

Banded Life

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**SPECIAL
POINTS OF
INTEREST:**

- **Holiday Tips**
- **Childhood
Obesity**
- **Slow Cooker
Beef**

Holiday Eating Tips

By Cynthia Jones O'Kelly

The holiday season is upon us and many people are nervous over how to keep from indulging during family gatherings. Here are some helpful tips to help you survive a Banded holiday!

COOKING

If you are the designated chef for the big events, here are some tips to get you through.

1. Eat your breakfast, lunch, or dinner BEFORE you start cooking.
2. No need to taste your concoction a million times. Designate a taster in your family. You taste only if you really think you must.
3. If you are baking, make sure you are full. If that means you eat a protein bar before, then do so. If you are full from the good stuff, there won't be any room for the bad stuff! Remember, protein drinks slide right through, so a protein bar would be more in tune with this. You can also eat hard protein (chicken breast, fish, thinly sliced deli meat rolled up with some cheese and a bit of mustard/mayo).
4. If cooking is a family event, give yourself the task that involves something you wouldn't be tempted to eat. Such as making the dough for the rolls, or CLEANING! Everyone hates that job, but it must be done. Clean the used pots and pans. You will burn a few calories at the same time.

DINNER

Ok, so the food is ready and it is time to eat! What to do?

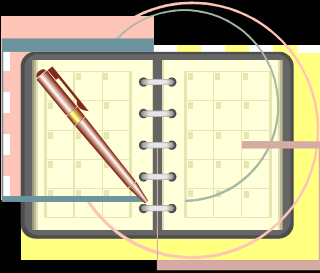
1. If your meal is served by plates put together in the kitchen, then tell Aunt Violet that you would like to help serve. Ask that your plate be assembled last. Then grab a teaspoon and ask her to serve your plate with the small spoon. She may be shocked, but you will not have too much on your plate and can eat some of each dish without feeling like some child is starving somewhere and you must finish this food.
2. BE REALISTIC! Come on, you know you can't eat like you used to, so don't even try. If not going back for seconds will offend the chef, take that person aside and tell them that you cannot eat what you used to and though their food is awesome, your body just won't hold what it did before. Therefore, the little bits you are taking assure you a wonderful taste of each goodie, without the re-appearance of those delicious tidbits later in the meal.
3. If you are eating buffet style. Grab that teaspoon from your seat. Again, serve yourself with the spoon instead of the big 'ol spoon there for the regular folks. Maybe some of your kin will get the hint and use a smaller spoon for themselves as well. One of our biggest problems is that our eyes feel that we can eat more than our band can. We fill up our plates and then only can eat a few bites. Then we get the comments that we are not eating enough, etc. Nip that in the bud. Little bits of each dish!
4. If you have control over how you are served, such as the event is at your house, then serve yourself off the salad plate instead of using the large dinner plate. Then you can fill your plate and still eat less.
5. Go Slow, Chew well! You all know this. Remember, everyone is gulping their food so they can get seconds. You DO NOT need to track with them. You DO NOT need to carry on the major portion of the conversation. While you are eating, LISTEN! Watch what you are putting into your mouth. Cut the turkey up into small bites (similar for a 2 year old), before you ever take a bite. This will keep you from trying to track with the other unbanded folks, and allow you to have pleasant conversation while knowing that you aren't trying to stick a normal unbanded bite into your mouth and chew for the next 2 days to get it broken down enough to swallow!
6. If your family is like mine. We talk about how wonderful the food is, discuss how we are going to gain a ton of weight from all this eating, and discuss what we will make with all the leftovers. Basically, every discussion is about food and diets. Once I was banded, this drove me nuts. A few years ago, I did some homework before the dinner. I read the paper and watched the news. I had a little list of current events with me. I also thought about each person that would be there and found an interesting question, or questions to ask each person. (Yes, I had crib notes). When the talk turned to food, I proceeded to ask one of these questions or mention an interesting event. I made sure they weren't events that would upset anyone, but were thought provoking and interesting AND non food or diet related. I still do this for each holiday. I can report that we no longer spend our family time together discussing food and diets. I am sure many of you have family members that had interesting lives prior to being your Uncle or whatever. Over the years, I have heard about my Uncle who flew a bomber in World War II, and my brother-in-law's father, who created the patent and wrote a manual on how to operate some sort of teletype machine used during the war. I strongly encourage you to spend some time creating a way to change the subject from food to more interesting topics.

Have fun! Don't stress! If it ever gets to be a bit much, make yourself useful in the kitchen. I cannot tell you how many plates I have washed to avoid being put into sticky situations.

**INSIDE
THIS ISSUE:**

- Holiday Eating Tips** 1
- Important Dates** 2
- Upcoming SWAP!** 2
- Gloria Cha, M.D.** 2
- Patient of the Month** 3
- Recipe** 4

Important Dates:



November 1st: Dr. Jay's Support Group Meeting. 7:00pm at Medical City Hospital, Building A in the Cafetorium across from the Cafeteria. Our featured guest will be Private Workout.

November 3rd: Lifestyle and Support Group, 10am– 12noon, Doctors Hospital 1151 N. Buckner Blvd. Professional Bldg. 1, #102B Dallas TX 75218. PSY-MED. Call 214-348-5557 for more info or to RSVP.

November 3rd: Aparicio's Restaurant Mexicano & Tequila Bar, 101 E. 18th St. Plano TX. 2:00pm –5:00pm RSVP-Cynthia 214-243-0840 or cpj1@swbell.net

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

November 15th: Bandster Dinner at Mercado Juarez 2222 Miller Road, Arlington TX 6:30pm-8:30 pm. RSVP-Cynthia 214-243-0840 or cpj1@swbell.net

November 19th: Collin County Bandster Dinner at El Chico 1222 North Central Expressway, McKinney TX. 6:00pm RSVP-msimpson43@yahoo.com or call Cynthia at 214-243-0840

Mark Your Calendars! In December we will have a swap! So, start stashing those big clothes and prepare to snag some smaller sizes! Remember, you do not have to bring clothes to get clothes and you do not have to take clothes if you bring some. This is a fun way to clean out your closet and shop at the same time!

Childhood Obesity

By Gloria Cha, M.D.

Childhood obesity is now an epidemic. This has approximately tripled among preschoolers and adolescents, and quadrupled among children aged 6 to 11 years from the late 90's to current.

As adults, we know how much this impacts the social, economic, and health aspects of our daily life. For example, diagnosis of diabetes is seen up to 45% of new pediatric cases in 2000 compared to only 4% in 1990. Weight-related high blood pressure, high cholesterol, sleep disorders, and even joint pain complaints are seen more in these children.

So, here are few things you can do for yours. Remember kids pay more attention to what you do than what you say. So do these for you, too!

- No Soda!!! Not even 'diet' drinks.
 - No fruit juices! Not even 'organic' drinks. Offer them a fresh fruit instead.
 - At least 60 minutes of moderate physical activity a day (playground, recreational facilities, sports, etc). They can definitely do this but we may need to settle for 30 minutes initially. Yeah, this is the age-thing~
 - Limit "screen time" (yes, this includes TV and Computer) to less than 2 hours a day. The average is more than 2.5 hours daily.
 - Pay attention to what they eat at school. Packing lunch maybe hard for working moms but this seems to help. Have your kids to help you out on this.
- Find a pediatrician who will work with on your child's comprehensive medical intervention for weight management program.

Patient of the Month: Donnie Hebert

My weight had always been an issue since childhood. As a young boy I remember being told that all I needed to do was grow and I would be “skinny.” Magically that was the case for a short period. As a pre-teen I became athletic, fit and trim. However, my sophomore year in high school my parents divorced. Turning to food to ease my emotions and not to mention working at the local Pizza Hut (where after every shift I had a free personal pan pizza) I gained 70+ pounds. The second semester of my junior year I took an aerobics class, I ended up losing the excess weight. My senior year I taught aerobics for two periods a day and took a 1 hour class before work. I maintained my weight until my mid 20’s.

My turning point occurred when I moved to Texas at the age of 25. I left my friends, family and life behind only to gain a new life of simply working, going home and locking myself in my apartment. Being a shy guy, making friends was somewhat hard to do, so staying home and eating was easy for me. Moving from a small town to Dallas was a dream come true and discovering all the wonderful restaurants, late night fast food joints, pizza deliveries, etc. was comforting. Who knew Burger King was open 24 hours! I was traveling the road to destruction.

By the time I reached my late 20’s I kept telling myself, “I am not this person, I hate this guy, and I must do something about my weight.” I promised myself by the time I reached 30 if I hadn’t lost the weight I was seriously stepping up and conquering this issue. Thirty came and went, 31, 32, 33 finally 34. The weight was still there. Before I knew it I was 270 pounds standing at 5’9” with sleep apnea, high blood pressure, cholesterol off the charts, that’s to name only a few of the things I was living with.

I heard of Gastric Bypass surgery, I know several people who had it done only to gain a percentage of the weight back, but I was dead set on having that drastic procedure. I knew only a handful of people who were banded, so with coaching from my doctor, I became interested in learning more on the Lap Band. Only after attending one of Dr. Jay’s seminars was I convinced this procedure was for me. Boy was I right!

My surgery was January 24th 2007. My current weight is 155-158, losing a whopping 115 pounds in 6 months. I originally gave myself a year to lose the weight but it came off much quicker by following a proper diet and daily work out regimen. Has my life changed drastically? YES! I am able to walk the mall, shop for all the cutest clothes and hold my head up high. No longer am I locked inside looking out on the world, I am living the life I was meant to live thanks to Dr. Jayaseelan and the Texas Lap-Band Center! THANKS!!



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Slow Cooker Beef

- 1 4-5 pound chuck roast
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 14 oz fat free beef broth
- 1 large onion sliced in rings

Trim excess fat from roast

Mix the onion, garlic, salt and pepper together and press into roast with your fingers

Place roast in 4 ½ quart slow cooker or crock pot.

Pour can of beef broth around the roast, careful not on the roast (try to keep spices on roast)

Add sliced onion rings to the pot.

Cook on low for 8-10 hours.

Remove beef from cooker and with 2 forks, carefully shred the beef.

Add beef back to pot and stir well with the liquid in the pot.

Grab your favorite BBQ sauce and enjoy! I serve it with coleslaw.

This recipe makes about 8 cups of beef. It can be refrigerated for 4-5 days or frozen for several months.