



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

July 2016

Big changes to help measure progress and educate patients!

New Body Composition Analyzer is now available.

We are now incorporating a body composition analyzer readout into every appointment. This scale has the ability to provide critical information to help measure and benchmark your progress through your journey.

(See printout on page 2)



"I am excited to bring you a much more accurate way to 'hand build' each patient. This technology provides detailed information to document your success even though that 'blanked blank' number on the scale refuses to move sometimes. A more accurate diet formula can be established to meet your nutrition needs as well. This new technology only affirms our commitment to provide you with the very best services available."

- Dr. Joebob Kirk

Some of the new features of the scale include:

Basal Metabolic Rate (BMR):

Your Basal Metabolic Rate (BMR) is the minimum level of energy your body needs when at rest to function effectively. Having a higher basal metabolism will increase the number of calories used and help to decrease the amount of body fat. A low basal metabolic rate will make it harder to lose body fat and overall weight. Your basal metabolism is greatly affected by the quantity of muscle you have, therefore increasing your muscle mass will help increase your basal metabolism.

In This Issue

- Body Composition Analyzer
- Patient Care Conference registration is open!
- Tips from Rene'
- Dr. Varnell Spotlight

Call 918-376-8410 to schedule your follow-up appointment now!

Sample print out you will receive:



Body Composition Analyzer

MC-780U

Date (MDY,H:M)
04/25/2014 17:01

ID
0000000000000000

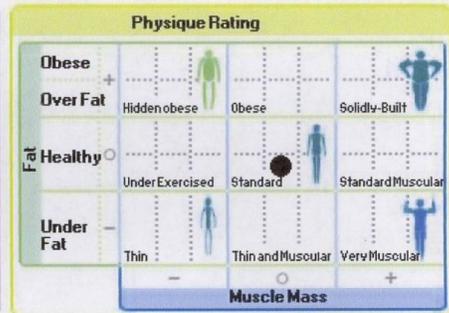
Age **45** Standard Athletic

Height **170.0 cm** Male Female

PT **1.0 kg**

■ Details

	Result	Desirable	Target
Weight	66.9 kg	53.5-72.0kg	kg
Fat %	11.1 %	11.0-21.9%	%
Fat Mass	7.4 kg	7.4-16.7kg	kg
Muscle Mass	56.5 kg	49.0-62.0kg	kg
Bone Mass	3.0 kg		
BMI	23.1	18.5-24.9	



■ BMR VFR TBW

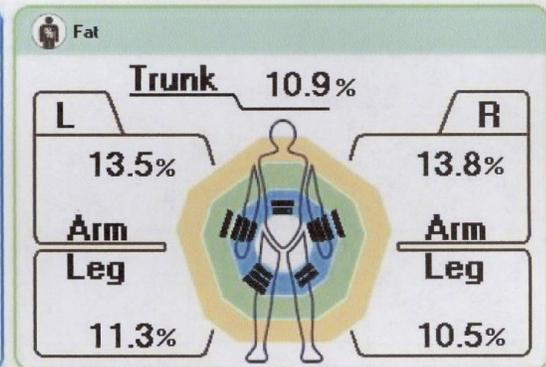
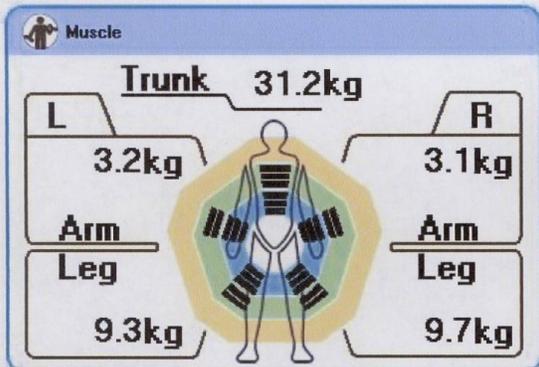
TBW **43.1 kg** **64.4%** ECW **17.2kg** ICW **25.9kg**

BMR **7071 kJ** **1690kcal**

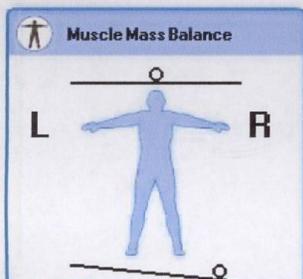
Under Normal More



■ Segmental Analysis



■ Balance



BIA Information [Ω]

	5kHz	50kHz	250kHz	Phase Angle
H-L	585.0	-30.2	502.5	-61.9
441.9	-52.6	-7.0		
RL	238.1	-10.9	207.5	-21.8
187.1	-16.0	-6.0		
LL	240.4	-11.8	207.4	-23.3
185.8	-16.5	-6.4		
RR	315.8	-16.2	271.3	-34.3
238.4	-33.1	-7.2		
LH	317.6	-16.5	271.9	-36.0
236.9	-35.2	-7.5		
L-L	479.0	-23.0	415.2	-45.7
371.9	-32.6	-6.3		

How does the Body Composition Analyzer calculate BMR?

The basic way of calculating Basal Metabolic Rate BMR is a standard equation using weight and age. In-depth research has shown the relationship of BMR and body composition gives a much more accurate and personalized reading for the user based on this measurement. This method has also been medically validated.

Muscle mass:

This feature indicates the weight of muscle in your body. The muscle mass displayed includes the skeletal muscles, smooth muscles (such as cardiac and digestive muscles) and the water contained in these muscles. Muscles play an important role as they act as an engine in consuming energy. As your muscle mass increase, your energy consumption increases helping you reduce excess body fat levels and lose weight.

Visceral Fat:

Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal) area. Research shows that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area especially post menopause. Ensuring you have healthy levels of visceral fat may reduce the risk of certain diseases such as heart disease, high blood pressure, and the onset of type 2 diabetes.

Total Body Water Percentage:

Total Body Water Percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems. It is important to look for long-term changes in total body water percentage and maintain a consistent, healthy total body water percentage.



The conference designed for you...

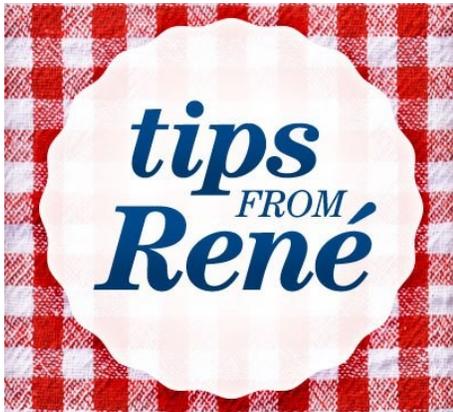
Connecting patients to the resources you need

The Patient Care conference is designed to educate and motivate you on your bariatric journey to become healthy, strong and nutritionally correct. The Center for Bariatrics at Bailey Medical Center is offering you all of its resources to equip you with the knowledge and support you need. The conference is designed for pre-op patients, post-op patients less than one year from surgery and post-op patients greater than one year from surgery. We have designed the conference to help all patients regardless of where they are in their journey. You are allowed to select any class because we want to address not only your current concerns, but educate you on issues that may arise in the future.

REGISTER NOW

Register now for the Bariatric Patient Care Conference at
www.baileybariatrics.com/PCC

- Please RSVP now due to limited space
 - Limiting conference to 200 patients
 - Cost is free
 - Conference is located at Bailey Medical Center
-



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.

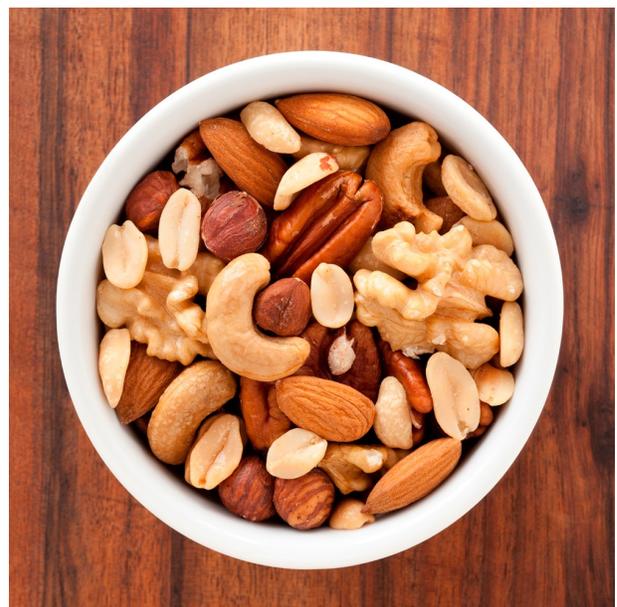
I feel soooo full!

One thing you learn that you must do after surgery is take really tiny sips and tiny bites of food. Do you still find yourself feeling overly full? There are several culprits to watch out for. First, do you think you are taking in some air? We ask you to sip fluids, avoid straws and stop chewing gum. These are known culprits for getting air in your stomach pouch. Second, are you eating too fast? Our guidelines recommend eating an ounce (1/8 cup or 2 tablespoons) per 10 minutes when you are finally able to have food you can chew. Third, do you think you are eating too much? Use measuring cups and food scales will help you figure out what volume of food you can comfortably fit into your new stomach pouch. Lastly, are you chewing to applesauce consistency? This habit is often the most difficult one to master. Learning a new way of eating after surgery will take practice and patience. You'll get there...one tiny sip and one tiny bite at a time.

Oh Nuts!

Nuts were considered unhealthy during the low fat craze of the 1990s. As it turns out, eating an ounce of nuts every day is linked to living longer. A study published in the New England Journal of Medicine showed that people who ate nuts everyday had a 20 percent decreased risk from dying from a variety of chronic medical conditions such as heart disease, diabetes and others. An ounce is about 1/4 cup.

This study tracked eating patterns over a 30-year period for over 100,000 people.



Nuts are a great source of healthy fats, protein, fiber, antioxidants, vitamins and minerals. Because they are high in fat, nuts carry a lot of calories. High fat intake in one snack or meal can also lead to fat dumping, so be careful about the amount you eat. Nuts come back into your eating as peanut butter or other nut butters after surgery when you can have soft and puree foods (Phase 3). You can have nuts starting two months after surgery. This is also the time you can bring protein bars back into your eating. All nuts have health benefits. Enjoy your favorite nuts...within reason, that is!



The Bariatric Clinic has now moved from Suite 100 to Suite 130. The new location is just down the hall from the old clinic. Visit us before the Patient Care Conference for our Grand Opening Celebration.

*"I can do the things
I want to do now."*

- Tracy Mason

**We
Celebrate
Your
Success!**



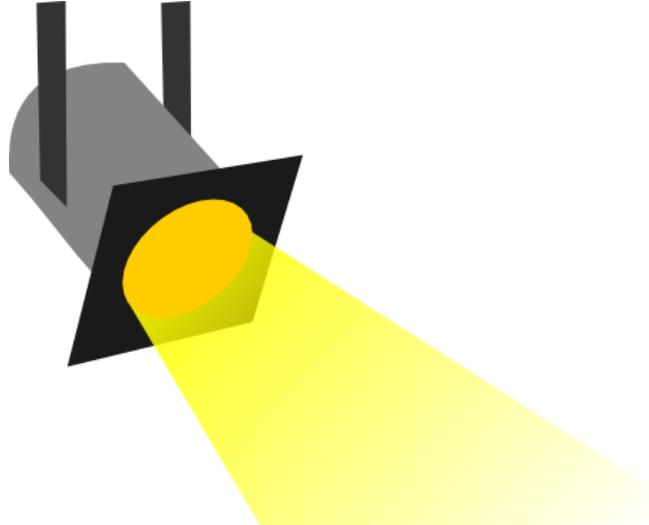
Tracy Mason displays her before picture.

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



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.

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 Surgical Director

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.

Register now for the Bariatric Patient Care Conference at
www.baileybariatrics.com/PCC

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Pinterest

Center for Bariatrics at Bailey Medical Center