



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

December 2016

Time to RSVP for Bariatric Graduation!

Graduation is right around the corner! Mark your calendar for Saturday, Jan. 7 from 11 a.m. to 1 p.m. in the Bailey Education Foundation. We hope you can join us as we celebrate your success. Graduation is an opportunity for all post-op patients to return, share their stories and connect with one another and the Bailey Bariatrics team. You're welcome to bring a guest to celebrate with you.

To learn more about the event or to RSVP, click on this link: [Graduation RSVP Link](#)

Saturday, January 7, 2017
10:30 am • Individual Photos & Refreshments
11 am – 1 pm • Graduation

Bailey Education Foundation
 10502 N 110th E Ave, Owasso, OK 74055

We also love to share before and after pictures at Graduation. Please send your pictures to david.steward@baileymedicalcenter.com.

New Support Group in Stillwater begins Tuesday, Dec. 13 from 6:00-7:00pm at the Seretean Wellness Center on Hall of Fame.



Every 2nd Tuesday, 6pm
 Seretean Wellness Center
 Cleveland & Hall of Fame • Stillwater, OK
 (Just west of Colvin Center)

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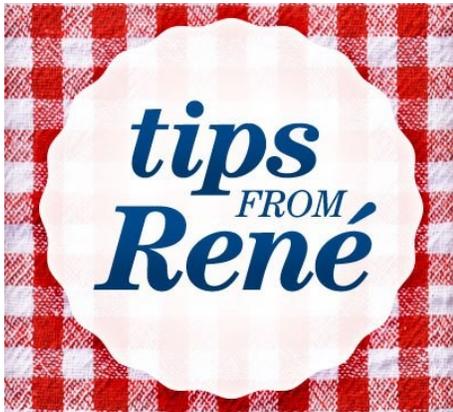
**We
Celebrate
Your
Success!**

Bailey Bariatrics Graduation
 January 7, 2017
 11am - 1pm
 Bailey Education Foundation



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GRADUATION • JANUARY 7, 2017



Tips from Rene'

Tips from Rene' can be found on Facebook throughout the month. Rene' Norman RD/LD is one of our Bariatric Dietitians and provides information and tips regarding nutrition. Rene' is one of two dietitians in the United States that contribute articles to BariatricPal.com.

Recipe from our Dietitians

Cauliflower Mashed Potatoes Recipe with unbelievable taste and texture. Plus so easy to make! Save your calories for turkey. Tasty mashed...

Vegetarian, Gluten free, Paleo

Produce: 2 1/2 lbs Cauliflower head, medium
2 Garlic cloves, large

Baking & Spices

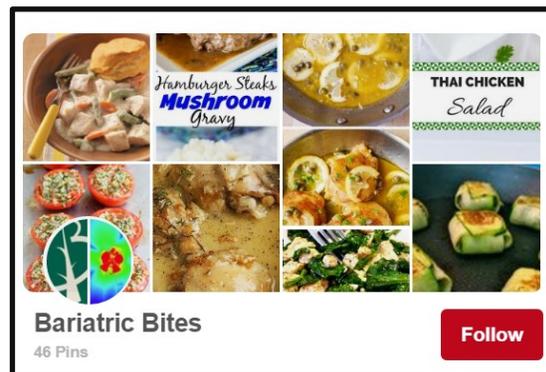
1 Black pepper, Ground
1/2 tsp Salt

Dairy

1 tbsp Butter



Our Dietitians recommend several different resources for different recipes and tips. Two of those at BariatricEating.com and our own Bailey Bariatric Pinterest Page with recipes, meal planning and more.



Click Here: [Bariatric Eating.com](http://BariatricEating.com)

Click here: [Bailey Bariatric Pinterest](https://www.pinterest.com/BaileyBariatric/)



before

5 Behaviors to Master Before Bariatric Surgery

By Dr. Jenny Wood, Ph.D.

Time Management: Be realistic and honest with yourself about how much time you have available to dedicate to preparing for bariatric surgery. You may be ready for surgery once you have made time in your *daily* schedule for these four basic tasks: movement (i.e. physical activity/exercise), nutrition (i.e. meal preparation and eating), sleep (adequate sleep is vital), and hydration (adequate water intake and elimination of caffeine, soda and alcohol).

Developing Healthy Coping Skills: Research shows that bariatric surgery is one of the top stressors a person can face!! Surgery WILL tap out your current coping skills and leave you searching for something more! As if that were not bad enough; many of your old ways of coping will no longer be options after surgery, such as eating, drinking alcohol/soda, nicotine use or even chewing gum!! The months leading up to surgery is the time to develop new and healthy coping skills such as physical activity, art, crafts, journaling, meditation so that you will be prepared to thrive after surgery.

Identify and Educate Support System-You are not in this alone: Find out who will be your cheerleaders and let them know how they can help you before and after surgery. Most times family members have good intentions of being supportive but don't always know how to help. It is your job to teach them how to help you! Taking your family members to support groups and consultations is a good way to help them learn. Your Bariatric Team of providers is also available to help you before and after surgery!

Assertiveness: Patients who learn how to speak up for themselves and ask for what they need have better outcomes after surgery. Most of our bariatric patients are very good at knowing what everyone else needs and taking care of everyone else; but learning what you need and how to ask for that is a new skill for many patients!

Start to Change Your Thinking Now: Bariatric surgery requires you to shift gears mentally in order to be successful long term and get the results you want to see and feel. Your change process begins as soon as you hang up the phone after making your initial appointment! Some examples of new ways of thinking in our post op patients are: "I move because I can!"; "I eat to nourish not to cope!"; "I am worth it!"; "I can do this!"



New study from ASMBS suggests weight-loss surgery patients do better if they stick to scheduled follow up visits

Weight-loss surgery patients who stick to a schedule of 3-, 6- and 12-month follow-up visits with their doctors see greater improvements or remission of their diabetes, high blood pressure and high cholesterol than patients who skip their visits.

In the study, researchers from the Brody School of Medicine at East Carolina University in Greenville, NC reviewed the results of 38,613 patients who had the three follow-up visits (complete follow-up) and compared them to the results of 12,468 patients who only had one or two follow-ups (incomplete follow-up). Patient data was obtained from the Bariatric Outcomes Longitudinal Database (BOLD) from 2007 to 2012.

After one year, 62.3 percent of patients with complete follow-up saw their type 2 diabetes go into remission, while those who missed a visit or two had a remission rate of 57.5 percent. The rate of improvement in diabetes was also better for those who made all three visits (74.6% vs. 68.9%). The differences between the two groups also held for high blood pressure and lipid abnormalities including high cholesterol.

“This study shows there is great value in seeing patients at routine intervals after surgery in terms of health outcomes,” said Andrea Schwoerer, MD, a study co-author, currently at Carolinas Medical Center. “Unfortunately, many patients, reportedly as many as 50 percent, are lost to follow-up and therefore may not benefit as much as they can from weight-loss surgery, no matter how well it was performed.”

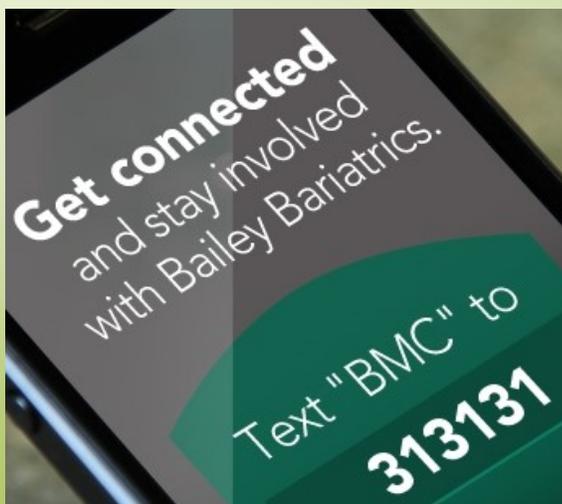
Hypertension improved in 63.2 percent of the patients in the complete follow-up group and 58.1 percent in the incomplete follow-up group. The difference in resolution rates in the groups was less, but still statistically significant (46.1% vs. 42%). The trend also held for lipid abnormalities, with these improving for 55 percent of patients completing follow up versus 51.1 percent for those who did not. Remission rates were, 42.8% vs. 41.1% respectively, a small, but still statistically significant difference.

“We cannot stress enough the importance of follow-up visits and post-operative care,” said Stacy Brethauer, MD President-elect, ASMBS and bariatric surgeon at the Cleveland Clinic in Ohio, who was not involved in the study. “It could mean the difference between a good and a great result. The most committed patients do best, and we need to find ways to keep all patients engaged for the long-term.”



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◀ November 2016		December 2016					January 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Coffeyville Support Group 7:00	2	3	
4	5 Seminar at Bailey Medical Center - 6:00	6	7 Seminar in Bartlesville - 6:00	8 Seminar at Hillcrest South - 6:00	9	10	
11	12 Owasso Support Group - 6:00	13 NEW! Stillwater Support Group 6:00	14 Bartlesville Support Group - 6:00	15 Muskogee Support Group - 6:30	16	17	
18	19 Pryor Support Group - 6:30	20	21	22 Grove Support Group - 7:00 Stigler Support Group - 7:00	23	24	
25	26	27	28	29	30	31	



Bariatric Texting Service

This service is used to remind you about Bariatric Support Groups and events. You simply type the letters BMC and text the phone number 313131. After you hit the send button you will receive a reply which says, "What is your name and which support group do you attend?". Put in your response and you are ready to receive your monthly reminder.

Employee Spotlight



Dr. Jenny Wood, Ph.D.

Jenny Sheader Wood, Ph.D., Licensed Psychologist, Health Services Psychologist is a native of Hartlepool, England. Dr. Wood immigrated to Stillwater, Oklahoma in 1987. She is a three time graduate of Oklahoma State University with a Bachelor's degree in Psychology, a Master's degree in Counseling, and a Doctoral degree in Counseling Psychology. Dr. Wood completed a pre-doctoral internship at Texas Woman's University in Denton, Texas in 2005.

Dr. Wood is a Licensed Health services Psychologist in the state of Oklahoma. She has provided outpatient psychological services in a

variety of settings and is trained to work with a number of issues and concerns. Special interests include: eating disorders, optimizing human potential, psychological health and wellness, and women's issues. Dr. Wood moved to Owasso in 2006 and began private practice and collaborations with the Bariatric Team at Bailey Medical Center. Dr. Wood also serves as adjunct faculty at OSU Tulsa and enjoys being involved in patient care, teaching, mentoring and research.

Do you know someone who might benefit if they entered the program?

Have them register for our next seminar at www.baileybariatrics.com and they can call Russell at 918-376-8421 to schedule their initial appointment with Dr. Kirk.

Contact Us
10512 N 110th E Ave.
Owasso, OK 74055
918-376-8410

Website:
Bailey Bariatrics.com

Social Media:
Facebook
Pinterest
Instagram