



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

November 2016

Center for Bariatrics recognized by Women's Choice Award!

The Center for Bariatrics was recently recognized by the Women's Choice Award as one of America's best Hospitals for Bariatric Surgery.

The awards methodology is unique in that it is the only national list that simplifies a women's choice when selecting a hospital. The understanding of what matters most to women when selecting a hospital is based on surveys of tens of thousands of women.

Hospitals earning the 2017 America's Best Hospitals for Bariatric Surgery Award have met the high standards of The American College of Surgeons (ACS), the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) and other criteria.

"We are excited to receive the 2017 Women's Choice Award for Bariatric Surgery. It's a testament to the quality of care we provide and the level of trust our patients have in us as we help them make positive changes in their lives."

– Dr. JoeBob Kirk



2017
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
FOR BARIATRIC SURGERY

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

Health is not about
the weight you lose

But about
the life you gain.

"We love to see the before and after pictures of our patients, but we also want to celebrate the non-scale victories. These are the moments in your life where you stopped, reflected and realized this journey was way more than a number on the scale. We are excited to share and celebrate these moments with our patients."

- David Steward, Program Director

Just went to a roller skating party at my kids' school. A year ago, I would have been sitting on the side. Tonight, I SKATED!!! I'm 13 months post op, and loving LIVING my life."

- Jill Hobbs, Post-Op



"I just faced a huge height fear and kicked butt at this! Never would have attempted it 100 lbs heavier!!"

- Christy Pruss, Post-Op Patient

We Celebrate Your Success!

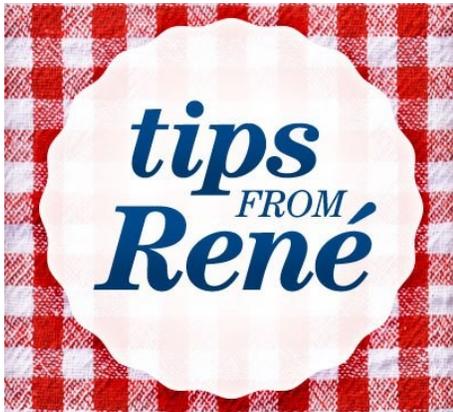


"4 years ago I would have never given second thought to an intense workout or committing myself to trying something new everyday. I wasn't strong. Now I get excited to see progression. I get to stare at the workout board and know I am capable. My kids see me doing this, because they go with me. Not only has it changed me, it has changed them. Working out has changed my body. More importantly it has changed my mind and my confidence. My daughter was excited about squats at school, because mom does them at the gym. My son gets upset if we are not going to the gym and knowing that I am impacting their ideas of taking care of themselves is the best feeling in the world.

- Tracy McClendon, Post-Op Patient

Congratulations to our Bariatric patients Angela Proe, Robin Hill and Eric Hill who completed the MS 150 bike ride! They all attend the same support group in Stigler and decided they would train and motivate each other to prepare for the ride. Congrats and we love the Center for Bariatrics Bike Jerseys!





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.

How Not To Be Tricked by Halloween Treats

Halloween is right around the corner. It's the opening event for the holiday season. This means it's time to start planning your eating for the holidays. Successful patients alter their eating behavior in all areas of life, including holidays. One of the behavior changes involves changing traditions. It's tradition to offer candy to children on Halloween night but can you avoid eating any of the leftover candy? Those little fun size candies can take 10 minutes or more of vigorous exercise like rowing or jumping jacks to burn off.

One strategy many patients use is to hand out candy they don't like, to avoid eating it. Throw away any left-over candy once you realize the last Trick-or-Treater has left. Put the leftover candy in the big trash can that you set by the curb instead of the trash can in your kitchen. Keep in mind it's better to waste the candy than for it to end up around your waist! Think outside the usual box or bag of candy for treats. Think about Halloween themed party goodies like pencils, temporary tattoos, individual bottles of bubbles, stickers, glow sticks or creepy spider jewelry. You can find these in stores like Dollar Tree, Dollar Store and Party City. Check out the party sections of Walmart, Target, Hobby Lobby and Michaels. The online store, Oriental Trader, has dozens of non-candy ideas. Remember to have items that kids under the age of 3 won't choke on.

If your tradition is going to a Halloween party, think through how you will deal with food and drinks at that party. Check the post-surgery diet phase to see what foods you are allowed and keep to that list. Have a healthy snack or dinner before going to the party. Sip water during the party to keep you feeling fuller through the party. Focus on socializing, rather than eating. Bring a protein shake and pour over a cup of ice to sip



through the party. Move away from the food table to avoid being tempted by all the goodies.

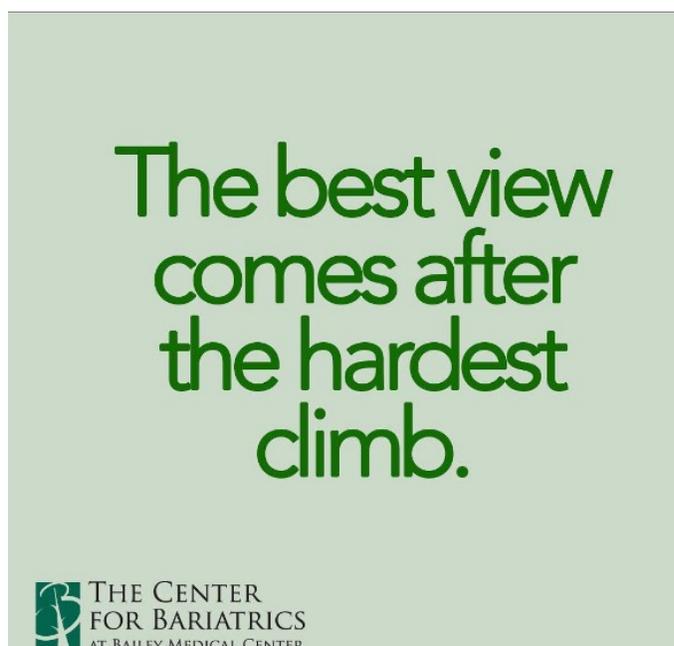
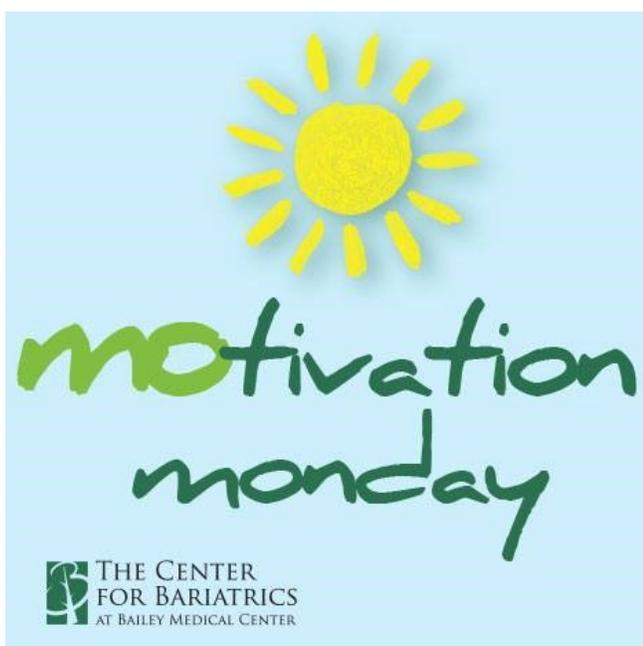
A new tradition can be avoiding that first party after surgery by treating yourself to something indulgent like curling up with a good book, taking a bubble bath, getting a massage, scheduling a session with a personal trainer, taking a walk at the mall on Halloween night to window shop or pretend you aren't home by turning out all the lights and watching a movie or a football game. The holiday season can certainly be a time of trickery and temptation. Now is the time to plan how you will survive and thrive through it.

MOtivation Mondays begins on Facebook and Instagram

Mo Smith, our Exercise Specialist, will be posting on Social Media inspirational quotes and messages each Monday over the next few months. We hope you will like, make comments and share these with others who are on the journey to get healthy!

“ The best view comes after the hardest climb. Each and every step you take is better than what you didn't do yesterday!

- Mo Smith, Exercise Specialist





Make sure you are following all Bailey Bariatrics on Social Media! We use Social Media to educate, inform and inspire patients along their journey. Join these different platforms to learn more information and stay up-to-date on program events and education.



We are now on Instagram!

Bailey Bariatrics is now on Instagram. We started this page to give our patients more access to information about the program.



Like us on Facebook

Bailey Bariatrics Facebook Page has been the main source of new information and news for the program. Many of the support groups have closed Facebook pages as well.



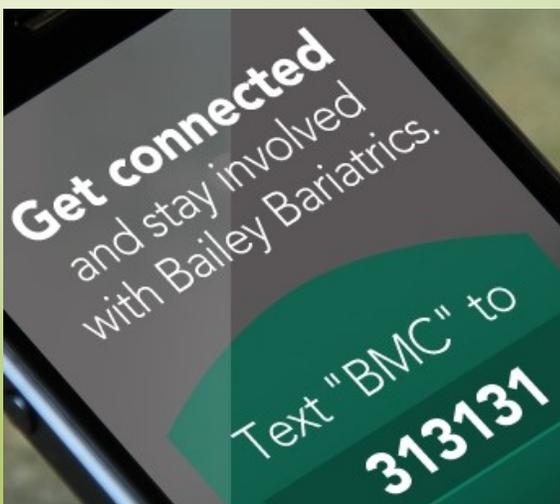
Join us on Pinterest

The Pinterest is filled with recipes, meal planning ideas, exercise videos and much more



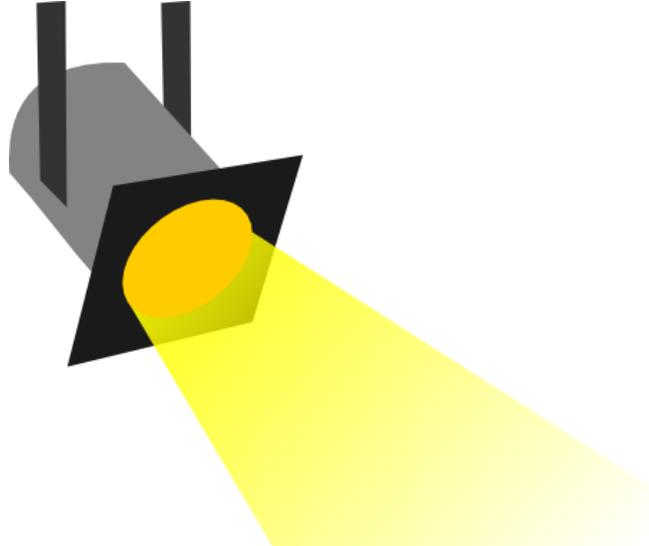
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◀ October 2016		November 2016					December 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2 Bariatric Seminar in McAlester - 6:00	3 Coffeyville Support Group - 7:00	4	5	
6	7 Bariatric Seminar at Bailey Medical Center - 6:00	8	9 Bartlesville support Group - 6:00	10 Bariatric Seminar at Hillcrest South - 6:00	11	12	
13	14 Owasso Support Group - 7:00	15	16 Bariatric Seminar in Muskogee - 6:00	17 Muskogee Support Group - 6:30 Grove Support Group - 7:00 Stigler Support Group - 7:00	18	19	
20	21 Pryor Support Group - 6:30	22	23	24 Thanksgiving (See Nov. 17 for Grove and Stigler)	25	26	
27	28	29	30	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. Steven Katsis

A native of Sioux City, Iowa, Dr. Katsis moved to Tulsa in 1984 to attend Oral Roberts University. Following graduation, he attended the University of Nebraska College of Medicine, where he received his medical degree in 1993.

He returned to Tulsa for his residency in general surgery at the OU Health Sciences Center. Dr. Katsis completed

fellowship training in trauma and surgical care at the University of Tennessee-Memphis College of Medicine. His fellowship was conducted at the Elvis Presley Memorial Trauma Center in Memphis, one of the busiest trauma centers in the nation. Dr. Katsis specializes in bariatric surgery.

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

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Website:

Bailey Bariatrics.com

Social Media:

Facebook
Pinterest
YouTube