



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

February 2014

Record-breaking Graduation!

We had over 200 patients and guests attend this year's Graduation Ceremony! Each year this event continues to grow and become more successful. This was an opportunity for patients and staff to share their success and how they overcame obstacles.

Dr. Kirk and Dr. Varnell spoke about the direction of the program. We also shared all the new changes in 2013 from the Bariatric Workbook to the new BaileyBariatrics.com website. We also recognized several patients who have advanced the program to become the premier Bariatric Support Group program in Oklahoma.

The highlight of the day was listening to the patients share their testimony. Everyone shared very unique and different stories, but everyone left inspired to take on the challenges in 2014.

In This Issue

- Bariatric Graduation
- St. Patrick's Day 5K sign-ups
- YMCA & Fit For Her classes
- New Forums on website
- OETA Story
- Support Group Calendar
- Dr. Varnell Spotlight



Center for Bariatrics Graduation

Sign up the whole family!

St. Patrick's Day 5K

Saturday, March 15, 2014

Brookside District on Peoria in Tulsa, OK

This event has a 5K or a 1-mile fun walk. There is normally over 3000 walkers and runners. All of the proceeds go to the Special Olympics. This is a great opportunity to try something new with family or friends. We will have a Bailey Bariatric tent with water and fruit on the morning of the race. You can walk, run or crawl to the finish line!

Race website is: www.sook.org/st-patricks-5k

Find this event on the Bailey Bariatric Facebook page under the events tab for more details!



**You don't have to
be great to start,
but you have to
start to be great**

Bariatric Water Aerobics at the Owasso YMCA!

On the first Friday of every month we will have Bariatric Water Aerobics taught by our Exercise Specialist Mo Smith. The class will be held at 6:00pm at the Owasso YMCA and is designed for all skill levels. This is a great class for patients who might have joint pain. There is no cost to any Bailey Bariatric patients. To find out more information contact Mo Smith at Mo.Smith@baileymedicalcenter.com.



Free Thursday night classes at Fit For Her Owasso!

Every Thursday night at Fit For Her-Owasso patients will have access to the Fit For Her classes for free. You will tell the front desk that you are part of the Bailey Bariatric program and get started. Currently the classes range from Yoga to Zumba and more. This will be an opportunity to try different classes for free in a great and friendly environment. If you have any questions contact David.Steward@baileymedicalcenter.com. The Thursday class schedule: <http://fitforherowasso.com/ClassSchedule.pdf>





Sip vs Gulp

Perhaps the most startling post-surgery habit to form is sipping water all day long. According to my friend, Merriam Webster, sipping is to drink slowly and gulping is to drink hurriedly or greedily. Right after surgery, it may take a full 10 to 15 minutes to sip an ounce of water. Sipping also needs to be done so that you don't get air in as you swallow that sip of water. Drinking too quickly can lead to vomiting the fluid back up or getting air in your stomach pouch. Slow down, tilt the cup or bottle to your lips, carefully let a small amount of fluid enter your mouth, push out any air that might be in that sip, close your lips and swallow. Sipping throughout the day can help you stay hydrated and avoid getting so thirsty you tend to gulp fluid. And remember, avoid fluids 30 minutes before, during and 30 minutes after a meal.

Dry Skin

Ever notice how dry it is this time of year? Winter brings low humidity. Pair that with heating your house and you've got a recipe for dry skin. Make sure you are getting in plenty of fluids. Fluids need to be free of caffeine, sugars and carbonation. You can count about 80 percent of your protein shakes as fluid. Sometimes you may have too little fat in your diet. Add some healthy fats from nuts, avocado, olive or canola oil, light salad dressing or fatty fish like salmon. Those delightful long, soaking baths or showers can strip away your natural oils and leave you even drier. Use lotions specifically for dry skin to help preserve whatever moisture you have in your skin. And... bundle up! Baby it's cold outside!

Multi-Supplements in the News

Research published last month in the Annals of Internal Medicine stated that multi-supplements failed to show evidence of a health benefit among well-

nourished supplements users for decreasing the risk of heart disease, cancer, cognitive decline or dying prematurely. Are you well-nourished? Most of our patients are not. When your stomach is altered with the roux en-Y gastric bypass or the sleeve gastrectomy surgeries, you will be limited on the amount of food you can have. Also, there is some malabsorption that is associated with a surgically altered stomach. Multi-supplements are needed to prevent deficiencies in bariatric patients. Checking your labs after surgery is needed to monitor your nutrition status. Based on lab-work and your lifestyle, the dietitians and your health care team will help you find a multi-supplement that suits your needs.

Little Miss Muffet sat on her tuffet . . .

. . .Eating her curds and whey.

So what does a nursery rhyme have to do with bariatric surgery? It's all about the protein. Little Miss Muffet was probably eating a version of cottage cheese. Milk contains different proteins. One protein is casein. It's the protein that eventually can be made into cheese. After the cheese, or curds, are set, there is a liquid that is leftover. That liquid is where the whey protein will be found. Casein and whey are often in many of the protein drinks you will need before the pre-surgery liquid diet and starting with the full liquid diet, or Phase 2, of the post-surgery diet.

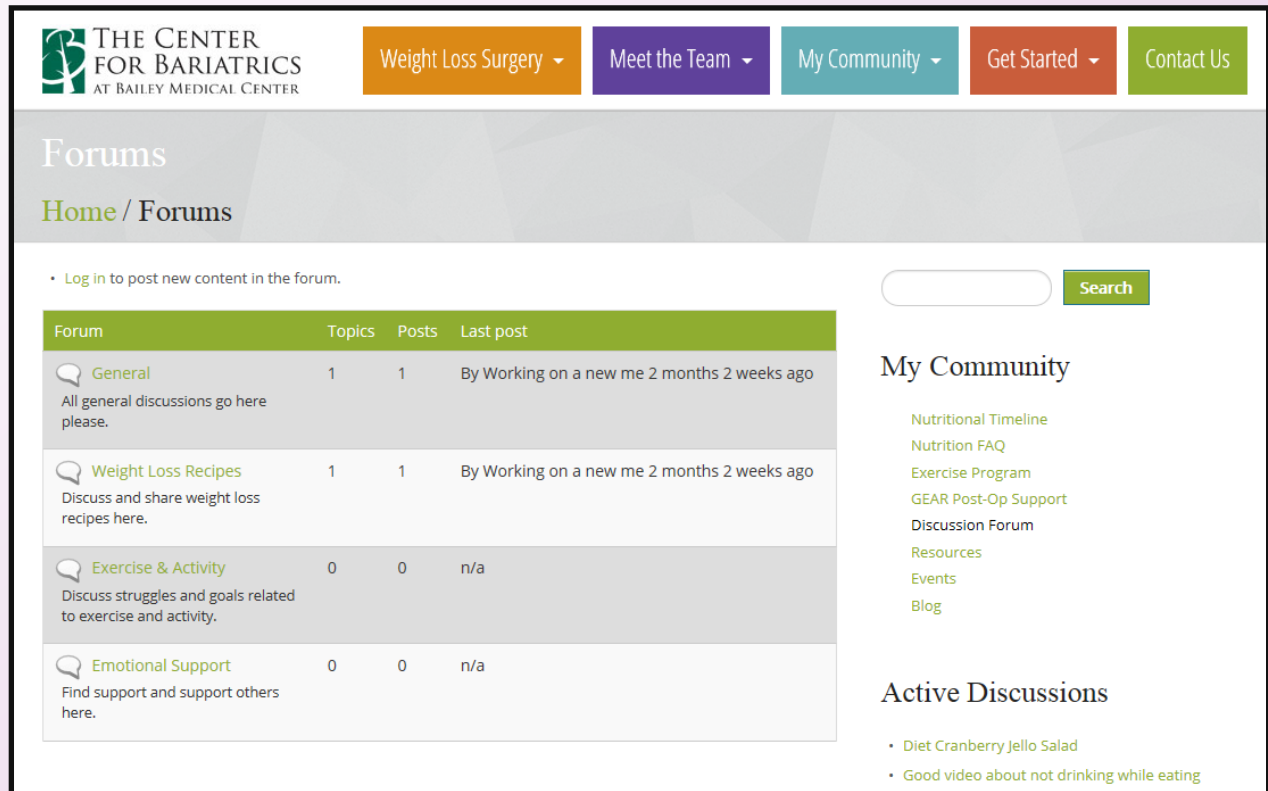
When was the last time you saw the Dietitian?

The program now expect patients to see the Dietitian every 3 months the first year after surgery. Bariatric dietary requirements are changing and evolving as new research becomes available. Are you staying on top of the latest research by doing follow-up appointments with our two dietitians? You are responsible for your journey. Your decision to do follow-up visits and attend support groups will be critical to your success.

Call 918-376-8410 to schedule your appointment with the Dietitian.

Have you used our discussion forums?

This is an opportunity for patients to talk together outside of the support group. Discuss general questions, exercise plans, recipes and more. Simply click on My Community > Discussion Forums to get started.



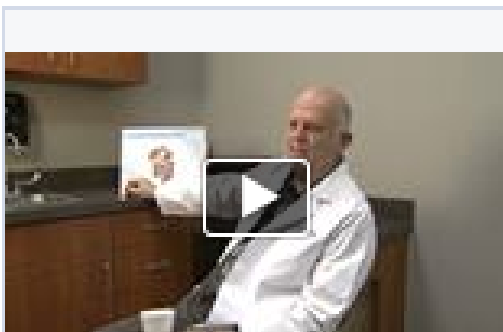
The screenshot shows the website header with the logo for The Center for Bariatrics at Bailey Medical Center and navigation buttons for Weight Loss Surgery, Meet the Team, My Community, Get Started, and Contact Us. The main content area is titled "Forums" and includes a "Home / Forums" breadcrumb. A login prompt is present: "Log in to post new content in the forum." Below this is a table of forum categories:

Forum	Topics	Posts	Last post
General All general discussions go here please.	1	1	By Working on a new me 2 months 2 weeks ago
Weight Loss Recipes Discuss and share weight loss recipes here.	1	1	By Working on a new me 2 months 2 weeks ago
Exercise & Activity Discuss struggles and goals related to exercise and activity.	0	0	n/a
Emotional Support Find support and support others here.	0	0	n/a

To the right of the table is a search bar and a "My Community" sidebar with links to Nutritional Timeline, Nutrition FAQ, Exercise Program, GEAR Post-Op Support, Discussion Forum, Resources, Events, and Blog. Below the sidebar is an "Active Discussions" section listing "Diet Cranberry Jello Salad" and "Good video about not drinking while eating".

OETA features Center for Bariatrics at Bailey Medical Center

[Click here to check out the story:](#) Thank you to all the patients who helped with this story and your willingness to share your journey!



Living Well: Weight loss Surgery
www.youtube.com

Weight loss surgery is showing dramatic results in eliminating diabetes and other obesity related illnesses. The State of Oklahoma has now launched a pilot p...



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◀ Jan 2014	~ February 2014 ~					Mar 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Seminar at BMC 6:00pm	4	5	6 Coffeyville Support Group 7:00pm	7	8
9	10 Bailey Medical Center Support Group 6:00pm	11	12 Bartlesville Support Group 6:00	13 Spiro Support Group 7:00pm	14	15
16	17 Pryor Support Group 6:30pm	18 Cushing Support Group 7:00pm	19	20 Muskogee Support Group 6:30pm	21	22
23	24 Seminar at Hillcrest South 6:00pm	25	26	27 Miami Support Group 7:00pm	28	Notes:



Which Support Group do you attend? Look to Facebook for more details to come!!

A graphic of a spotlight with a yellow beam of light shining down from the top left corner of the page.

Employee Spotlight



Dr. Brandon Varnell, MD

A Tulsa area native, Dr. Varnell received his bachelor's degree in biology from University of Central Oklahoma in 1998 and his medical degree from the OU College of Medicine in 2002. After medical school, Dr. Varnell completed his residency at the University of Missouri – Kansas City Department of Surgery.

Dr. Varnell completed a fellowship at the University of Nebraska Medical Center that focused on minimally invasive surgery and advanced laparoscopy techniques. His special interests are the treatment of patients with Gastroesophageal Reflux Disease (GERD), laparoscopic colon surgery and bariatric surgery. Dr. Varnell is the Bariatric Surgical Director for Bailey Medical Center and specializes in Bariatrics.

Bailey Bariatric Facebook Page

We use Facebook as our primary communication tool. Please go to Facebook and like the [Bailey Bariatrics Facebook](#) page to keep up-to-date on program events and support groups.

Contact Us

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Bailey Bariatrics