



Weight Bias

By Patricia Sullivan

Often when someone is struggling to find a topic to discuss or write about, the right subject suddenly presents itself. This happened to me the other evening while I was attending a meeting in my community.

While waiting for the meeting to start, a couple of people were talking about Gov. Christie and his visits to the Jersey shore to promote tourism. I overheard someone say “they need to reinforce the boardwalk”. He was implying that it wouldn’t withstand Christie’s weight. Several people started to laugh and talk about how the governor hadn’t lost any weight since his recent lap band surgery.

Why is obesity still acceptable as a source of jokes and ridicule? Verbal types of bias such as teasing, insults, stereotypes and disparaging remarks remain a socially acceptable form of prejudice in American society.

People with obesity are stigmatized in the workplace, at school and in healthcare settings. Up to

Continued on page 2

Spotlight on Staff

Dr. Mikhail Botvinov, DO

Dr. Mikhail Botvinov is an experienced surgeon who has primarily focused on laparoscopic minimally invasive surgery. These surgical techniques are used to treat and address issues associated with obesity and other general surgery conditions.

Dr. Botvinov completed medical training initially at I.M. Sechenov First Moscow Institute of Medicine in Moscow, Russia. This is the oldest and largest national medical higher education institution in the Russian Federation.

While in Russia he worked as a general surgeon in the Institute of Laser Surgery. In the United States, Dr. Botvinov completed his medical education in the College of Osteopathic Medicine, Westbury, New York. His surgical training was completed in Flushing Hospital, Flushing, New York. He also completed minimally invasive, laparoscopic and bariatric training in Staten Island University Hospital, Staten Island, New York.

Dr. Botvinov has joined the practice of Dr. Alexander Abkin, MD, FACS to continue his focus on laparoscopic surgery.

We at JFK For Life are happy that “Dr. B” has joined us and we look forward to working with him. ■

INSIDE THIS ISSUE

- 1 Obesity Bias/Spotlight On Staff
- 2 Fitness/What Am I?
- 3 Nutrition/Recipes
- 4 Surgi-versaries/Calendar
- 5 Q & A/Fun Trivia/Brainfood
- 6 People-First Language/Warm Fuzzies

now, little has been done to bring this discrimination to a halt.

The Obesity Action Coalition (OAC) is a non-profit organization dedicated to giving a voice to those affected by obesity. They have been on the front lines in the fight against obesity as advocates for public policy, education and awareness. Check them out at www.obesityaction.org. and read about some of their initiatives in this newsletter.

What happened to the gentlemen who were discussing Gov. Christie? I informed them that obesity was a disease, their remarks biased and that prejudice towards the obese was hateful and should not be tolerated.

They immediately changed the topic.

Pat

What Am I?

Although this popular toy made it's debut in the 1950's, it has been around since the days of ancient Egypt when children would swing them, roll them and toss them.

The ancient Greeks used them as a form of exercise.

In the 1400's in England, it's use was discouraged because it was blamed for heart attacks and back disorders.

They have been made from everything from dried grapevines to wood and metal.

In 1958 they were manufactured here and made of a patented plastic called Marlex.

In the first 6 months of production, 20 million were sold.

In the years to come there would be contests, exhibitions and new tricks to learn.

You can still find them today in any toy store.

They are a great form of exercise for the entire family.

There are even classes for this exercise and You Tube videos.

Answer on page 4.

FITNESS UPDATE

BY CHRIS DOMENIC

Because 3,500 calories equals 1 pound, you need to burn 3,500 calories more than you take in to lose that 1 pound. If you cut 500 calories from your diet each day, you would lose 1 pound per week. Diet has a stronger effect on weight loss than physical activity, BUT physical activity has a stronger effect on preventing weight gain and maintaining weight loss.

CALORIES TO BURN

Shoot for at least 30 minutes a day of moderate to brisk physical activity. Below is a chart based on a 240lb individual and the calories burned in an hour session.

Aerobics, low impact	796
Aerobics, water	545
Bicycling <10mph	436
Dancing/Zumba	400
Hiking	654
Resistance Training	545
Rowing, stationary	654
Jogging 5mph	905
Softball	545
Tai Chi	327
Walking 2mph	305

Need to reach us?



98 James Street, Suite 212
Edison, NJ 08820
Ph 732-744-5955
Fax 732-906-4967
www.jfkforlife.org



Seasonal Produce

By Megan Marchaterre, RD

Fall is approaching and it's a great time to shop for seasonal fruits and veggies. Shopping seasonally can cut down on cost and at the same time increase the nutritional value of what you're eating. So stop by your local farmers market or produce section to take

Bright orange and yellow squash contain significant amounts of carotenes, as well as some lutein and zeaxanthin (antioxidants). Butternut squash is good sliced, stewed, boiled or baked. It is a particularly good source of calcium, magnesium and carotenes. Spaghetti squash makes a wonderful casserole or side dish. Try it with tomato sauce in place of traditional spaghetti. Acorn and Hubbard squash are particularly good sources of potassium and fiber. Acorn squash also is high in thiamine (good for carbohydrate metabolism).

Apples come in countless varieties, each with its own color, flavor and texture. Apples are powerhouses of flavonoids, such as quercetin, as well as a great source of cholesterol lowering phytosterols. Apples are also a good source of vitamin C, beta-caratene, beta-cryptoxanthin, lutein, and zeaxanthin.

Mini-Apple Crisp

Makes 3 small servings

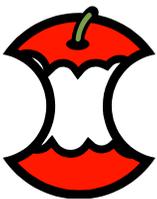
1 medium apple

1 tablespoon of Splenda Brown Sugar

1 tablespoon of oats

½ teaspoon cinnamon

Heat oven to 350 F. Peel and core apple and chop into ¼ inch squares. Mix in a bowl with sugar, oats and cinnamon and put into a small baking dish or ramekins. Bake for 15 minutes. Enjoy hot, cold or room temperature. ■



BBQ Yogurt Marinated Chicken

By Nikita Kapur, RD

Ingredients

- 1 cup Stonyfield Organic Low Fat Plain Yogurt
- ¼ cup olive oil
- 2 tbsp lemon juice
- 2 cloves chopped garlic
- 1 tbsp rosemary
- 1 tbsp thyme
- 1 tsp salt
- 1 tsp black pepper
- 4 skinless, boneless chicken breasts

Directions

Combine first 8 ingredients in a bowl.

Add chicken breasts and allow to marinate for at least 2 hours.

Grill chicken on medium-high until no longer pink inside and juices run clear. Calories 310; Protein 54g; Fat 9g; Carbs 1g

How To Cook Spaghetti Squash

First cut it in half. Use a big knife, stab through the middle and wedge it down toward the outside. Then take out the knife and repeat on the other side working outwards. (It's easier that way than trying to cut through the whole thing at once).

Then scoop out the seeds and pulp in the little cavity, and bake it in a 350* oven – face up – for about 45 minutes – or until it looks like it's starting to dry out and you can easily insert a fork into the flesh. (You can roast it whole, but it takes longer.)

Lastly, when it's cooled down some take a fork and scrape out the strands. The more you separate them, the more volume you'll get! You can do this during the afternoon or the day before since it takes a while and then just microwave it when you're ready to serve and are hungry. ■



Congratulations!

To our patients who recently marked their 2 year "surgi"versary

DK JB MA

Together they have maintained a combined weight loss of . . .

225lbs!!!

To our members who celebrated their one year "surgi"versary in July and August

KB JC JS
KL GS

Together they have lost a total of . . .

417lbs!!!

Don't forget those NSVs . . .

Non-Scale Victories!

Share your NSVs and WOW moments with us.

Email psullivan@jfhealth.org so that it may be included in the next newsletter.

CALENDAR OF EVENTS

SEPTEMBER 11TH – PATRIOT'S DAY

SUPPORT GROUP MEETING

6:30PM – 7:30PM

SEPTEMBER 17TH

NEW PATIENT SEMINAR

7:00PM – 9:00PM

CALL TO REGISTER 732-744-5955

SEPTEMBER 19TH

SUPPORT GROUP MEETING

6:30PM – 7:30PM

SEPTEMBER 22 – AUTUMNAL EQUINOX

OCTOBER 9TH

SUPPORT GROUP MEETING

6:30PM – 7:30PM

OCTOBER 15TH

NEW PATIENT SEMINAR

7:00PM – 9:00PM

CALL TO REGISTER 732-744-5955

OCTOBER 17TH

SUPPORT GROUP MEETING

6:30PM – 7:30PM

OCTOBER 31ST- HALLOWEEN



Answer to "What Am I"

Hula-Hoops by Wham-O

Free workout videos on
www.youtube.com



Popular Websites*

www.livingafterwls.com

www.obesityhelp.com

www.bariatricchoice.com

www.celebratevitamins.com

*Information from these sites is not meant to replace the advice of your healthcare provider.

QUESTIONS AND ANSWERS

Q: I lost a lot of weight following bariatric surgery several years ago. I have started to put weight back on. I am embarrassed to go back to my doctor. What should I do?

A: One of the greatest fears of weight loss surgery patients is the fear of weight regain. This is not surprising since most every patient who is contemplating or has undergone surgery has been 'Yo-Yo' dieting for years.

The key to prevention of weight regain is education and follow-up.

If you begin to regain weight after bariatric surgery, talk to your doctor. You may need a thorough evaluation to determine what factors – medical, psychological, lifestyle – could be involved in the weight gain. Don't be afraid that the doctor or staff will judge you or see you as a failure. On the contrary, your bariatric center should have an environment in which you feel safe, well-cared for and supported during all phases of your journey.

Q: What is the recommended dosage for Biotin?

A: Although there is no recommended dietary allowance for biotin, supporters of biotin often recommend taking 5,000 mcg of biotin in supplement form daily in order to strengthen hair shafts.

FUN TRIVIA

DID YOU KNOW?

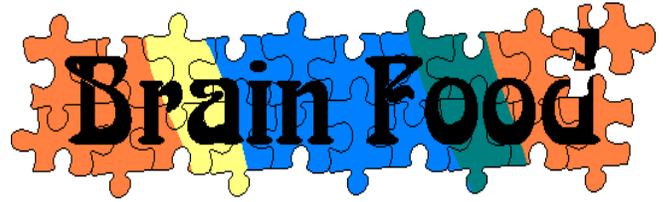
Ralph Samuelson was the first to attempt water skiing in 1922 with skis that were made of two lengths of wood that were tied to his feet with leather straps. Samuelson's rope was made from a window sash.

Fred Waller was the first to patent and produce water skis. In 1925, Weller started selling his creation, which was called Dolphin AquaSkees.

Your tongue is the only muscle in your body that is attached at only one end.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The letter J does not appear anywhere on the periodic table of the elements.



F R U I T G F N
M I N E R A L I
S L G T T R G M
U T Q R E S A A
G H T L A E H T
A E K I S M K I
R K K G Q X Y V
P R O T E I N B

VITAMIN

FAT

SUGAR

HEALTH

PROTEIN

MINERAL

FRUIT

GRAM

The following is taken from an article on the Obesity Action Coalition (OAC) website.

People-First Language for Obesity

Bias and discrimination against people with obesity is well documented. Research has demonstrated substantial impact on personal relationships, educational attainment, professional achievement, and healthcare delivery. Further, studies have shown that a description of a person as “obese” is sufficient to cause discrimination in the absence of any meeting with the person in question. Describing individuals as obese as opposed to having obesity could have negative impact on how people view them.

People-first language has been widely adopted for most chronic diseases and disabilities, but not obesity. It has become the accepted norm in addressing people with mental and physical disabilities. The rules of APA Style calls for language in all publications to ‘put people first, not their disability’ and to “not label people by their disability”. As an example, they advise authors to refer to persons with diabetes, rather than diabetics.

Increasingly, the norm has become for people with conditions such as autism, diabetes, or asthma to be described as people first, and not defined by their condition. A verbatim web-based search for people-first and condition-first language yields significantly more results for people-first language than for condition-first language with respect to each of these conditions:

Condition/Adjective	People First	Condition First
Autism/Autistic	4,030,000	579,000
Asthma/Asthmatic	3,570,000	125,000
Diabetes/Diabetic	4,920,000	230,000

However, the results for obesity are precisely the opposite:

Obesity/Obese	218,000	2,710,000
---------------	---------	-----------

Referring to individuals as “obese” has been shown to influence how individuals feel about their condition and how likely they are to seek medical care. One study showed that people preferred that health providers use the terms “weight”, “unhealthy weight” and “weight problem” instead of obese. They reported that it made them more motivated for weight loss and less stigmatized.

Labeling individuals as obese creates negative feelings toward individuals with obesity, perpetuates weigh bias, and must be avoided. Health care providers who use respectful communication with their patients, such as people-first language, create positive, productive discussion about weight and health. ■

Warm Fuzzies

By Karen Rose, LCSW

If you are recovering from weight loss surgery or if you are facing challenges in your life, don’t forget about Warm Fuzzies! Warm fuzzies are those feelings of happiness, contentment, and affection we experience. Sometimes they are associated with doing good deeds. But mostly they are from receiving positive strokes. Positive strokes can come from ourselves or from others. Positive strokes can mean recognition or attentiveness and help to generate positive energy.

Try keeping a log of positive feedback, compliments and achievements, especially those non-scale victories! You will find that it provides the much needed affirmations you need as you journey into a healthy, happy lifestyle.

Example:

Date	Source	Positive Feedback/Behavior
Today	Myself	I was able to tie my shoes today without struggling
Yesterday	Store clerk	This smaller size will fit you