



Banded Life

June 2006

The Box By Cynthia Jones O'Kelly

Remember when you were a kid and received a large gift during a holiday? Sometimes the box was more interesting than the gift. Or do you remember seeing your kids finding the box more fun to play with than the actual toy? Gosh I remember playing with my friends in various boxes when I was a little girl. It was a fort, a house, a castle, or whatever we could dream up at the time. Regardless of what those 4 cardboard walls were called, it was a safe place. I was always hiding from some imaginary bad guys. I was safe inside my box, where no one could find me. Now before you think that I might have issues, well of course I do...I was morbidly obese for over half my life! But that isn't what is being discussed here.

Whilst in the midst of my weight loss, a thought occurred to me. It seems that I brought that safe feeling from my childhood to my adult life and I had built my own box around me. When I actually thought about it, it seemed so clear. As I got fatter and fatter, my box got taller and taller. It was lovely inside the box. No need to worry about coming out. I had all the comforts of home...food, bed, TV, bathroom. I could get things delivered, and this service-based world made it extremely easy to live life in my box.

Everyday when I got home, I was relieved to be back in my box. At times it got lonely being in the box, but it was much better than trying to go out to some place that would be filled with people that might look at me and think that I was fat. When I was big, I didn't want to do anything outside of my comfort zone. I liked knowing where I was having dinner, where I would shop, & how I would get there. I preferred to be home by a certain hour. My world had gotten so small!

As I was losing weight with my band, new things would present themselves to me. Before, I would have never noticed them. Now it was as though I was seeing these things for the first time. I started slowly by returning to church. Then I began accepting the few invitations that were extended to me. Was I scared? Yes, very!! I was terrified to be stepping outside of my box. I remember the fear I had walking into a party. I had to WANT to risk and I had to WANT to extend myself. Suddenly I was out there for the entire world to see. You know what I noticed?

We are all the same. Fat, thin, black, white, tall, short...it doesn't matter. We all get scared, we all get lonely, and most of us care about our fellow man. I have walked into parties and met someone and told them that I only know the hostess and am scared to death (I KNOW I really put it out there). You know what happened? They introduced me to everyone they knew. I made some new friends. You just have to try stepping outside that box.

Think about your box. What does it look like outside? What does it look like inside? Now the next time something comes up that is outside of your box (comfort zone), I encourage you to do it. Paint that picture...no one is going to be judging you. Go to that party...you will probably meet some wonderful people. Stay out past 10pm...your dog would think you were wild! Do something, anything that will move you forward in life. You may hit a wall, heck I do everyday, but I keep getting right back up and grab that hammer and chisel and start working on a prison break. Don't let your box become your jail.



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Patient of the Month



Before

Banded: March 2004
Initial Weight: 395
Current Weight: 174



After

Hey guys, my name is Mitchell Robinson. I heard about the band for the first time in October of 2003, when my mom actually had the procedure. Being that I weighed 395 pounds, my mom questioned me about having the surgery. I immediately said "count me out!".

I quietly sat back and observed my mom's progress. After a fairly quick and effortless weight loss of 50 pounds, I decided that this might actually work for me, too.

In March of 2004 I had my lap-band procedure. I lost 28 pounds during the first six weeks after surgery, and a whopping 50 pounds in less than six months. It was amazing! That was a great start, but I knew I still had a ways to go.

Shortly after having the procedure I moved to Colorado, and started attending culinary school. Needless to say, I didn't get to follow-up as often as I should, but luckily I have still had great success with my band. I lost 221 pounds total. Without the band I wouldn't be who I am today. Thanks a bunch Dr. Jay!

June 2006

Schedule of Events

- 1-Lap-Band Support Group at Medical City, Bldg. A at 7PM in the Cafetorium.
- 3-Informational Seminar at Medical City, Bldg. A at 1PM in the cafetorium
- 10-Informational Seminar at Surgery Center of Richardson at 1PM
- 13-PSY-MED Lifestyle Class at Medical City, Bldg. A at 7PM in the Cafetorium
- 14-Rockwall County Dinner held at Las Macarena's, 121 E. Main St., Royse City, 6:30PM
- 22-Informational Seminar at Surgery Center of Richardson at 1PM
- 24-Informational Seminar for new patients at Medical City, Bldg. A at 1PM in the Cafetorium
- 27-PSY-MED Lifestyle Class at Medical City, Bldg. A at 7PM in the Cafetorium
- 29-McKinney Support Group will be held at 6 PM at Dr. Jay's office this month. Medical City, Bldg. C, Ste-670.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Support Group @ MCD 7PM	2	3 New Patient Seminar @ MCD 1PM
4	5	6	7	8	9	10 New Patient Seminar @ SCOR 1PM
11	12	13 PSY-MED Lifestyle Class 7PM	14 Rockwall County Dinner 6:30PM	15	16	17
18	19	20	21	22 New Patient Seminar @ SCOR 7PM	23	24 New Patient Seminar @ MCD 1PM
25	26	27 PSY-MED Lifestyle Class 7PM	28	29 McKinney Support Group 6PM <i>*see note*</i>	30	

The Importance of Protein

By Holly Hulsey

We can never stress enough how important protein is to your success with the Lap-Band. In doing research for this article, I was surprised to find out just how much protein actually does impact your physical and mental well-being.

A deficiency in protein can cause hair loss, fatigue, edema, muscle weakness, and a delay in wound healing. What I didn't know was that a lack of protein may also lead to depression, anxiety, irritability, apathy and other mental health conditions as well as cause a number of physical health issues from gallstones to colds, headaches, low blood pressure, anemia and irregular heart rates!! Now that is pretty alarming.

Your body requires more energy (i.e. calories) to process protein than it does to digest carbohydrates. As well as making you feel better, an increased intake of protein will also increase your metabolism, causing you to burn more calories.

We encourage you to consume 50-60 grams of protein daily. That sounds like a lot, but it breaks down to only 20 grams a meal. Protein doesn't only come in the form of meat. Consider trying a protein shake for breakfast, a baked potato with beef for lunch, and a chicken breast and a few veggies for dinner. There are a variety of ways you can get protein. Get creative and see what happens!!



Baked fish is a great source of protein!

Exercise "Magic" Motivator Make a Start

By Debra Marshall-Brown

EXERCISE "MAGIC" MOTIVATOR - "MAKE A START!"

Usually, we tell you there *is no magic solution* to your exercise blues – but this technique seems to work well. For many of us, lack of motivation to exercise sets in when we're tired from a long day at work, worried about a problem, or not yet awake enough in the morning. Much of the time, you'll likely be motivated by the fitness and health goals you set when you got your lap band, (*good for you!*) but when exercise seems too overwhelming – the very last thing you feel like doing -- here's what to do:

1. STOP! telling yourself "*you have to exercise, you're lazy if you don't,*" and beginning the familiar fight in your brain about exercising when you don't want to.

2. INSTEAD, do the opposite. Tell yourself "*you don't have to go to the gym,*" "*outside for your walk,*" or "*into the garage to lift weights.*"

3. HOWEVER, what you CAN do is change into your comfy exercise clothes, or put your sneakers on – (you'll be more comfortable changing out of your work clothes, anyway.) The GOAL is simply to put on your sneakers or comfortable t shirt, NOT to exercise. If this step seems too overwhelming, fine. Instead, turn on your favorite music or hook up that IPOD. (Always

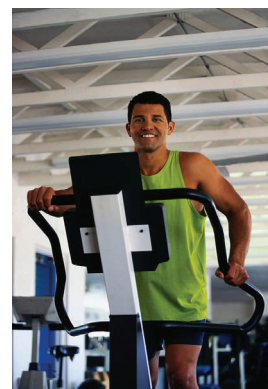
have a *motivating* song!) Remind yourself *you don't have to exercise.*

4. NOW, with your favorite motivating rock and roll, country or hip hop music and your exercise clothes on, tell yourself you might as well go for a short walk, *just a short one*, or drive to they gym and see how you feel. KEEP THIS STEP VERY, VERY EASY!

5. This step should be so easy you could almost do it in your sleep! Now that you're outside the front door, set a tiny goal, "*I'm going to walk for ten minutes, not one step further,*" or "*I'm only staying at the gym for ten minutes.*"

6. Congratulations! Look how far you've come! Feel free to STOP at any step. If you do nothing more than put on your sneakers and your music, you've progressed from sitting on the couch, feeling bad about yourself. And, you've started a pattern of movement! Chances are good that, once you're moving, you'll keep moving forward! You may feel like walking more than ten minutes; or once at the gym, feel motivated to stay awhile, but you've achieved your goal at any step! Keep in mind the physics formula, "*Matter in motion tends to remain in motion; matter at rest tends to remain at rest.*" Just make a start!

PSY-MED
214-348-5557



"Stop telling yourself you're lazy if you don't exercise"

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Fruit Smoothie Recipe

- I cup of frozen fruit
- I cup of low-fat yogurt
- I cup of orange juice
- I scoop of protein powder

Combine all ingredients in a blender and blend on high until there are no more chunks. For a variation try different fruits such as strawberries, bananas, or mixed fruit. Also change it up by trying different flavors of low-fat yogurt.



~Clothes Swap~

There will be a close swap at the July support group at Medical City on July 6. Bring all of your clothes that are too big and trade for some smaller sizes!! For more information, please contact Cynthia at (214)243-0840, or cpj1@swbell.net