

Road Signs to Fullness

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- ▶ Don't drink and eat at the same time.
- ▶ Never compare the volume of what you are currently eating to what you "think" you should be eating; only compare it to what you were eating in the past.
- ▶ Become conscious of the fact that you are putting food into your mouth and what that food is.

Just as you cannot drive in a safe manner without being conscious of your surroundings, you must also slow down, pay attention, and eat in a conscious manner. Auto pilot is not a feature offered in cars and now auto pilot has been removed from your eating behavior.

Testimonial

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On February 16th, 2007 I had my LapBand surgery. In early October 2008, I weighed in at 160 lbs. My weight loss has been a rebirthing experience for me. My experience with the NYU Center for Surgical Weight Loss has been remarkable. I find the staff, beginning at reception, to be very kind, caring and upbeat, and all the other staff members are genuinely very pleasant as well. The non-MD professional staff (NP, PA, RN) is just that – Professional! If you choose to avail yourself of the excellent support and follow-up opportunities, you will see that there is a real team approach at this program. For me, I've found the best all around program and because I chose to utilize everything that they offer to their patients I have experienced great success!



Upcoming Events and News

Eating Workshops – These workshops are intended to help you learn how and what to eat at your favorite restaurant. If you are interested in having dinner with us, contact Tammy at tammy.stclair@med.nyu.edu or 212-263-3166.

Wholeness Series

Don't miss the next session in the **Wholeness Series** happening January 20, 2009 entitled "Styling You" which will feature personal stylists, a plastic surgeon and a therapist all speaking about "The New You." This session is open to all current patients of NYU Surgical Associates. Watch the website for further details! For more information, contact Tammy at tammy.stclair@med.nyu.edu or 212-263-3166.

Monthly Support Groups: All are welcome

	LapBand / 12+Month	Gastric Bypass/DS	LapBand / 1-12 months
Frequency	First Wednesday of every month	Second Wednesday of every month	Third Wednesday of every month
Location	530 First Avenue, Suite 10S Take the "F" elevators to the 10th floor.	530 First Avenue, Suite 10S Take the "F" elevators to the 10th floor.	NYU, 550 First Avenue Skirball Conference Room 2nd Floor
Time	6:00 PM - 8:00 PM	6:00 PM - 8:00 PM	6:00 PM - 8:00 PM

Have your follow-up care closer to home – As we all know, follow-up is critical to your success. In order to accommodate the needs of many of our patients, we have opened several offices closer to you – including two offices in Brooklyn, New City (Rockland County), and Westchester! For more information, please contact our office 212-263-3166.

Information Sessions – Thinking of surgery? Attend one of our FREE seminars to learn more about our program and your options. To register, please call our office at 212-263-3166 or sign-up via our website at www.nyuweightloss.org.

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|--|--|--|--|
| 1/12/09
6:00 PM - 8:00 PM
Farkas Auditorium | 2/24/09
6:00 PM - 8:00 PM
Farkas Auditorium | 4/06/09
6:00 PM - 8:00 PM
Farkas Auditorium | 5/26/09
6:00 PM - 8:00 PM
Farkas Auditorium |
| 1/27/09
6:00 PM - 8:00 PM
Farkas Auditorium | 3/09/09
6:00 PM - 8:00 PM
Farkas Auditorium | 4/21/09
6:00 PM - 8:00 PM
Alumni Hall B | 6/15/09
6:00 PM - 8:00 PM
Farkas Auditorium |
| 2/10/09
6:00 PM - 8:00 PM
Farkas Auditorium | 3/24/09
6:00 PM - 8:00 PM
Farkas Auditorium | 5/12/09
6:00 PM - 8:00 PM
Farkas Auditorium | 6/30/09
6:00 PM - 8:00 PM
Farkas Auditorium |

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If there is anything you would like to see in upcoming editions or on our website, please let us know by sending an email to: beth.abrams@med.nyu.edu

NYU Program for Surgical Weight Loss



Welcome to the New You

This is the 6th edition of our newsletter. If you are interested in having future editions automatically emailed to you, please visit our website at www.nyuweightloss.org/contact and register.

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Road Signs to Fullness

If you've ever had the thought "Now that I have the Band, I'm not really sure I know when I am full." Or you've had the unfortunate experience of getting that pain in your chest which is really uncomfortable, you start regurgitating what you've just eaten, or you get hiccups, etc. here is a bit of "Food for Thought." When you are at this point, you have already eaten past the point of being full in your pouch and food has started to back-up into your esophagus. I want to compare your "LapBand Eating Behavior" to driving a car. When you are driving, there are road signs and traffic signals that control the flow of traffic and make you aware of what you should do along the way. Below, I've included a small sampling of signs to help you recognize where you are and to help you along the way. Some of these will help you to avoid a major crash! The stop sign at your crossroad between "full" and "overfull" is not the flashing red light of regurgitating what you just ate, it may have been the thought "maybe I'm done" which happened a mile up the road (10 bites ago), the deep sigh from ¾ of a mile ago (7 bites), the runny nose a ½ mile ago (5 bites), or the sinus drainage ¼ mile ago (2 bites). These are the road signs and mile markers along the way signaling you to reduce your speed because there is a stop sign ahead. As you drive the same road every day, you become familiar with all the signs, every curve, dip and hill. But be prepared. Just as in foul weather, the road can become treacherous, and you will hit a "slick spot." Life and times with the LapBand can be the same. Stress, agitation, excitement,

distraction, etc. can all bring foul weather to your LapBand highway. These are the times which you must yield to traffic, reduce your speed, watch for slippery roadway, etc. Otherwise, you'll end up on the side of the road in a mangled mess (in the bathroom throwing up!). Here are a few hints and tips on driving this new road and ways to avoid the rough road and dangerous curves ahead (you can even avoid a few detours too):

- ▶ Weigh and measure what you are eating (actively or even visually - although if done visually you should consciously make the portion smaller than you "think" it should be).
- ▶ Eat for 20-30 minutes (slowly while putting your utensils DOWN between bites).
- ▶ Take single portions, eat them over 20 minutes and then go find something ELSE to do!
- ▶ If you are still truly hungry, you can go back for more at a later time.
- ▶ Learn to recognize boredom/anger/frustration eating and then go find something ELSE to do!
- ▶ Use a salad plate to eat from.
- ▶ Use toddler forks/spoons to eat from or use chopsticks.
- ▶ Use your pinky fingernail as your guideline for bite sizes – no bites larger than that.

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Ask the Expert

1. Why can't I eat and drink at the same time after surgery?

Eating and drinking at the same time will cause the food ingested to slide through the Band, which allows more food to be ingested and a lack of feeling full. This will usually work in the beginning while the Band is not tightened to an optimum level. Once appropriately adjusted, drinking and eating at the same time will lead to early regurgitation or a "productive burp."

2. I have developed a cough only at night. Is this normal?

If you are experiencing a night-time cough, it may be a sign that your Band is too tight or you are eating/drinking too close to bedtime. This night cough is actually nocturnal reflux and can lead to aspiration of your stomach contents into your lungs, causing pneumonia or worsening asthma in some patients. You can try to stop eating and drinking 2-3 hours before bedtime to avoid these symptoms. You should also avoid taking pills just prior to sleep. If the night cough persists, you should come to the office for a slight loosening of your Band.

3. I only know to stop eating when I get the pain in my chest. How do I know to stop before that?

It takes some time and patience to listen to your body. There are signals that are given when you are full or approaching the point where you have gone too far. Pain is usually caused by the ingested food that you either ate too fast, or did not chew very well. What you must do to prevent that pain associated with eating too fast or too much is simply a matter of putting your utensil down in between bites and chewing your food well. Chewing a bite 25-30 times will probably do the trick for most foods. Meats like beef or white meat chicken are a bit tough and may require more patience.



Left to right:

Dr. Christine Ren-Fielding
Associate Professor, NYU School of Medicine

Dr. George Fielding
Associate Professor, NYU School of Medicine

Dr. Marina Kurian
Assistant Professor, NYU School of Medicine

4. Why does my nose run or I get hiccups while I'm eating – it's annoying!

These symptoms are often referred to as "soft stop" signs – signals that tell you your pouch is full, and you should stop eating. Eating a few more bites after this usually leads to a "hard stop" – which is when you have pain in your chest and the urge to vomit.

5. After surgery my left shoulder hurts a lot, why?

During any laparoscopic procedure, including gastric banding surgery, CO2 gas is pumped into your abdominal cavity to provide space in which your surgeon can work. Most of this gas is released at the end of surgery. Sometimes a bit of this gas remains in the abdominal cavity, which irritates a nerve on your diaphragm muscle causing referred pain to the shoulder. This gas pain usually subsides after a few days, when the body has a chance to absorb it. Some patients find walking is helpful in alleviating this pain. This pain can also occur months after surgery, usually when you've overeaten and your pouch irritates the diaphragm. This usually passes once your pouch empties.

would like him to do my LapBand surgery. The projection system failed the night that I saw his presentation, but Dr. Fielding didn't need a light show or glitz. He was to the point in his presentation and appeared to be very matter of fact yet, clearly, very knowledgeable about obesity and his field of expertise – surgical weight loss. I enjoyed listening to him answer questions from the other attendees. I was also impressed that he was involved with, and has a passion for, helping obese children and adolescents.

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Healthy Suggestions

Savory Onion and Mushroom Burgers

You won't miss the hamburger buns when you taste how delectable these burgers are.

Cooking spray

- 1 large sweet onion, sliced thin and separated into rings (about 1 ½ cups)
- 2 cups fresh mushroom, sliced
- 1 tablespoon sweet paprika
- ¼ teaspoon ground red pepper
- ½ teaspoon dried thyme
- ¼ teaspoon black pepper
- 1 pound lean ground round
- 2 tablespoons balsamic vinegar
- 2 tablespoons concentrated beef broth
- ½ cup water
- 2 tablespoons prepared horseradish

1. Coat bottom of a medium non-stick skillet with cooking spray. Sauté onion rings over medium-high heat for 5 minutes until slightly browned.
2. Add mushrooms and cover, reduce heat to medium, and cook for 5 minutes until mushrooms give up their liquid. Remove onion-mushroom mixture from pan and reserve the liquid.
3. While onions and mushrooms are cooking, mix paprika, red pepper, thyme, and black pepper in a shallow bowl.
4. Divide meat into 4 burgers; dredge burgers on both sides in spices.
5. Re-coat pan with cooking spray and sauté burgers over medium-high heat on 1 side for 4 minutes. Flip burgers over, cover pan, and cook for 3-4 minutes more until medium-rare. Remove burgers from pan and discard any accumulated fat.
6. De-glaze the pan with the balsamic vinegar, scraping any brown bits. Add concentrated broth, water, and horseradish, bring to a simmer, and add reserved onion-mushroom mixture.
7. Simmer, uncovered, stirring occasionally for 3 minutes until slightly reduced.

MAKES 4 SERVINGS

Calories: 202.87 **Protein:** 26.21gms **Fat:** 6.89gms
Carbohydrates: 11.44gms **Cholesterol:** 62mg
Fiber: 1.89gms **Sodium:** 957.6mg

Recipes from *Eating Well After Weight Loss Surgery* by Patt Levine and Michele Bontempo-Saray

What is glycemic index?

Glycemic indexing is a method to measure how much a given food raises your blood sugar and insulin response. This measurement is significant because the rate at which your blood sugar rises after eating is extremely important in the total equation of weight management. When you consume a food with a high glycemic index, it causes your blood sugar to rise above normal level. This blood sugar increase has many negative effects. Foods that have a high glycemic index raise blood sugar abnormally, and higher blood sugar increases your appetite and contributes to mood swings and an increase of both stored fat and circulating fat by increasing triglyceride production.

Protein rich foods such as meat, poultry, fish and dairy have little to no glycemic index. Foods with a glycemic index include starches, fruits and vegetables – out of these – foods with a high glycemic index are refined starches, white potatoes, pumpkin and watermelon. Although a low carbohydrate diet is best for weight management, if you intend on consuming some carbohydrates you should always chose low to moderate glycemic index foods such as whole grain products, legumes, fresh fruits and non-starchy vegetables.

Broccoli and Cheddar Gratin

The addition of soy nuts gives this dish a bit of unexpected crunch (not to mention an extra measure of protein).

- 4 cups broccoli florets
- Butter-flavored cooking spray
- 2 large garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- ¼ cup low-fat, low-sodium vegetable broth
- ½ pound low-fat cheddar cheese, graded
- ¼ cup ground soy nuts

1. Preheat oven to 400° F.
2. In a pot fitted with a steamer basket, steam broccoli over ¾ cup water, covered, for 15 minutes until soft.
3. Coat a large skillet with cooking spray and sauté garlic and red pepper flakes over medium heat for 1 minute until just fragrant. Remove from heat and stir in broccoli, broth, and ¼ cup cheese.
4. Coat a 2 quart casserole with cooking spray and pour in broccoli-cheese mixture. Top with remaining cheese and sprinkle with ground soy nuts. Then spray top with cooking spray.
5. Bake for about 12 minutes until cheese is melted and topping is golden.

MAKES 4 SERVINGS

Calories: 172.28 **Protein:** 19.92gms **Fat:** 7.05gms
Carbohydrates: 9.15gms **Cholesterol:** 11.88mgs
Fiber: 1.96gms **Sodium:** 428.78mgs