

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



A New Life

Bariatric surgery offers a new life. In addition to weight loss, bariatric surgery can elicit many other physical, psychological and social changes that have the ability to transform the quality and quantity of life. In fact, according to The American Society of Metabolic and Bariatric Surgery (ASMBS) web site, 95% percent of patients report an increased quality of life, and life expectancy in 5-year mortality is improved by 89%. Bariatric surgery is truly an opportunity for a new life.

Physical Changes

Bariatric surgery is characterized by the multitude of physical changes that occur.

Immediately after surgery, hormonal adjustments may lead to some emotional days. It is normal to feel a wide range of emotions from joy, enthusiasm, excitement and elation to fear, sadness, and frustration. If you do experience stronger emotions, realize that this is temporary and seek support from others. Hormonal changes have also enabled many couples to have children that they didn't think they could have—what an amazing blessing.

There will be an ease of movement and increased motivation for active pursuits. It may be gardening, home improvements, playing with children, working out at the gym, dancing, or even running a marathon. Many old aches and pains will fade as energy levels increase; the sky is the limit. Finding new ways to spend your time can be fun and exciting.

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Reported Improvements After Surgery

In addition to a shrinking body size, the ASMBS web site reports the following improvements in obesity-related conditions after surgery:

Type 2 Diabetes	83% Resolved
Migraines.....	57% Resolved
Depression	55% Resolved
Obstructive Sleep Apnea	75% Resolved
Asthma.....	82% Improved
Hypercholesterolemia	63% Resolved
Non-Alcoholic Fatty Liver Disease	90% Improved Steatosis
Metabolic Syndrome.....	80% Resolved
Polycystic Ovarian Syndrome	79% Resolution
Venous Stasis Disease	95% Resolved
Cardiovascular Disease	82% Risk Reduction
Hypertension.....	52-92% Resolved
Gerd	72-98% Resolved
Stress Urinary Incontinence.....	44-88% Resolved
Degenerative Joint Disease	41-76% Resolved
Gout	77% Resolved
Mortality	89% Reduction In 5-Year Mortality.

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Psychological Changes

Many people report increased self-esteem as they once again experience life at a healthy weight. This can propel them to take greater responsibility for their health and well-being. It can also give them the courage to change situations in their life that may not be optimal and to pursue new opportunities.

Attitude shifts can enhance weight loss and lead to a greater sense of control over weight. Rather than feeling controlled by food and weight, that control can be reclaimed by individuals after surgery.

Social Changes

Social acceptance at the workplace, in public and within the circle of family and friends can change dramatically as a healthy weight is reached. Typically, this change is positive as people support the steps you've taken to improve your health. You may find not only more opportunities for advancement at work and social outings, but you may also

find that you are more interested in this increased social contact.

Some social changes may be more difficult. Those can include people who feel threatened by the changes in you. A little extra reassurance and understanding can go a long way in preserving these relationships

Lifestyle Changes

Those who are most successful with surgery embrace a new lifestyle, one that supports a healthy weight. These lifestyle changes include planning ahead and taking food and snacks along, finding delicious sugar-free alternatives for your favorite sugar-laden treats, choosing healthy foods, committing to regular exercise, learning new ways to soothe and de-stress without food, getting the support needed, finding new leisure activities (you'll need something to do with all that extra energy), making holidays and family gatherings about more than just the food, and more. It's all about focusing on the new opportunities and taking advantage of all that life has to offer.

IN THE NEWS

If you haven't removed all of the sugar-sweetened drinks from your household already, you may want to read on. Another study reported in the April 2009 issue of the Archives of Pediatrics and Adolescent Medicine supports the theory that sugar-sweetened drinks (soft drinks, colas, sugar-sweetened fruit drinks, and any other sugar-sweetened drinks) are associated with obesity, insulin resistance and metabolic syndrome. Not only does the intake of sugary drinks increase calorie intake, but also impacts the effectiveness of insulin, increases body mass index, decreases HDL (good) cholesterol, and increases blood pressure. A previous study found that just one sugary drink a day increases the risk of obesity by 60%.

**Buy a water filter
and encourage your
family to drink fluid
the way
nature intended—
thirst-quenching
water.**



WHAT'S NEW

Two great new products for those who need help controlling blood sugar levels, keeping appetites at bay between meals, or for those just needing a delicious, convenient protein snack.

Extendbars

- Help stabilize blood sugar levels and naturally control hunger for up to 9 hours
- Are low in fat, are cholesterol-free and contain no trans-fats, so they are deliciously heart-healthy
- Have a low glycemic index
- Have only 150-160 calories per bar
- Are Kosher
- Have only 1-2 grams of net carbs, to help prevent any blood sugar spikes
- Contain little to no sugar (0 to 1 gm)
- Are gluten-free
- Are high in soluble fiber and protein
- Have both a low glycemic index and a low glycemic load.

ExtendCrisps

- Help stabilize blood sugar and control hunger for up to 9 hours
- Contain little to no sugar (0 to 3g)
- Have only 8-9 grams of net carbs – great for any chip or crisp!
- Are cholesterol-free and contain no trans fats
- Are a good source of protein and fiber
- Have a low glycemic index and a low glycemic load
- Are made from gluten-free ingredients
- Have only 120-130 calories per bag.



IT WORKED FOR ME

Wisdom from the Barix Clinics Message
Boards-Barix Patients Supporting Barix Patients

QUESTION: How do you guys get motivation to work out? I have had no motivation to work out. I feel guilty if I leave my kids at home while I work out or even go for a walk. I can't have them with me because they don't go fast enough for me. What do I do? I am so lost and getting so depressed over this. Any tips?

Trust the still,
small **voice**
that says, "this
might work and
I'll **try it.**"

—Diane Mariechild



A: Not going fast enough would be better than not going at all!

How about walking videos where you just stay in your home, or using a large exercise ball?

A: I am afraid that this is the time to take some Tara time. You say you feel guilty leaving them but if you don't get the exercise in then it is harder to succeed and you will feel worse. When you are with them then they are the focus and the healthier you get the better parent you will be and you will be leading by example. If you had a medication that would save your life and it took an hour a day for you to take it alone, would you? Well, girl, this is that medication! In order to be the best person (parent) you can be you need that alone time. If it is too hard when the kids are awake do it early in the morning (my cardio is at 5 am) or later at night when they are in bed but either way it is a priority. If I want motivation I think of how I felt at my heaviest and how my wife had to tie my shoes and how I could not sit in a booth or the fact that I slept sometimes 12 hours a day or having to stick needles in my stomach. If that does not get someone motivated I don't know what will. You find the trigger for you. Making workouts a priority is not making you a bad parent.

A: Do things you can do at home. Go up and down the stairs, there is your gym stair climber. Sit on an exercise ball, just doing that a lot will help your core. Find things you can do at home and though you feel guilty, YOU deserve you time. I am pretty sedentary most times. I do get out at times but mostly it's things I can do at home. Spring will bring a lot of exercise for me while doing my gardens, mowing, etc. You can find ways to introduce more activity into your life and being a mother isn't about giving up everything for yourself for your children.

A: The best purchase I've ever made was an i-pod; something about music gets you going and keeps you moving. Many times when the time is up and my workout is over a good song will have just started so I'll continue until that song is over—then another good one will come on and next thing I know I just added 15 minutes to my workout that I had not planned on because I got sidetracked. Another good thing is to check Goodwill. I found a treadmill there for \$25.00!!!! When I feel bad about dropping off the kids at the sitter, I put in their favorite movie and hit the treadmill. I can still watch them and talk to them and get my workout. Use them as motivation. Tell them if you can get 30 minutes of nonstop exercise in they will get a treat or surprise. All of sudden they turn into little personal trainers.

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(It Worked For Me, from page 3)



REWARD YOURSELF

This month, you could earn a SPECIAL GIFT for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by March 31, 2009. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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A: I know how hard it is to exercise with little kids. I am grateful mine are in school now. Kids are extremely time-consuming. But you need some time too. I always found some place to go where they had a child day care. Even though they would cry and fuss, I needed that time to get in shape. Exercise keeps me sane as well. I do think the at-home techniques would be great. Maybe start with just 15 minutes, then 20 minutes, and so on. Ease into it. I have always enjoyed working out outside of the home though. I have also found myself more accountable when I sign up for some sort of class, like Jazzercise, where I go with a friend, or promise to meet someone there. I have scheduled it into my calendar, and treat it just like a meeting or something. It has to become a part of our lifestyle, just like adjusting to our new way of eating. It's a lifelong process! Good luck!

A: I suggest getting some good dance exercise videos and if the kids want to join you, let them! You can do it at home and they will probably enjoy trying to do the dance moves but if they only “do their own thing” to the music, that's cool! Also, remember that exercise is cumulative and does not have to be done all at one time. If you can get in a quick 10-15-minute workout several times a day, it still counts... four 15-minute workouts count exactly the same as an hour straight. Twelve 5-minute workouts count as an hour too! If you look at it like that, doesn't it seem like you can carve out some time for yourself? If they are watching a video or they are playing quietly, take those moments to really get your heart rate up. Dancing is always a great exercise but walking is great too. If you have stairs, run and up down 4 or 5 times really fast.

I know you have recently relocated and so maybe getting out and walking the neighborhood will help you meet

other moms with kids and you guys can become a support system for each other. Even if the kids walk slowly, think of it as a plan to scope out the neighbors a block over!! Most moms are overwhelmed and need some time to themselves. Finding a mom in similar circumstances in your neighborhood would be great because you would either find a walking partner, someone to swap baby sitting for an hour or two a week, or someone for your kids to play with so you can carve out a few minutes several times a day for yourself....it will be an overall asset to your new life.

I know for me, when we relocated, I fell into depression and it was hard to keep focused on ME because I was miserable. Those old messages start being sent from our brains and the next thing you know, the old habits are started again too. Maybe this is a good time to start some counseling so you can avoid that depression I experienced. I missed my friends, my family; I felt so much like a fish out of water. It is so hard when you aren't working. Since you decided to delay going back to work, you won't meet people as easily unless you plot ways to do that. Find places you can take your kids where other moms will be. Maybe story time at the library or the public pool, the park, kids' sports or gymnastics...I don't know how old your kids are but you will figure out what activities they can take part in. Your local park and recreation department is a great resource. Remember you are looking for moms with kids your kids' ages!

Hang in there. I understand that lost feeling that comes from moving away from your comfort zone. Once you get your feet under you in your new town, all of these little details will fall into place.

You're already a winner; you came to your Barix family for help!!

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On Track With Barix

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RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to http://www.barixclinicsstore.com/share_your_story.html. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient
Service Representative
at 800-282-0066

RECIPES



APPLESAUCE CAKE

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 t. baking soda
- 2 t. cinnamon
- 1/2 t. ginger
- 1/2 C. reduced calorie margarine (25% less fat and calories)
- 1/4 C. molasses
- 1/2 C. egg substitute
- 1 t. vanilla
- 1 C. Splenda® Granular
- 1/2 C. unsweetened applesauce

Preheat oven to 350°F. Spray an 8 x 8-in. metal cake pan with vegetable cooking spray. In small bowl, stir together flour, baking soda, cinnamon, and ginger. Set aside.

In a large mixing bowl, beat margarine and molasses with an electric mixer on high speed for approximately 1 minute. Add egg substitute and vanilla and blend on high speed for 30 seconds. Mixture will be very liquid. Add Splenda and beat on medium speed until very smooth, approximately 1 1/2 minutes. Add flour mixture and applesauce and beat on low speed until mixed, approximately 45 seconds. Spread batter evenly into prepared pan and bake for 30 minutes at 350°F. Makes 8 servings.

Nutrition information per serving: 170 calories, 4 grams protein, 6 grams fat, 24 grams carbohydrate, 310 mg sodium.

HIGH PROTEIN HOT CEREAL

- 2 tablespoons flax seed meal
- 3/4 cup boiling water
- 1 tablespoon peanut butter
- 1/8 teaspoon cinnamon

Pour boiling water over flax seed meal and stir well. Stir in peanut butter and cinnamon. Let thicken for 1-2 minutes. Makes 1 serving.

Nutrition information per serving: 176 calories, 7 grams protein, 15 grams fat, and 7 grams carbohydrate. Note: although a higher fat food, most of the fat is from heart-healthy mono unsaturated fat and will keep you satisfied.

BLUEBERRY ALMOND BREAKFAST TREAT

- 1/3 cup almond meal
- 2 tablespoons water
- 3/4 cup egg substitute
- 3/4 cup blueberries fresh or frozen without added sugar
- Non-caloric sweetener to taste

Mix almond meal, egg substitute and water in a microwave-safe bowl. Microwave on high for about 45 seconds. Move the mixture towards the center of the bowl and add blueberries. Microwave for about 45-60 more seconds. Stir and enjoy. Makes 1 serving.

Nutrition information per serving: 264 calories, 14 grams protein, 20 grams fat, 13 grams carbohydrate, 0 mg sodium. Note: although this is a higher fat food, it contains heart-healthy mono unsaturated fat and will keep you satisfied.