

Banded Life

NIRMAL JAYASEELAN, M.D.

MAY 2007

SPECIAL POINTS OF INTEREST:

- Stuck!
- Normal?
- Yummy Breaded Chicken
- Let's talk protein!
- Isopure

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STUCK!

What do you do if your weight hasn't changed for the past month? First of all don't panic and don't get down on yourself!!! You have several options. Remember you have the **power** within, the lap band of course!! Ask yourself two questions (1) Am I hungry all the time, hunting / searching for food even though I'm eating three meals a day? (2) Am I able to eat more solid food at one sitting i.e., two chicken legs? If you answered yes to either question, then you probably need a fill. If you answered no, then here's some advice to get unstuck. **M&M advice.** Move More. Walk at least 10

minutes everyday. If you don't have ten minutes to devote to your health everyday then you need to be a little more selfish. Just think of it as doctor's orders. If you walk everyday for a month you'll feel better and you'll get unstuck. If you find walking/cardio boring, get an I-Pod. Music can be very motivational and can make you feel good. **Nike Advice.** Just don't do it-everyday. Sometimes we fall into the trap of eating something special everyday like blue bell, fried food, or candy. It's easy to do and it tastes soo good, but it's not worth the short term pleasure. It's all right to eat the stuff

By Dr. Jay

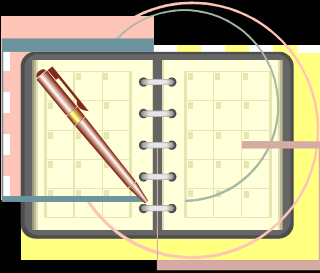
once in a while but daily will kill any weight loss surgery. If you need an in-between meal pick-me-up try a protein drink. It may taste bad at first but your body will start to crave it because that's what it really wants, not a Snickers. **See Somebody.** You don't have to fight the battle alone. Call us, email or come by. Come to support group. Go online to DFW bandsters or the monthly dinners. See our life coaches, or our nutritionist. We all want you to do well because your success is our success.

Lets Talk Protein!

By Cynthia Jones O'Kelly

I have been trying to find a good website to help with protein sources. Last night I was emailed one that is free and very informative. [Www.calorie-count.com](http://www.calorie-count.com) This site will give the protein, fat, and carbs for almost every protein and cooked every way imagined! The food browser is on the left side and it even gives some breakdowns of restaurant dishes. Though we do not advocate a diet mentality for Lapband patients, we do like the way this site can tell you all about foods you eat. Check it out!

Important Dates:



May 3rd: Dr. Jay's Support Group Meeting. 7:00pm at Medical City Hospital, Building A in the Cafetorium across from the Cafeteria. Our speaker will be Nutritionist Merlene Phillips and we will have a Metabolic Analyzer demonstration!

May 5th: Lifestyle and Support Group. 10:00am to 12:00noon, Doctors Hospital Professional Bldg. 1, with PSY-MED. Call 214-348-5557 for more info or to RSVP.

May 5th: Bandster Lunch. 2:00pm-5:00pm. Aparicio's Restaurant Mexicano, 101 E. 18th St. Plano TX. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

May 10th: Bandster Dinner. 6:30pm-8:30pm Jason's Deli, 10220 Technology Blvd. E., Dallas TX 75206. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

May 17th: Bandster Dinner. 6:30pm-8:30pm Mercado Juarez 2222 Miller Road, Arlington TX. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net.

May 21st: Collin County Bandster Dinner. 6:00pm-8:00pm El Chico 1222 North Central Expressway, McKinney TX. RSVP- Cynthia 214-243-0840 or email Marcia Simpson msimpson43@yahoo.com

What a SWAP!

Thanks to all who came to the April SWAP! It seems that everyone left with some new fashions to get them to their next weight loss goal! Thank you so much to all who helped me clean and pack up the leftovers! The Salvation Army was very grateful! We will probably have another swap in the fall, so continue to bag up those too big items for the next time!

HAVE A QUESTION?

By Dr. Jay

Do you have a question for me? How about an idea for a support meeting? I now have a specific email address just to address patient's needs. So, don't hesitate to email me whatever is on your mind. Askdrjayaseelan@yahoo.com is my email address. If you would like to have the banded person's point of view, email Cynthia at Cynthia.okelly@gmail.com We will get back to you as soon as possible with answers! Please make use of this new resource! I look forward to hearing from you soon!

Patient of the Month

My name is Patsy Pritchett and I have the Lapband and have lost over 100 pounds! My medical problems were that I needed to have a knee replacement due to my weight and my blood pressure was high. I had tried every diet and pill on the market! Nothing worked. I would like to thank Dr. Jay for what he has done for me. Dr. Jay told me the band was a tool that would control how much I eat. I did my part and watched what went into my mouth and exercised everyday! My brother and sister were a great support for me; they attended the support meetings as well as exercised with me. I am very happy with my band and I know it can change lives. It changed mine! My highest weight was 267 and I am at my goal weight of 128. I went from a size 24-26 to an 8-10. I wish everyone who needed a band could get one!



What is your life like now that you are a healthy weight? Do you still get fills? Do you ever gain weight? If you do, what happens? These are a few sample questions I hear when speaking to the banded population. They all want to know what happens when you get to the other side. Life has changed a lot for me since I got to a healthy weight, but the main change took place while I was losing weight.

I have to be **accountable** to others and especially to myself. I make a point to attend after care meetings, not because I have to, but because I need to hear what is being said. I don't ever want to forget that I was once 200 pounds over weight. To be at meetings or dinners reminds me of what I have gone through and keeps me accountable to others that are going through the same experiences. I learn something new at every event! After 8 years, you would think I know it all, but I learn all the time.

I step on the scale every day. I do this because for so many years, I refused to weigh myself. I got huge! If I get on the scale every day, there is no way I can say that I can let any pounds sneak up on me! It is easy to ignore the scale. A few pounds can appear when you are not keeping yourself in check. For me, if I know that I am a pound or two up on the scale, I can adjust my eating and work out to immediately shed those pounds.

What amazes me is that I find myself thinking now like a "normal" person. I put the word normal into quotes, because I am not 100% sure what a "normal" person is! But for the sake of this article, let's say normal is a person who maintains a healthy weight. Along with be accountable, I also **think**. I think about what I ate yesterday and adjust my eating to accommodate the past calorie intake. Do I count calories? No! I do try to live realistically. I may have had a piece of cake yesterday, so I will forgo any sweet today. I might plan to have an adult beverage tonight, so I don't overindulge at lunch. To me, maintaining a healthy weight is similar to any job. There is a technique to whatever one does for a living.

Take Dr. Jay for instance. He didn't just decide to place Lapbands! He went to a course and someone taught him how to place bands. There is a process he goes through when he places a band into a body. The band doesn't magically appear inside. He makes incisions, a camera goes in, the liver is retracted, then the band is threaded around the stomach and locked into place, etc. He has placed over 2000 bands and is skilled in placing lapbands. He goes through the process he learned when placing each and every band.

Finally, I **listen** to my body. Our bodies speak to us all the time. When we are taking in a lot of food, we give the body what it needs plus more, so we tend to tune out the inner voice. Once banded, your body starts talking and tells you what it needs to keep going and be healthy. While you are losing, learn to listen to what your body is telling you to do. Once you are at your goal weight, keep listening! Be sure to give it the nutrients it needs to do right by you!

When you are banded and are on your weight loss journey, be a student. Watch what naturally thin people do to maintain their weight. They don't clean their plate. They think about what they need to do to maintain that weight. They learn how to handle stress in other ways than food. They might work out, do crafts, or see a therapist. They listen to their bodies and do what is needed. Learn to be accountable for yourself. Think about what you ate yesterday, what you are going to eat today and what you will eat tomorrow. Learn to listen to your own body and respond to its needs.

ISOPURE!

One of the more popular protein drinks at our January Protein tasting party was the Isopure Clear Zero Carb Protein drink. So many Bandsters complained of being tired of the different shakes that are currently on the market. The clear protein drink does not leave a funny taste in your mouth. It has 40 grams per bottle and is classified as a pure protein. It is excellent for those who are lactose intolerant. They have 8 different flavors and run about \$4.00 a bottle. Since we can only use about 30 grams of protein at a time, have 1/2 a bottle per serving. You can pick them up at the Vitamin Shoppe or GNC. Check it out for a different take on your protein drinks. Best served cold. Icy Orange, Grape Frost, and Alpine Punch are our favorites!

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Breaded Breast of Chicken

- 4 boneless chicken breast halves
- 1 cup Italian style bread-crumbs
- 2 eggs beaten
salt and pepper
- 2 tablespoons oil

1. Pound chicken to flatten.
2. Sprinkle salt and pepper on each.
3. Dip into beaten eggs and then coat with bread crumbs.
4. In a large skillet, heat oil over medium heat.
5. Sauté garlic until golden and then discard.
6. Place chicken in skillet and brown on both sides, cooking about 5 minutes on each side, or until chicken is fork tender.

Cooking time will vary depending on how thick your chicken is.

Add a green veggie such as broccoli or asparagus, and you have a great meal!