people wait a year before they finally get an approval. A few people cannot stand to wade through this sea of paperwork and give up. But most keep their eye on the prize and push through.

Frustration can also set in while you are healing and waiting for that first fill. We get loads of emails and phone calls from concerned patients who cannot understand why they are hungry, when right after surgery they weren't hungry at all. The answer is that their stomach is no longer swollen and,

now that they are on real food with no restriction, they can eat more. The patients expected not to feel hungry ever again. The lapband is a process. They are at the beginning of the process. The same can be said of the first fill as well. We expect to never feel hunger again, but we still experience hunger.

Sometimes I think I was lucky to go through the FDA trials. In 1999, there was very little information out about the band. I had no expectations and knew only that this was my chance to do something about my weight, and that it wasn't as drastic as the bypass. Now with all the Web sites and studies and just general information available, I tend to think people expect miracles in a short period of time.

It took me 2 years to lose the 200+ pounds I had on my small frame. I did not expect complete success, but knew as long as the scale was moving downward, I was doing well. Since the only information I had was from my surgeon and the makers of the band, I learned to expect the unexpected. Heck, I was a guinea pig, a science experiment. I was going where virtually no man had gone before. Every experience was new. I had to

By Cynthia Jones O'Kelly

change my expectations and plans with each new experience.

You hear us say quite often, that the band experience is different for everyone. This is so true. Perhaps to help you on your journey, you need to start thinking of yourself as unique. You are your own science experiment. What worked for someone you know may not work for you. You may need to change your expectations and plans. The best way to do this is to stop comparing your fill amount or your experience to others.

Find out instead how to make your weight-loss journey a pleasant one just for you. Do you have a reward system? If not, you need to develop one. Maybe you treat yourself to a massage with every ten pounds lost. Find the motivation that will get you to work out three to five times a week.

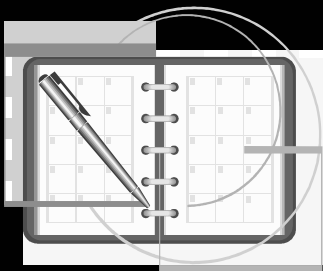
Look at your broken expectations and see if you can find the clues to build your own, unique positive framework. Learn to expect the unexpected, and you will be surprised at your success. Find the uniqueness of your weight-loss journey. Then you won't be frustrated any longer.

“Nutrition and Fitness Corner”

By Merlene M. Phillips , CNC Bariatric Health Associates

How many of you are struggling to lose weight, get healthy and start an exercise program that works with your LapBand? Well I am here to help you figure that out! Starting with this month's newsletter I will answer your questions to help you and others just like you. Dr. Jay is committed to doing whatever it takes to help his patients be successful, so he has asked me to kick off a great way for you to stay informed by doing a question/answer column for his newsletter each month. So go ahead and send me your questions and I will add them to my column! Knowledge is key to your long term weight loss success! Let's get started!!! Email me your questions at mmmp10@sbcglobal.net!

Important Dates:



June 2nd: Bandster Lunch. 2:00pm-5:00pm. Aparicio's Restaurant Mexicano, 101 E. 18th St. Plano TX RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

June 2nd: Lifestyle and Support Group. 10:00am to 12:00noon, Doctors Hospital Professional Bldg. 1, with PSY-MED. Call 214-348-5557 for more info or to RSVP.

June 7th: Dr. Jay's Support Group Meeting. 7:00pm at Medical City hospital, Building A in the Cafetorium across from the Cafeteria.

June 14th: Bandster Dinner. 6:30pm-8:30pm Jason's Deli, 10220 Technology Blvd. E., Dallas TX 75206. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

June 18th: Collin County Bandster Dinner. 6:00pm-8:00pm Towne Lake, McKinney TX. See below for address. RSVP- Cynthia 214-243-0840 or email Marcia Simpson msimpson43@yahoo.com

June 21st: Bandster Dinner. 6:30pm-8:30pm Mercado Juarez 2222 Miller Road, Arlington TX. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

This month we are walking in Collin County!

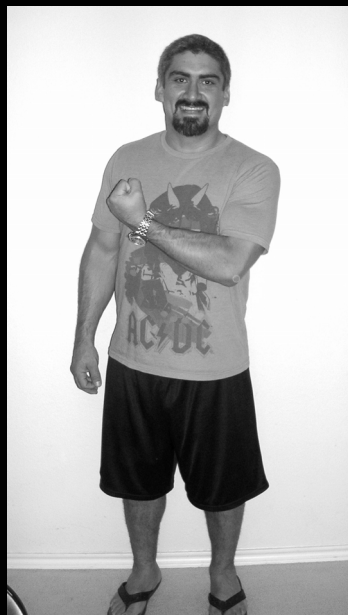
Put on your walking shoes and come meet us at Towne Lake, 1405 Wilson Creek Parkway in McKinney, Texas! Bring some water and prepare to walk away those pounds with Dr. Jay! Hope to see you there.

Would you like to be a Guest Columnist?

Do you have a flair for the written word? We would love to showcase your work! So, if you would like to be a guest columnist for the Banded Life, we want to hear from you. Write about your weight loss experience. Tell us what works for you. What doesn't work for you. How has your life changed with your weight loss? Allow other readers to learn from your experience. We need your article before the 10th of the month prior to putting it into the newsletter. Submit your article to Cynthia at cpj1@swbell.net We can't wait to read what you have to say!

Patient of the Month: David Montemayor

After leaving the Army, I seemed to gain weight pretty steadily. Before I knew it I was over 350 pounds and developing a heart condition. My PCP informed me that if I didn't do something to lose weight, I would be sure to suffer a heart attack or worse. I contacted Dr. J's office and they were very helpful in pointing me in the right direction. It took almost a year to get everything in order. The day of surgery I weighed 342 lbs (52 inch waist), but had already lost about 18 pounds because of the 7 day liquid diet, I was off to a good start. The day I was approved for surgery, I purchased a gym membership and began my new daily workout habits. I worked out once a day for one hour and that included a least one mile on the treadmill. Today, I continue my workouts and am down to 195 lbs.(33 inch waist) My body fat percentage is 12% which breaks down to about 25 pounds of fat and 170 of muscle. I owe Dr. J my life and am so happy he has given me a second chance with an improved quality of life.



David Montemayor

Do I have your attention? I hope so. What I am hoping you remember from the above title is this:

S = SUPPORT

L = LAPBAND

I = IMPORTANT

M = MEETINGS

You may call these activities, support group meetings, aftercare meetings, or group seminars. Whatever you call them, they are very **IMPORTANT!**

Every time I attend, I **learn** something and I **share** something. Things like drink a hot beverage before eating. Not just in the morning, but before every meal. This helps to clear away any mucus prior to eating. I have learned how to make a yummy protein drink as well. Many times you will hear “That happened to me too!” or “How did you solve that problem?”

We also **laugh**. After a long day of working in or outside the home, it sure is nice to know that once a month, I will enjoy some quality time with my surgeon and banded group of friends. Last Halloween, our support group met at *On The Border* in Plano. I was proud of my weight loss and wore a bathing suit. A 1930’s bathing dress complete with cap and stockings to be authentic!

Our June meeting will be to gather at a popular walking area called Towne Lake where we will make a few laps around the lake. I enjoy our support group meetings so much and always leave feeling good about myself.

I also attend these meetings because I have respect for Dr. Jay, Cynthia and other staff members for giving up their evening to spend it with us. Sometimes I wonder if perhaps we are their support group since I have oftentimes been witness to their laughter.

So, get out your calendar and mark all the dates for the rest of the year with “S.L.I.M.” You will be glad you did! Keep using your band and one day you will be slim too!

Core Exercises to try at Home

Bridge

This exercise works many of your core muscles in combination.



Lie on your back with your knees bent (A). Keep your back in a neutral position — not overly arched and not pressed into the floor. Avoid tilting your hips up.

Cough to activate your transversus abdominis. Holding the contraction in your abdominal muscles, raise your hips off the floor (B).

Align your hips with your knees and shoulders. Hold this position and take three deep breaths — or for about five to eight seconds.

Return to the start position and repeat. For a challenge, try alternately extending one knee while maintaining the bridge position.



Proper crunch

Lie on your back and place your feet on a wall with a 90-degree bend at your knees and hips. Cough and hold to activate your transversus abdominis.

Imagine two dots in a vertical line on your abdomen — one above and below your bellybutton. Imagine pulling those dots together.

Use your trunk muscles to raise your head and shoulders off the floor. To avoid straining your neck, cross your arms on your chest, rather than locking them behind your head, and don't raise your head more than shown. Hold for three deep breaths, then return to the start position and repeat.

The above exercises are the courtesy of the Mayo Clinic. Please, if you don't normally exercise, get clearance from your primary care provider.



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Sweet Potato Fries with Basil Salt

5 Sweet potatoes cut into about 1 by 5-inch “fries”
3 tablespoons olive oil
2 tablespoons chopped fresh basil leaves
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper

Preheat the oven to 400 degrees F.

Place the sweet potato “fries” on a foil-lined baking sheet and toss with the olive oil. Bake until golden, about 45 minutes.

Meanwhile combine the basil, salt, and pepper in a small bowl.

When the sweet potato fries come out of the oven, sprinkle with the basil salt and serve. Yields 4-6 servings.

This is a big hit with my family. We serve it with beef, chicken, and pork.

Recipe courtesy of Glada De Laurentiis.