



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

May 2016

Program improvements and updates!

There are several changes being made to the program over the next few months as we continue to strive to improve the patient experience and raise the bar for patient care.

Newsletter - We are reintroducing our monthly newsletter to keep our patients up-to-date about changes, events, success stories and different tools available to help them on their bariatric journey.

New Providers - We are super excited to announce that Ruby Thomas, APRN-CNP and Sara Enyart, PA-C have joined the Bailey team and will be seeing pre and post-op patients in the clinic. These two providers were hand-picked by Dr. Kirk to provide the best quality care for our patients.

New Clinic - We are in the process of building a new clinic down the hall from the current Bariatric Clinic. This office will give the program more rooms to accommodate our growing patient family. Our dietitians will move from the 3rd floor of the hospital into the new clinic also. This clinic should be done by mid-July 2016.

Reintroduce Bariatric Tools - There are several tools and additional education that are tucked away on the website and on social media. Our goal is to make sure you are taking advantage of all of the tools at your disposal.

“The moment I woke up in the hospital the nurse said to me, “Happy Birthday, this is your new life, this is a new day” and she was right. I have never had so many people cheering me on”

- Tracy McClendon

In This Issue

- New changes
- Social Media tools
- Tips from Rene’
- Success Stories
- May Calendar
- Calendar

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



Bailey Bariatrics Facebook Page

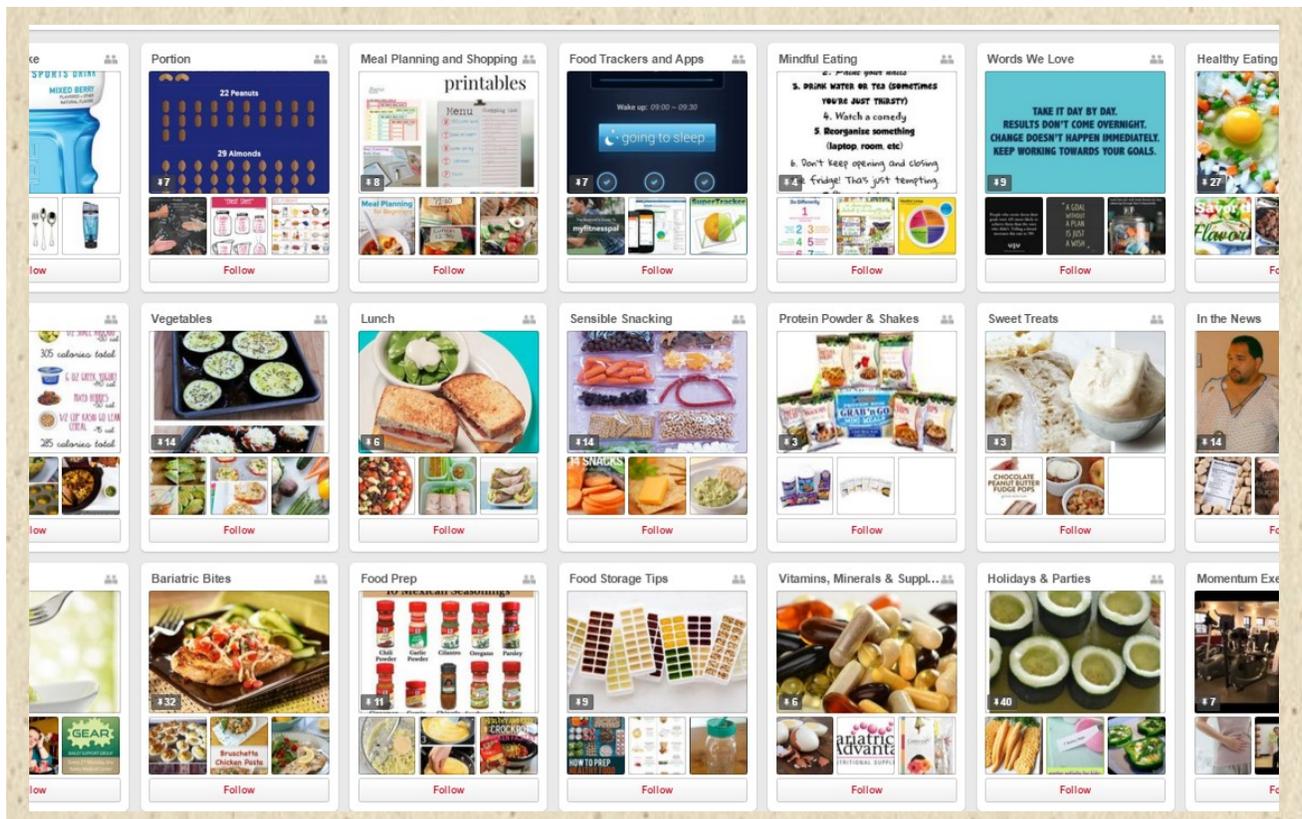
Facebook is one of our primary resources for communication to let patients know about upcoming events, dietitian tips, testimonials and other great information. We encourage all patients to “Like” the page so they can stay up-to-date.

Many of our Support Groups have created their own Closed Group pages to allow for interaction between patients outside of support groups. Ask at your support group to be invited to the page.



Bailey Bariatrics Pinterest

The program has developed this Pinterest Page to provide you different tools from meal planning, recipes, food prep ideas, food trackers and much more. Follow the page to keep up-to-date on new development and ideas from the program. This will also allow you to share and pin these ideas to help others.





Share Your Success!

They say a picture is worth a thousand words. Have you recently had surgery or celebrated a milestone or non-scale victory on your journey? We'd love to help you share your success with friends and family.

Simply send us a before and your favorite after photo and we'll create an image for you to share on social media or in person. Just follow the easy steps below:

- Click on "Message" in the top, right-hand corner of our Facebook page to send a private message.
- Click the camera to add your unedited before photo and after photo. For the best results, please provide as high resolution photos as possible.
- Type in your name and hit send!



BEFORE



AFTER

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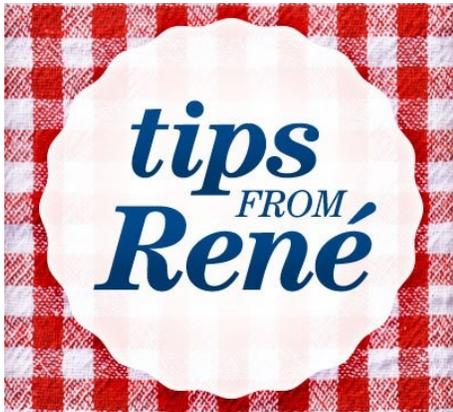


Bariatric Warriors!

The Warrior Dash was held on April 23 and has become a milestone event for many of our patients. This is an opportunity for staff and patients to try something exciting and new. Add this to your Bariatric Bucket List!







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 the BariatricPal.com.

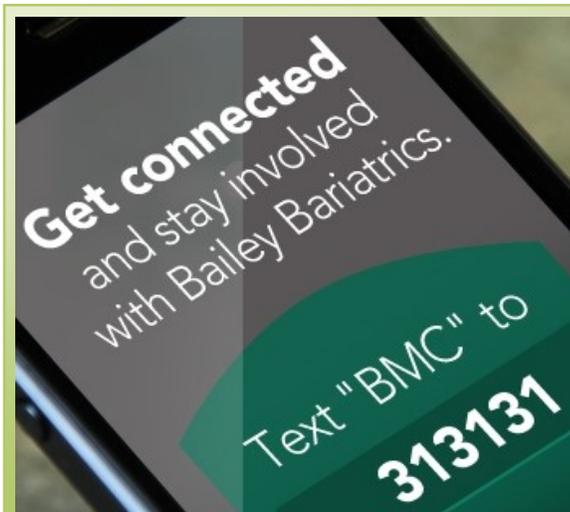
Satiety...Say what?

Can you feel comfortably full? Did you grow up thinking full meant cleaning your plate? Satiety is from the Latin *satietas*, which means enough. Satiety is a feeling of being comfortably or satisfied full.

You recognize that eating another couple of bites will lead to feeling overfull. It's not feeling a pressure in your stomach, but more of a feeling that you've had enough food for that meal. If you had to clean your plate growing up, your "learned" fullness is really overeating.

Slowing down and chewing thoroughly is the first step in learning your "natural" fullness, or satiety. Before surgery, it takes about 20 minutes for your brain to recognize that you are full. The act of chewing may release the hormone that help you feel fullness.

Your sense of fullness changes after surgery. You will learn to stop eating before you feel full, because another bite or two can lead to being overfull. Overeating after surgery will lead to pain or throwing up. Learning fullness will take time and can be frustrating. So, slow down and chew your food to applesauce consistency. Your stomach will be most grateful!



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.



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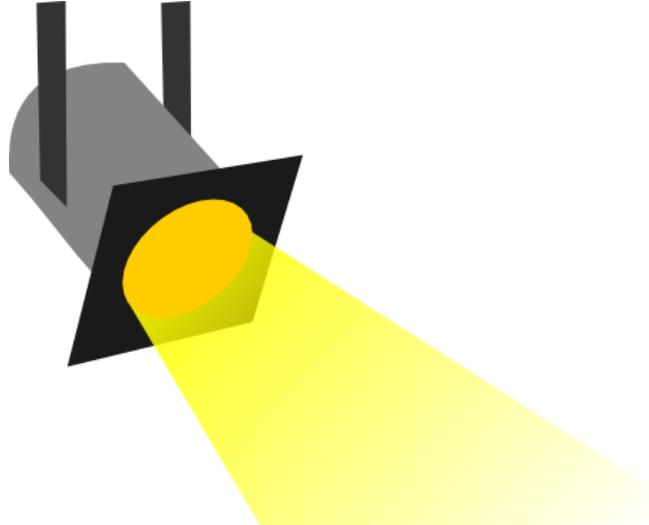


| May 2016 | | | | | | |
|----------|--|-----|--|--|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 Bariatric Seminar at Bailey Medical Center - 6:00 | 3 | 4 | 5 Coffeyville Support Group 7:00 | 6 | 7 |
| 8 | 9 Owasso Support Group 6:00 | 10 | 11 Bartlesville Support Group 6:00 | 12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



Robert Carey shows off his before pants

**We
Celebrate
Your
Success!**

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

Employee Spotlight



Sara Enyart, PA-C

Sara Enyart, PA-C, has been a healthcare industry professional in the Tulsa area since 1996. She spent 12 years of her career as a paramedic in Catoosa, Claremore, Collinsville and Tulsa. She has served in the United States Naval Reserve since 2011.

Ms. Enyart earned her Bachelor of Science Degree in Biology at Northeastern State University in Broken Arrow in 2007. She completed her Master of Science Degree in Health Science, Physician Assistant Studies at the University of Oklahoma School of Community Medicine in Tulsa in 2010. She is a member of the Oklahoma Association of

Physician Assistants, the American Academy of Physician Assistants and the Association of Family Practice Physician Assistants.

Ms. Enyart's personal interests include camping and other outdoor activities with her husband and two sons.

Contact Us

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Website:

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

Social Media:

Facebook
Pinterest
YouTube