



# Banded Life

MAY 2006

## SPECIAL POINTS OF INTEREST:

- BUILDING A BETTER YOU!
- BE ACTIVE DAILY
- OFFICE CHANGES AS OF MAY 1, 2006
- CHANGE EMOTIONAL EATING HABITS

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## Life as a house...building a better you!

By Dwayne Guccione, PSY-MED

Spring is here and summer is around the corner. Many of us are scrambling to do cleaning, repairs or renovations to make our houses more habitable. Perhaps you're thinking of selling, abandoning a mess or maybe you're ready to move on to something bigger. Imagine for a moment, that your life, or wellbeing, is a house. Hmmm. Would you put as much effort in keeping it clean? Safe? Would you pay for repairs? Or, just ignore the cracks?

Lets start with the **Foundation**: All good homes start with a blueprint. You've heard me say it before. You need to get a plan, then stick with the plan. A solid foundation is key to a successful finished product. What are you striving to become? Do you have a realistic expectation or just dreaming of something better? Discover your strengths that will get you there. A solid foundation begins with a *willingness* to start a project as well as *commitment* to maintaining it.

**Location**, location, location: Where are you choosing to build your "house"? Who is around you? Are you building next to a saboteur? Where are you looking... are you turning to your doctor and healthcare team for advice and instruction? Uncle Joe's neighbor may not be your best contractor. Are you ready to venture out or stick with what's familiar? Surround yourself only with those people that inspire, motivate or encourage you to a healthier ground.

**Owner vs. Renter**: Owners generally tend to take accountability. A "renter" mentality may suffer from the "fix-it" syndrome. Are you relying on those around you to fix all of the problems? First, you have to find the leaky facets.

**Your Interior**: Imagine these are the emotional or psychological furnishings. Is there room to clean out some of the clutter that's holding you back? Furnish your house with education and things that motivate you. What are you bringing into your environment that's not going to be a match for your lifestyle you're trying to build. Lighting. Do you have a clear vision? If you turned on all the lights in your house, what you find? Make a list and get a plan to clean out what's not working for you any longer. Your 'décor' 12 months ago may not be inviting to you any longer.



**Your Exterior**: Pay attention to the signs. If you saw peeling paint on your house, would you act on repairing it or just let it rot? If you are experiencing any difficulties (tolerating foods, adjusting to the changes, vomiting, etc.), talk to your doctor. Call a qualified person to help you with your repairs.

**Visitors/ Guests**: Take a close look at what you're bringing into your house. I'm talking about the foods you choose to entertain. Ask yourself, are my guests going to treat my house with respect or tear it up inside? How well do you know who you're letting in?

**The Contractor**: Who are you relying on for your project? When the project is going as planned, or your weight loss, who's to blame? It couldn't be your fault, could it? For not managing the project? Repeatedly changing your mind? For taking the cheapest quote and not checking references? Whenever we assign responsibility to something or someone else, we miss an opportunity for growth and learning. Do put all of the responsibility of your success to the person doing your band fill. Where are you in your construction process?

# Schedule of Events

## MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 PSY-MED Lifestyle Class	3	4 Medical City Support Group	5	6
7	8	9 Rockwall County Dinner Waco Support Group	10	11	12	13
14	15	16 PSY-MED Lifestyle Class	17	18	19	20
21	22	23	24	25 Collin County Dinner	26	27
28	29	30 PSY-MED Lifestyle Class	31			

### Important Dates

- } 2-PSY-MED Lifestyle Class at Medical City Dallas, Bldg. A, 7PM in the Cafetorium
- } 4- Lap-Band Support Group at Medical City Dallas, Bldg. A, 7PM in the Cafetorium.
- } 9- Rockwall County Bandster Dinner held at Las Macarena's, 121 E. Main St., Royse City, 6:30PM. Children's menu available. Please RSVP to bandedholly@yahoo.com or 972-566-2263
- } 9-Waco Support Group. 6PM at the Getterman Wellness Center. For more info call Amy Smith (254)744-1953
- } 16-PSY-MED Lifestyle Class at Medical City Dallas, Bldg. A, 7PM in the Cafetorium
- } 25- Collin County Bandster Dinner held at El Chico, 1222 North Central Expressway, McKinney, 6:30PM. Special menu available. Please RSVP to msimpson@co.collin.tx.us
- } 30-PSY-MED Lifestyle Class at Medical City Dallas, Bldg. A,



BEFORE



AFTER

**Banded: July 2003**  
**Initial Weight: 405**  
**Current Weight: 245**

## Patient of the Month

Hi, my name is Billy Ashton. In June of 2003, my wife Judy and I decided to go to a seminar on the Lap-Band surgery, hosted by Dr. Jayaseelan. We were impressed. My weight at that time was 406 pounds. Other than going to and from work, I had pretty much become a couch potato and could barely walk without the use a cane.

My wife and I both decided to have the Lap-Band surgery done together. Our lives changed in July of 2003. We started losing weight instantly.

As of today, I have lost 165 pounds, and believe it or not.....I actually Play third base on our church softball team. Judy has done fantastic as well And Is within 40 pounds of her goal weight. My special thanks to Dr. Jay and His staff!

Sincerely,  
 Billy Ashton

# Nutrition Hints for Banded Patients

By Lauren Donovan, PA-C, RD, LD

## Eat 3 meals per day

- ◆ Each meal should include a protein source. (You should aim for 60 grams of protein per day)
- ◆ If too tight in the mornings for food, try a protein shake.

## Eat slowly

- ◆ Meals should be completed in approximately 20 minutes.
- ◆ Enjoy each bite...savor the flavors of the food.

## Take small bites & chew well

- ◆ Use a baby spoon to gauge bite sizes.
- ◆ Chew food until almost gone before swallowing, Approximately 20 times per bite.

## Eat a variety of foods each day

- ◆ A diet with diversity can keep mealtime interesting.
- ◆ Make sure meats are moist & tender

## Drink only calorie-free beverages

- ◆ Avoid hidden calories in beverages
- ◆ Water is good to sip on all day, it will help you stay hydrated.
- ◆ Artificial sweeteners can be used to sweeten beverages.

## Avoid eating and drinking at the same time

- ◆ Liquids can wash foods through too quickly and not allow a full feeling to occur.
- ◆ Stop drinking 15 minutes before each meal and wait at least 30 minutes after each meal to drink.



## Limit food intake to approximately 1 cup per meal

- ◆ Limiting your intake will help prevent spit-ups
- ◆ Use a salad or desert plate to control portion size.

## Take a daily multi-vitamin

- ◆ Best to choose one that is chewable or in liquid form.

## Avoid eating when stressed or in a rush

- ◆ Eating too quickly or when stressed can lead to spit-ups.
- ◆ At these times, there is an increased likelihood of taking too big of a bite or not chewing your food well enough.

## Be active daily

- ◆ Include 30 minutes of activity each day (as tolerated)



## Eggs-citing News!!

Consider, for a moment, the egg: so full of protein, so tasty when scrambled, fried, or omeletted, so likely to make you consume fewer calories if eaten for breakfast. In a study presented at the North American Association for the Study of Obesity's 2004 meeting, 30 overweight and obese women were fed a breakfast consisting of a bagel, cream cheese and yogurt (339 calories) and two eggs, toast and jelly (340 calories) on two separate days. When they ate the eggs, the women felt fuller longer, and that translated into lower caloric consumption for at least the following 24 hours (the duration of the study). The members of the bagel group consumed a daily average of 2,035 calories, while the egg-eaters logged 1761. Need more incentive? An unrelated study recently showed that subjects had higher cognitive function following a high-protein breakfast. So what's food for the waistline is good for the brain, too.

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## Therapist Corner *By PSY-MED*

Dear Deborah,

**I keep hearing about “emotional eating.” How would I know if I am an emotional eater? Karen**

Dear Karen: Good question, and one that many people struggle with. Emotional eating describes the ways you eat in response to an emotion, instead of eating because you are truly hungry and need fuel. You might think of your car, which needs gasoline to fuel it – to enable it to move. Enough gasoline enables your car to move correctly. If you put more gas in than your car requires, the tank will overflow – big problem. If you take in more food than your body needs for movement and activity, the “overflow” will be stored as fat.

Now to the emotional eating – become aware when you are eating, especially snacking, because what you are feeling is not hunger – it is boredom, anxiety, loneliness or depression. If you are an emotional eater, you probably get some comfort for these emotions from the food – the very act of chewing and swallow-

ing the food sends “comfort” signals to your brain – you may feel soothed, or temporarily cheered up. The good news is you can learn a variety of good methods to soothe, cheer or calm yourself that don’t involve using food to manage these emotions.

A few strategies – for anxiety, try relaxation methods such as deep breathing, meditation, slow stretching exercises or walking. If you have time, a warm, relaxing bath might feel good. For depression or loneliness, act instead of eat! Turn on music, journal your feelings, take a walk, get involved in an activity, preferable one with other people. Notice, also, when you are eating out of habit, or boredom. Choose another activity.

**Deborah Marshal-Brown, MA, LPC**

- 1. Increase your awareness about emotional eating**
- 2. Make a small change**
- 3. Practice the change**
- 4. Congrats! You have a new healthy habit.**