



THE CENTER  
FOR BARIATRICS  
AT BAILEY MEDICAL CENTER

*Accredited Bariatric Surgery Center*

Center for Bariatrics Newsletter

June 2016

## Program improvements and updates!

We are continuing to enhance the patient experience and raise the bar for safety and quality through several changes to the program.

**New Clinic Coordinator— Ashley Ware, RN** has joined our team as the Bariatric Clinic Coordinator. Ashley has many years of experience as a bariatric nurse and is a successful bariatric patient herself. She will oversee the staff in the bariatric clinic.

**New Clinic** - The overwhelming success of our patients has created the need for us to expand our facility! Our new clinic will provide additional benefits and convenience for our patients. The new clinic should be done by mid-July 2016.

***“You want to run and tell people there’s something that can change your life. And I do. I tell them that life doesn’t end where you are.”***

***- Sam Cowles***



## In This Issue

- Clinic changes
- Patient success
- Tips from Rene’
- Food Apps
- June Calendar
- Employee Spotlight

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

## Transformation from Old Self to New Life



Sam Cowles carries around a reminder of his old life everywhere he goes. “I keep a picture of my ‘old self’ in my wallet and show it to people all the time,” he shares. At more than 400 pounds, Sam had stopped living life. His weight took away big things and small things. “I didn’t even care about what my hair looked like, because I dreaded looking in the mirror.” Today, he has lost more than 200 pounds through The Center for Bariatrics at Bailey Medical Center and says he feels and looks, at 46, younger than he did when he was overweight. “I feel great. I feel amazing. It is incredible how much things have changed for me. It really makes you look at things with a different perspective. You want to run and tell people there’s something that can change your life. And I do. I tell them that life doesn’t end where you are.”

For 10 years, Sam’s lifestyle of riding around in a patrol car, stopping only to eat at fast food restaurants and working 12-hour shifts took away the body that had enjoyed working out and being active. With each pound he also lost self-confidence and self-esteem. “When you’re overweight, you just don’t feel good about yourself.” As the weight started to drop off, Sam admits the physical change was ahead of the emotional and mental change. “I still caught myself trying to buy big clothes.”

Throughout the program, Sam was provided tools and information to work alongside the progress he was making after surgery. “I learned a lot about nutrition through the Bailey Bariatrics program,” he adds. “What I used to eat, I don’t even like anymore.” He also enjoys exercising and has started lifting weights



this year, following surgery to remove excess skin resulting from his weight loss. “I’m really starting to see a transformation.”

The first moment Sam says he started to look at his new body differently was at a photo shoot celebrating his journey. “I thought, ‘Wow!’ he says. “That experience really makes you feel good about yourself. Anyone who has lost a lot

of weight might look in the mirror and still see themselves as being big, because you are so used to it. Now I see a different person.”

Sam’s new life began when he attended a seminar to learn more about the Bailey Bariatrics program. That decision led to a new career as a casino security officer, marrying his wife a year after his 2013 surgery and scheduling trips to experience new places. Sam says even shopping has changed for him. “If I can do it, anyone can,” he says.

**We  
Celebrate  
Your  
Success!**



**Cheris Swatsenbarg shows off her before pants**



## 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.



## Protein Supplements, Shakes and Smoothies – What's the Difference?

Sometimes words can trip you up. We talk a lot about finding a protein shake that you like. Generally, a protein supplement is a protein powder and the protein shake is the liquid form, whether as a protein powder mixed with a liquid or the ready-to-drink protein shakes. Our guidelines state a protein shake needs to have 20 to 25 grams of protein, five grams or less of carbohydrates and three grams or less of fat. This ratio of protein to carbohydrates allows your body to start burning fat.

When it comes to a protein smoothie, that's a different story. A smoothie generally provides extra carbohydrate as fruit, fruit juice or added sugars. Recently, a patient listed a drinkable yogurt smoothie as her "protein drink." It had 12 grams of protein and more than 20 grams of carbohydrates. This patient

really focused on protein, but forgot to check out the other nutrients. A quick check of the nutrition information of small servings of “healthy” smoothies from smoothie shops showed that some of these drinks have a least as much sugar as a can of pop! So much for healthy, right?

## **Protein Supplement Guide**

- ☑ Daily protein needs are generally 60 to 80 grams for women and 80 to 100 grams for men or as directed by the dietitian, nurse practitioner or physician. Patient’s labs will be tracked to maintain a healthy protein status.
- ☑ Before surgery, a patient’s body can absorb a maximum of about 25 grams of protein at a time. The goal is to spread protein intake out evenly through the day.
- ☑ For a six to 12 ounce serving, protein supplements will need to have:
  - Protein: 20 to 25 grams
  - Total carbohydrate: 5 grams
  - Total fat: 3 grams

## **Extra Protein Supplement Tips**

- ☑ Akin’s Natural Foods offers a money back guarantee on all products.
- ☑ GNC and Discount Sports Nutrition offer memberships with discounts for future purchases.
- ☑ Look for sample packs. Some are available to buy or ask an associate if any free samples are available.
- ☑ Whey protein isolate and concentrate, powdered egg white and soy protein isolate are the best forms of protein in supplements, especially whey protein isolate. Avoid collagen or hydrolyzed collagen. These are NOT appropriate for bariatric patients.
- ☑ Whey protein is well known to help build muscle and support immune system. This is considered the very best protein source to have. Whey protein isolate is best for this.

## TOP REASONS TO USE FOOD JOURNALING APPS:

### BE SUCCESSFUL WITH EASE.

Keeping a food journal has been shown to help more people lose weight. Journaling food and fluids provides accountability. Some apps have communities you can join for support to stay on track. Apps have features making life simple such as barcode scanning to log foods, linking activity trackers and even reminders for meals, beverages and supplements.

### LEARN HOW TO ACCURATELY RECORD YOUR FOOD.

This requires being able to read the Nutrition Facts Label, being able to measure food portions with measuring cups and spoons, and weigh food on food scales. There are also easy ways to estimate portions using common items such as a deck of cards or the palm of your hand is similar to 4oz of meat. Ask your dietitian for more great ideas.

### INSTANT FEEDBACK - EASY TO READ REPORTS.

The apps calculate the nutrient content of the foods you have entered giving you instant feedback on whether you are achieving your nutrition goals. These reports can be shared with your dietitian and together you can develop strategies to meet your nutrition goals.

## APPS WE RECOMMEND FOR FOOD LOGGING (ALL FREE)

	<b>Baritastic:</b> Available on iPhone, iPad and Android only.
	<b>MyFitnessPal</b> (Calorie Counter & Diet Tracker): Available for iPhone, Android, iPad and online accounts.
	<b>Lose It!</b> : Available for iPhone, Android, iPad, Kindle, and online accounts.
	<b>My Plate</b> (livestrong.com): Available for iPhone, Android, iPad, and online.
	<b>S-Health:</b> Designed by Samsung, also available for Android, 4.4 or newer.
	<b>FatSecret:</b> Windows, BlackBerry, iOs, Android under the name Calorie Counter.

June 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Stillwater Seminar - 6:00pm	<b>2</b> Coffeyville Support Group - 7:00pm	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Bailey Medical Center Seminar - 6:00pm	<b>7</b>	<b>8</b> Bartlesville Support Group - 6:00pm	<b>9</b> Hillcrest South Seminar - 6:00pm	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Bailey Medical Center Support Group - 6:00pm	<b>14</b>	<b>15</b> Cushing Seminar - 6:00pm	<b>16</b> Muskogee Support Group - 6:30pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Pryor Support Group - 6:30pm	<b>21</b>	<b>22</b>	<b>23</b> Grove Support Group - 7:00pm  Stigler Support Group—7:00pm	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Notes:</b>	

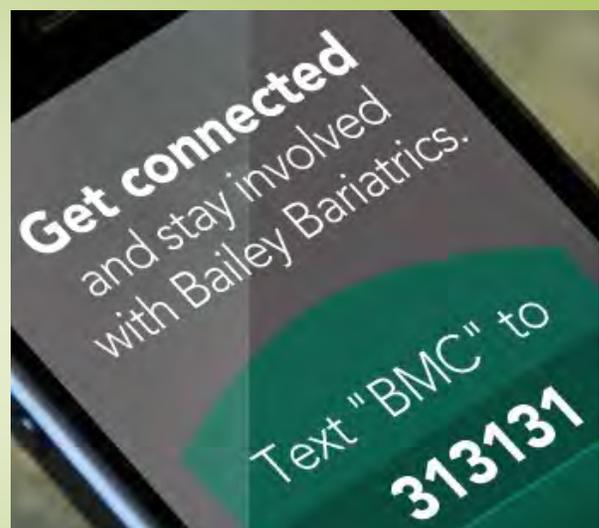
**Save the Date: Saturday, Aug. 6  
2016 Patient Care Conference**

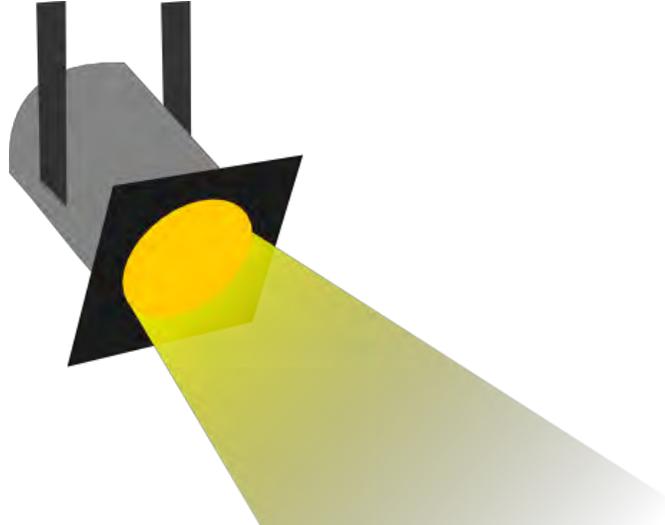


THE CENTER FOR BARIATRICS  
AT BAILEY MEDICAL CENTER

**Bariatric Patient  
Care Conference**

SATURDAY, AUGUST 6 • 10 AM - 3 PM



A graphic of a spotlight shining from the top left corner onto the text below. The spotlight is a grey trapezoid with a yellow circle at its base, and a yellow-to-white gradient beam extends downwards.

# Employee Spotlight



## Ruby Thomas, APRN-CNP

Ruby Thomas is a board- certified Adult Gerontology Primary Care Nurse Practitioner. She has been a registered nurse in Oklahoma since 2001. She is a member of the Oklahoma Nurse practitioner Association. Prior to joining Bailey Bariatrics, she was in Intensive Care Unit Registered Nurse at Hillcrest Medical Center and her clinical history includes experiences as the charge nurse, house supervisor and transfer coordinator at Hillcrest Medical Center.

Ms. Thomas received her Bachelor of Science degree in Nursing from Oklahoma Wesleyan University and her Masters degree in Nursing from the University of Cincinnati, OH . Ruby

believes in practicing medicine with a holistic approach, taking your spiritual, emotional and physical needs into account. She is the firm believer and advocate in the benefits of this procedure.

Ruby's personal interest include reading, volunteering at the church, spending time with her family and participating in medical missions.

### Contact Us

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### Website:

[Bailey Bariatrics.com](http://BaileyBariatrics.com)

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