

Gulf Coast Bariatrics

<https://www.gulfcoastbariatrics.com/>

Sharon Wilson, RNC

If you are logged in via phone or computer, please mute your phone and we will get started promptly at 6:00pm.



GOALS of LIFESTYLE CLASS #2

- 1. Brief review of class #1 and nutrition goals**
- 2. Introduction to mindful eating**
- 3. Mealtime modification**

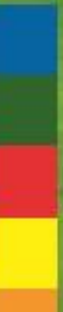
The materials we will review in this class are the following:

- The "Before and After Surgery" guidebook
- Power point presentation "Old Habits vs. New habits"
- The materials are attached to this webinar for you to view, download and print
- Materials are also located at: Gulfcoastbariatrics.com ---> click on patient forms---> scroll down to Bariatric Education Materials



Before and After Surgery

A guide to your success



REVIEW OF DAILY NUTRITION GOALS

PROTEIN 80 GRAMS

- Maintains muscle mass
- Increases satiety

CARBOHYDRATES LESS THAN 40 GRAMS

- Vegetables, low glycemic index fruit, milk sources, legumes
- Fiber- 25 grams daily
- Increases satiety

WATER 64 OUNCES WITH 32 OUNCES BEING FROM PURE WATER

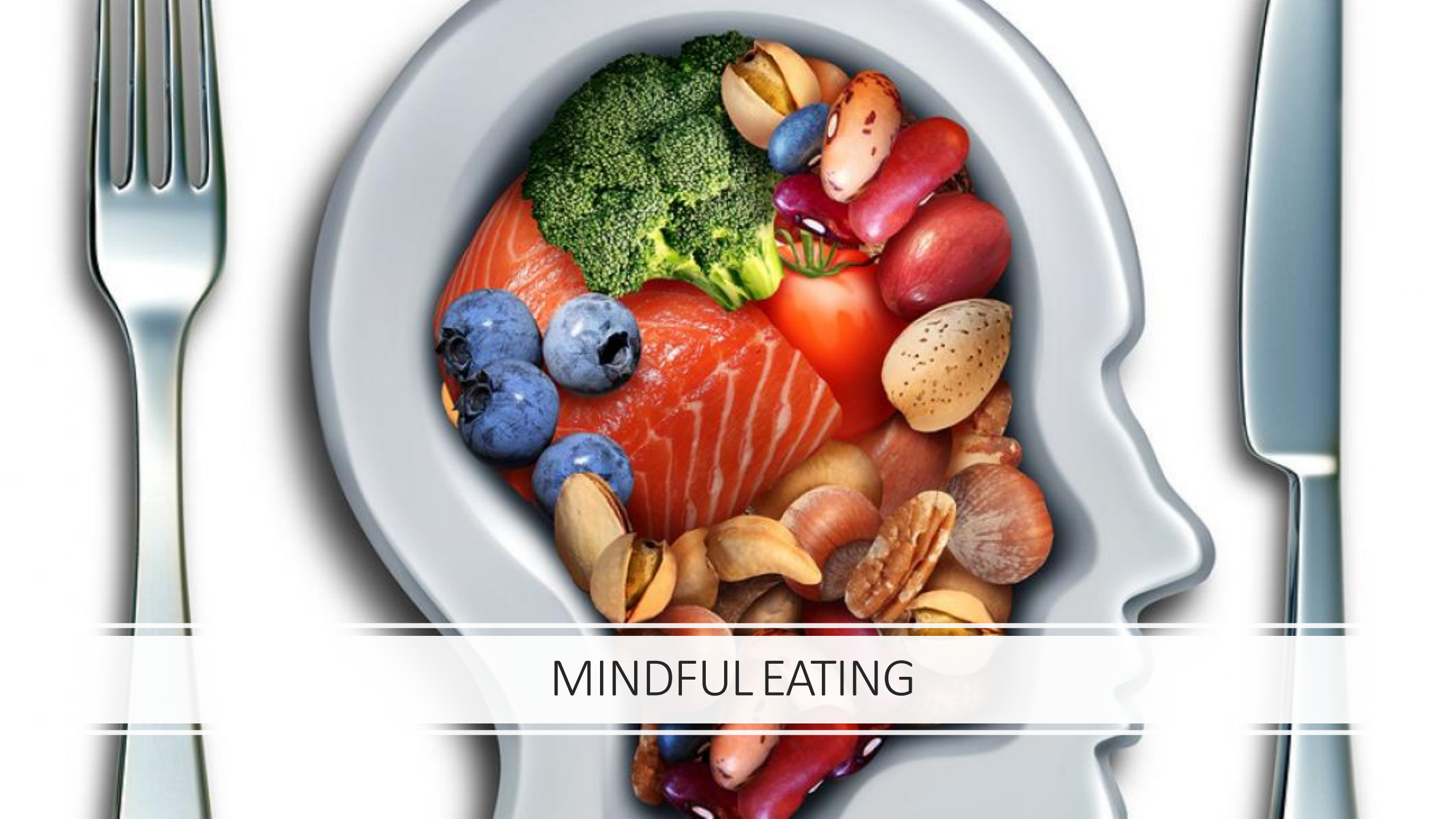
- Hydration
- Regular bowel habits
- Decreases snacking behavior
- Increases satiety

DAILY MULTIVITAMIN

- Start the habit now
- Discuss options with RD
- Bariatric specific multivitamin is required after surgery

QUESTIONS?





MINDFUL EATING

A circular diagram with a thick, textured blue border. In the center, the text "Mindful Eating Cycle" is written in a bold, black, sans-serif font. Surrounding this central text are six questions, each with a smaller subtitle below it. The questions are: "Why? Why do I eat?" at the top; "When? When do I want to eat?" at the top-right; "What? What do I eat?" at the bottom-right; "How? How do I eat?" at the bottom; "How Much? How much do I eat?" at the bottom-left; and "Where? Where do I invest my energy?" at the top-left. Purple arrows connect the questions in a clockwise cycle, starting from "Why?" and ending back at "Why?".

**Mindful
Eating Cycle**

Why?
Why do I eat?

When?
When do I
want to eat?

What?
What do I eat?

How?
How do I eat?

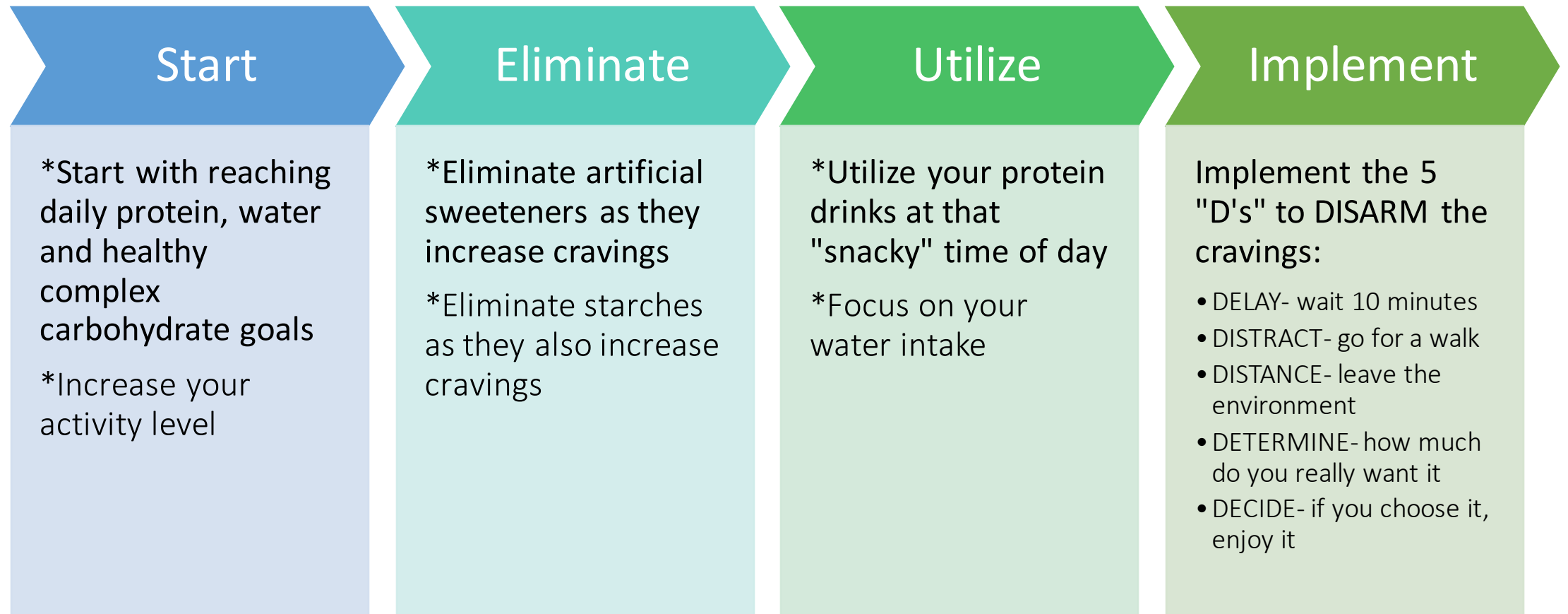
How Much?
How much do I eat?

Where?
Where do I invest
my energy?

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Eliminating Snacking Behavior





NUTRITION... THINGS TO START WORKING ON BEFORE SURGERY:

- Start cutting down on any drinks that have Sugar, Caffeine and or Carbonation such as;
 - Soft drinks (diet, regular)
 - Juice
 - Coffee, Tea
 - Energy Drinks
- Start decreasing your starch intake (bread, rice, pasta, cereal, etc)
- Decrease to Eliminate Alcohol.
- Increase your water intake.
 - Your goal with fluid is 64 ounces per day and at least 32-48 ounces should be from plain water.
- Avoid skipping meals. If you are in the habit of skipping meals a protein shake could be an option.
- Start to separate your fluids from your solids. Stop drinking 30 minutes before you eat and wait 30 minutes after you have finished your meal.
- Always eat your protein rich foods first with every meal.
- Eat slowly. A meal should take 20-30 minutes to complete.
- Chew approximately 20 times per bite.
- Listen to your body! Stop eating when you feel comfortably full.
- Start keeping a journal. Keep track of your food, emotions and challenges.

This is the
start of your
weight loss
journey

MEALTIME MODIFICATION

What do you eat and drink?

- Eliminate soda, juices and sugary drinks
- Eliminate caffeine
- Reduce/eliminate alcohol intake
- Increase water intake to 64 ounces
- 3 meals daily with 20-30 grams of protein per meal
- Log your intake so you know what you are eating and drinking

How do you eat and drink?

- Eat within 1 hour of waking and stop eating 2 hours before bed
- Slow down, make mealtime last 20-30 minutes
- Small bites- dime size or less and chew 20 times
- Always eat protein first
- Do not skip meals
- Do not drink with your meals
- Sip don't gulp and no straws
- Listen to your body. Give your brain time to tell your stomach "I'm satisfied" before you are full

QUESTIONS?



HOMEWORK

LOG

Log your intake for at least 2-3 days per week every week

PROTEIN & VITAMIN

Supplement with 1 protein drink daily as a meal replacement and start a daily multivitamin

MINDFUL EATING

Continue to work on mindful eating, adopting new habits and "get into your head"

READ

Continue to read your educational information and the exam and consent for surgery

QUESTIONS

Write down questions, knowledge is power

SURVEY

A survey will be emailed to you to complete, please be sure to complete the questions to get credit for the class tonight.

- Just a reminder to start reading the exam and consent for surgery and write down any questions for your final appointment with Dr. Bass.

Patient Name: _____

SLEEVE GASTRECTOMY PREOPERATIVE EXAM

This exam, while not all-inclusive, will highlight key points to know before undergoing surgery. Scoring well on this test should be an enjoyable reward for all your effort in gaining an understanding of obesity and its treatment.

Please make note of any questions you may have as you complete the exam so you can discuss them with the surgeon at your preoperative appointment. **Bring the exam and the following pages to Dr. Bass' office at your last appointment.**

Please utilize the information in your handbook and your informed consent for surgery as a resource to answer the following questions.

The following statements are either TRUE or FALSE. Please circle the correct answer.

1.	Surgery is a tool for weight loss and requires following the post-op guidelines, nutrition protocol, behavior changes and exercise recommendations to maximize success.	TRUE	FALSE
2.	A leak is considered a complication of sleeve gastrectomy surgery and may require a longer hospital stay and / or re-operation, and in the worst case can be fatal.	TRUE	FALSE
3.	In the absence of complications, hospital stay is usually 1 night for laparoscopic sleeve gastrectomy.	TRUE	FALSE
4.	The chance of dying from a complication related to surgery is about 1 in 400 operations.	TRUE	FALSE
5.	It is important to walk frequently after surgery to reduce the risk of blood clot formation and pneumonia.	TRUE	FALSE
6.	Sleeve gastrectomy is a reversible operation.	TRUE	FALSE
7.	You should call your surgeon immediately for fever greater than 101, persistent vomiting, increasing abdominal pain, pain with eating and left shoulder pain or shortness of breath.	TRUE	FALSE
8.	It is OK to become pregnant in the first 18 months after sleeve gastrectomy surgery?	TRUE	FALSE
9.	Persistent nausea, stenosis, gallbladder disease and hair loss are potential problems after sleeve gastrectomy surgery.	TRUE	FALSE
10.	Aspirin, Ibuprofen and Motrin are OK to take after weight loss surgery.	TRUE	FALSE
11.	Poor weight loss, or weight gain can occur after sleeve gastrectomy when the necessary lifestyle changes (nutrition, behavior modification and exercise) are not incorporated into your daily routine.	TRUE	FALSE
12.	The preoperative full liquid diet starts 1 week prior to surgery.	TRUE	FALSE
13.	70-80 grams of protein, less than 40 grams of carbohydrates and 64 ounces of fluid per day are the dietary recommendations after surgery.	TRUE	FALSE
14.	Behavior modification in relation to eating habits and exercise is necessary for success after sleeve gastrectomy surgery.	TRUE	FALSE
15.	Eating fast, drinking with meals and snacking between meals is recommended.	TRUE	FALSE
16.	Diet progression after surgery is a gradual process from clear liquids to full liquids, then pureed, soft regular and finally a regular diet as outlined in the guide received at consultation. Advancing prematurely is not okay.	TRUE	FALSE
17.	Patients who attend support group are usually more successful than those who do not attend support group.	TRUE	FALSE

HELPFUL APPS, LINKS AND WEBSITES

Recipes, exercise, mindful eating:

- Pinterest App

Logging:

- Baritastic App
- Bariatric Pal App
- My Fitness Pal App or website [myfitnesspal.com](https://www.myfitnesspal.com)

Educational sites:

- <https://www.gulfcoastbariatrics.com/our-blog>



The password for class credit:

MINDFUL