



Summer 2017

In the News

Only a small percentage of obese patients who have undergone bariatric surgery to help them control their weight follow up this procedure with further plastic surgery to reshape their bodies and remove excess rolls of skin. Such body contouring surgery is generally only affordable to patients with adequate insurance and income, says Maria Altieri of Stony Brook University Hospital in the US, lead author of a study in Springer's journal *Obesity Surgery*.

Along with the growing obesity problem in the US, there has been an increase in the number of patients who undergo weight loss procedures in order to reduce the severity of obesity-related complications. Most adult patients are, however, left with excess redundant skin. Surveys have shown that up to 75 percent of women and 68 percent of men are interested in plastic surgery after losing weight, and are especially interested in undergoing body contouring procedures of the waist and abdomen. Contrary to popular belief, excess skin is also an issue for younger patients, who can experience personal hygiene problems, skin infections and ulcers. Such problems can cause severe psychosocial stress.

Although the health and medical benefits of bariatric surgery leading to massive weight loss are easily noticeable and measurable, the benefits of plastic surgery following bariatric surgery are less so. Most of the 127,967 surgeries performed in the US are considered cosmetic in nature. Therefore, in the current US health care system, insurance providers refuse to cover the costs for body contouring procedures.

Although surveys show that interest among bariatric patients is high, the true frequency of reconstruction following weight loss surgery is unknown. This research study examined the extent to which two common body contouring procedures, abdominoplasty and panniculectomy, are used following bariatric surgery in New York State. An analysis of the New York SPARCS database identified 37,806 patients older than 18 years' old who had undergone a bariatric procedure between 2004 and 2010 for the first time. Only 2,112 patients (5.58 percent) underwent subsequent body contouring procedures. Of these, 93.2 percent (1969 patients) underwent only one plastic surgery procedure, while 6.8 percent (143 patients) had more work done.

The findings revealed certain trends. Body contouring procedures usually occurred within two years after the initial bariatric procedure. One year normally followed between a first body contouring procedure and a second. Patients younger than 30 years and those who had undergone a sleeve gastrectomy went for plastic surgery sooner than others.

"Our study shows that plastic surgery is completed by only 6 percent of patients following bariatric procedures," say Altieri and senior author Aurora Pryor.

Source:

<http://www.springer.com/gp/about-springer/media/research-news/all-english-research-news/body-contouring-is-only-for-the-rich-and-insured/12390760>

Plastic Surgery

What is a tummy tuck?

Tummy tuck surgery, also known as abdominoplasty, removes excess fat and skin and, in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer.

What tummy tuck surgery can't do

A tummy tuck is not a substitute for weight loss or an appropriate exercise program. A tummy tuck cannot correct stretch marks, although these may be removed or somewhat improved if they are located on the areas of excess skin that will be excised.

The **average cost of a tummy tuck is \$5,798**, according to 2016 statistics from the American Society of Plastic Surgeons.

Tummy tuck surgery cost can vary widely. The average fee referenced above does not include anesthesia, operating room facilities or other related expenses.

A surgeon's fee will be based on his or her experience, the type of procedure used, and the geographic office location.

Most health insurance does not cover tummy tuck surgery or its complications, but many plastic surgeons offer patient financing plans, so be sure to ask.

When choosing a board-certified plastic surgeon in your area for a tummy tuck, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Who is a candidate?

In general, you may be a good **tummy tuck candidate** if:

- You are physically healthy and at a stable weight
- You have realistic expectations
- You are a non-smoker
- You are bothered by the appearance of your abdomen

Tummy tuck surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

During your **tummy tuck recovery**, dressings or bandages may be applied to your incisions, and you may be wrapped in an elastic bandage or a compression garment to minimize swelling and support your abdomen as it heals following surgery.

Small, thin tubes may be temporarily placed under the skin to drain any excess blood or fluid that may collect.

You will be given specific instructions that may include:

- How to care for the surgical site and drains
- Medications to apply or take orally to aid healing and reduce the potential for infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with your plastic surgeon

Be sure to ask your tummy tuck surgeon specific questions about what you can expect during your individual recovery period:

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery? When will they be removed?
- When will the stitches be removed?
- How will I bathe?
- How long will I wear the pressure garment?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

What is the Difference Between an Abdominoplasty and a Pannulectomy?

The difference between a tummy tuck (abdominoplasty) and a panniculectomy is sometimes confusing to patients. It is understandable because the two procedures have some aspects in common but they are not the same. This distinction has become even more relevant because of the growing popularity of weight loss surgery.

The word panniculectomy means removal of the pannus. The pannus is the overhanging skin of the lower abdomen that typically occurs after major weight loss, pregnancy or both. A panniculectomy is a functional and not a cosmetic procedure. By this I mean

that it is designed to relieve problems associated with the overhanging skin (pannus) that often occurs after a large amount of weight loss. The most common problems that may lead to insurance approval for a panniculectomy are skin irritation or skin erosion under the pannus and interference with typical daily activities.

An abdominoplasty, is a cosmetic procedure designed primarily to improve the appearance of the torso. Since a tummy tuck is a cosmetic procedure, it is not covered by insurance.

From a surgical standpoint, a panniculectomy involves removal of the excess skin and fat under the skin (subcutaneous fat) and closure of the wound. While a tummy tuck also involves removal of the excess skin and fat of the lower abdomen, it usually is much more extensive and also entails the following procedures:

- release of the excess skin and fat all the way to the bottom of the ribs to maximize the tightening and contouring that can be achieved
- tightening of the rectus (abdominal) muscles as well as the fascia (fibrous tissue) that surrounds the muscles
- reconstruction of the navel
- liposuction of the flanks

Risks and Rewards

Due to its growing popularity, many people believe that a tummy tuck is an easy procedure.

It's important for patients to realize that it is still a major operation, requiring one to five hours in the operating room, under general anesthesia.

A typical abdominoplasty removes up to 10 pounds of stomach fat by disconnecting the skin from the underlying tissue, suturing abdominal tissue, and cutting away any extra skin. A full recovery can take several weeks, and just like any other surgery, there are risks of infection and other complications.

That said, the various medical and cosmetic benefits of a tummy tuck make the procedure appealing for many people. Interested patients should discuss the procedure in detail with their surgeon and consider all the advice before deciding whether to undergo surgery.

Source:

American College of Plastic Surgeons
<https://www.plasticsurgery.org/>



eat
less sugar
{ you're sweet }
{ enough already }

Summer Events



INDEPENDENCE DAY

JULY 12TH

SUPPORT GROUP
6:30PM

JULY 18TH

NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

AUGUST 9TH

SUPPORT GROUP
6:30PM

AUGUST 13TH

LEFT HANDERS DAY

AUGUST 15TH

NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

SEPTEMBER 10TH

ANNUAL PICNIC
MERRILL PARK
GROVE 2A-B
12 – 4PM



JFK for Life Family Picnic

Sunday, September 10th

12 - 4pm

Merrill Park

Grove 2A, B

Please join us for our 2nd annual picnic.
Last year's event was a HUGE success
and we are hoping that this year will be
even better!

BBQ

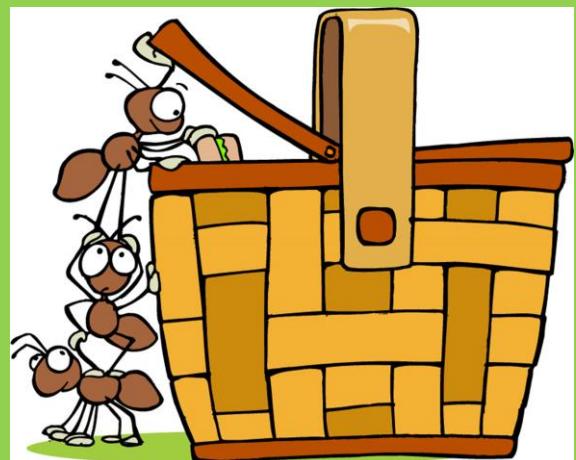
Water Balloon Toss

Scavenger Hunt

Three Legged Race

And MORE!

Contact Pat or Kelly to sign up!





Congratulations to those who have just reached their 1st Surgi-versary!

DW MA LP KF
BB JB ES

They have lost a total of 595lbs

That's an average weight loss of 85lbs

Kudos to our 2 year alumni

JJ EV JJ ES

who have together maintained a weight loss of 288 lbs!!

Bravo to our 3 & 4 year alumni

NM CE NK LW FH JM

With a combined weight loss of 404 lbs!

WAY TO GO!

SALUTE TO LEFT HANDERS

If you are a Leftie, Then *Left Handers Day* is just for you!

Left Hander's certainly earned the right to have a day dedicated to them. August 13th is that day. Take a minute to appreciate your left handed friends and loved ones. Don't forget to send them a Left Handed Day Ecard to show your respect.

Remember today and every day: "**Lefties have rights!**"

Left Handed Facts and Trivia:

- Sinistrophobia is the fear of left-handedness or things on the left side.
- While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed.
- Lefties are also called "southpaws". The term was coined in baseball to describe a left handed pitcher.
- Tuesdays are Lefties luck day.
- Only about 10% of the population is left handed.
- During the 1600's people, thought left handers were witches and warlocks.
- International Left Hander's Day was first celebrated on August 13, 1976. It was started by Lefthander's International.
- All Polar Bears are left handed.
- They say everyone was born right handed, and only the greatest overcome it. (he,he,he)

Think about it: Everyone is a Left Hander in Left Hand, West Virginia.

From the desk of Kelly DiFabio, RD

Gut Health

Most people think of bacteria within the body as a cause of getting sick or developing certain diseases, but did you know that at all times there are actually billions of *beneficial* bacteria present within all of us? In fact, bacteria make up our microbiome, an integral internal ecosystem that benefits our gut health and the immune system.

Antibiotics destroy a healthy inner ecosystem. But probiotics restore it. Once the inner ecosystem is healthy, the body naturally drops excess weight. Probiotic foods include kefir and cultured vegetables, which literally seed your inner landscape with helpful bacteria that fight inflammation and control the growth of harmful microbes.

If you want to maximize your weight loss, begin by healing your gut. This is often the one obstacle that stands in the way between stubborn fat and a leaner, healthier you.

Weight loss is a complicated subject, but it doesn't have to be. Most of us have a wounded gut, triggered by antibiotic overuse and antibiotics in food, that contributes to stubborn weight gain and obesity. Other contributory factors are poor nutrient intake, i.e., unbalanced diet or high sugar intake. Probiotics support your gut health and make natural weight loss possible.

The recommended time to start probiotics is after completion of the dietary phases approximately 2 months after surgery. Begin with the FloraVantage Balance by Bariatric Advantage:

<http://www.bariatricadvantage.com>

Approximately 1 year after bariatric surgery you may switch to FloraVantage Control.

Always consult your physician or registered dietitian prior to starting.

If you do not recognize an ingredient, your body won't either. Try to eat food made by planet Earth!



MISCONCEPTIONS ABOUT BARIATRIC SURGERY



I'll Never Need to Watch What I Eat Again!

Surgery for obesity is not a cure. It is a powerful hunger reduction tool and creates a feeling of fullness. Behavior modification and adherence to dietary guidelines are essential to success.

I Won't Need to Change My Lifestyle!

Lifestyle changes are essential if you want lasting weight loss results. Creating change can lead to a longer, healthier life for you and for your family.

My Social Life Will End!

Many patients are concerned about how bariatric surgery might affect their social life. The good news is, you can still dine out with family and friends—and you don't need to order from the children's menu. When you dine out you may need to try a few modifications to stay on track with your new healthy lifestyle.

Many people are afraid that they will never again enjoy the foods they love. Not true!

I Will Be a Failure if I Don't Meet My Goal Weight and My Team Will Be Angry!

Setting a "goal" weight isn't always helpful. Set a goal lifestyle and a goal for a healthy relationship with food.

I'll Only Be Living on Shakes and Liquids

Brief preoperative liquid diets (one to two weeks) are sometimes recommended by your surgeon. And the initial phases of the postoperative diet include protein shakes. But within 4 to 6 weeks, patients return to eating a regular diet with slow intake and good chewing.

My _____ Diet from It!

While all surgery involves inherent risk, bariatric procedures are considered a safe choice for obese patients seeking relief from excess weight and its related co-morbid conditions.

Once I Have My Knee Replaced, I Will Exercise and Lose All My Weight!

It doesn't usually work that way. You may become more active after joint replacement surgery, but you will not lose as much in the long-term as you would with bariatric surgery.

My Primary Doctor is Against It

Studies have shown that many doctors' and nurses' bias against obesity and patients with obesity gives them false assumptions about the risk versus the benefits.

People who keep their brains active most of their lives by reading, writing, completing crossword puzzles, or playing challenging games were a lot less likely to develop brain plaques that are tied to Alzheimer's disease!

Brain Food

Cryptoquote

YLC EWKV RUV YE
LUZC U HXGCWQ GF
YE SC EWC.
- XUKNL RUKQE CTCXP EW

Clue: S = B

DESTINY IS NO MATTER OF CHANCE. IT IS A MATTER OF CHOICE. IT IS NOT A THING TO BE WAITED FOR; IT IS A THING TO BE ACHIEVED.

~ WILLIAM JENNINGS BRYAN



TRAVELING AFTER WEIGHT LOSS SURGERY

Ideas for a Worry-Free Vacation

Summer is finally here and many of you are planning to take time off from work and school for some well-deserved rest and relaxation. Whether you are taking to the beaches, the mountains or somewhere in between, you can still meet your nutritional and fluid needs if you take that time of plan ahead.

Make Airline Meal Requests – If you are traveling somewhere you can only reach by plane, make sure to make special meal requests when reserving your flight. Airlines are usually happy to assist you when it comes to making sure your air-traveling needs are met, so request special low-fat and sugar-free meals to accommodate your weight loss surgery dietary guidelines.

Keep your Foods Cool – Whether you're traveling long distances or staying overnight in motels, bring a cooler along for the ride. This will keep your food cool and fresh as you travel for long hours in the car.

Here are several items you may want to bring inside your cooler:

- Lean deli-meats
- Low-fat bean dip
- Light string cheese
- Low-fat milk in boxes
- Yogurt with no added sugar
- Sugar-free applesauce cups
- Low-fat cheese and healthy crackers

Accommodations - Motels may not provide you in-room refrigeration, so having the cooler handy is great for back-up. If they don't have in-room refrigerators, they may have an ice-machine, so grab as much as you need to keep in your cooler. If you still have time, call the hotel or motel you will be staying at and make a special request for a refrigeration unit in your room if available. But stay away from a stocked mini-frig!

Take care when ordering room service. Look at lean choices first. Book your stay at a hotel that has a Fitness Center or pool.

Stay Active as You Drive – If you're traveling by car you may be stuck in a sedentary position for long periods of time. Break up the drive and add in a little activity time when traveling by vehicle. When you break for gas or restroom time, get out of the car and walk around for 15 to 20 minutes. If you're near a small town or roadside park, explore for a quick break before resuming your trip on the road.

Dine out with a Healthy Conscience –

When possible, try and obtain a menu for the restaurants you will be visiting ahead of time. This way, you can call and ask questions concerning meal preparation and whether or not they have the means to meet your nutritional needs. At the restaurant don't hesitate to ask your server any questions you

may have regarding the preparation or sugar content of menu items. When in doubt,

order simple foods such as plain, unseasoned chicken to ensure there are no added unnecessary ingredients or sauces. Fill your plate with colors and prioritize with eating protein first, then fiber and carbs.

By planning ahead, you can enjoy your travels after weight loss surgery and make the most of your vacation time.



Here are some more tips to help you navigate through your summer of fun!

The scenario: You've planned a family trip to a theme park and there's a strict "no outside food or drinks allowed" policy.

The solution: Research the on-site dining options before you go. Depending on your destination, there may be some healthier fare like wraps or salads available. Plan your choices ahead of time so you won't be as tempted by less nutritious ones once you're there. Have a big breakfast before you go and travel with some non-perishable nuts or low-sugar protein bars for the ride home. If all the choices seem less than ideal, then focus on protein as much as possible. Stir-fried beef with broccoli, a small burger or hot dog without the bun, and even an order of chicken fingers are better choices in a pinch. Find a place to sit so you take time for your meal, chewing well and eating slowly. Eat just enough at the park to feel satisfied and have a healthy, balanced dinner later on.

The scenario: Your calendar has a BBQ marked on it almost every weekend for the next month.

The solution: First, congratulate yourself on being so popular! Next, think about what you can bring to the table, literally, that will ensure there will be something healthy to eat. BBQ's usually have a couple of positive things going for them when it comes to healthy eating – there is likely to be some sort of protein to choose from and hosts will rarely turn down your offer to bring a dish (or two). Healthy foods that travel well and can feed a crowd include a tossed green salad (great for topping with some grilled chicken or a meatless burger), a raw veggie and hummus platter (so much better than chips and dip), or a fruit salad for light and refreshing dessert. Not only will you have something good to choose from, but other nutrition-conscious guests will thank you.

The scenario: Your niece graduated from college and the party is at a restaurant where you'll have to navigate the buffet.

The solution: Don't arrive hungry! Since parties often start in the early or mid-afternoon, we tend to skip lunch and are starved by the time the food is served. So adjust your mealtimes that day by having a late breakfast, small lunch or high protein snack on the way. Another helpful strategy is to take your time lining up to fill your plate. Walk the buffet first, decide what foods to choose and then go to the end of the line, literally. Since we eat first with our eyes, we're less likely to overdo it when food looks less perfect and has been picked over.

The scenario: You've made plans to spend the day with friends at a local park and will be bringing along a picnic lunch.

The solution: Pack a healthier basket by forgoing the standard picnic fare of sub sandwiches and chips. Instead, make a fiber-rich salad with whole grain pasta, garbanzos, tomatoes, cucumbers, olives, baby spinach and fresh basil. Greek yogurt

is a great stand-in for sour cream. Use it to make a high protein, low-fat ranch or onion dip for carrots and celery. Roll up slices of turkey and cheese for protein or pack a container of tuna or chicken salad. Throw in some sliced watermelon or frozen tubes of squeezable yogurt for dessert and you've got a satisfying lunch that won't weigh you down.

The scenario: It's county fair time and you want a splurge!

The solution: Splurge — in moderation. Since festivals and fairs are some of the most challenging places to eat healthy, it's a good time to plan a little extra indulgence. As with any outing, it's best to bring along some nutritious snacks like nuts, fruit and protein bars. But let's face it, the smell of cheese steaks and funnel cakes cooking is almost impossible to resist. So plan

ahead for a few extra calories by eating very mindfully in the days before and following. This does not mean skipping meals or "saving up" calories, but carefully choosing

nutrient dense foods in anticipation of a less healthy meal or day. At the fair, pick one food you simply must have and go for it. Then supplement with the healthy snacks you've got stashed away. Some ways to shave empty calories while still enjoying your indulgences include scooping out the insides of rolls and sharing sides like French fries or desserts like funnel cakes and cotton candy. Try to include some protein or veggies with your meal like a sausage, pepper and onion sandwich or a shrimp cocktail with tomato and mozzarella salad. But if pizza and fried Oreos are what you're craving, have a small portion and enjoy every bite. Just be sure to get up the next day, drink a lot of water, and get back on track with your healthy choices right away.

Just remember it's all about finding a reasonable balance. If we eat for nutrition and fuel 90 percent of the time and for pleasure the remaining ten, we can enjoy the best of summer cuisine and still feel great in our bathing suits all season long!

WOW MOMEMTS!

Heard at Support Group

"I knew I was losing weight when I suddenly realized my stomach was no longer hitting the steering wheel."

Tips To Remember as You Start Your Weight Loss Journey

From the desk of Karen Rose, LCSW

1. Be KIND to yourself.
2. Start attending Bariatric Support Group NOW!!
3. Practice Four Square Breathing five minutes a day
4. Wear a rubber band on your dominant wrist to remind yourself to make healthy food and drink choices. Read ingredients.
5. This is a strong team and we need you to tell us if something is not working for you.
6. Put "Post Its" up for you and your support system members to write down questions you want to ask at the Pre-Operative Education Class.

7. Just before surgery take a picture of yourself and save it. Every month take another picture and save it. It is a pictorial record of how your body is changing.
8. Keep all your appointments
9. Consider the benefits of attending the once a month Restorative Yoga Class
10. Be cautious with your choice of clothing. Usually you will be dropping weight every four to six weeks. There are alternatives to keeping your self nicely dressed but not emptying out your wallet.
11. HUGS and more HUGS!!

**NEVER EVER
GIVE UP!**





Kale Chips Recipe



Making kale chips is fast, easy, and cost-effective. Any type of kale works, just make sure that your washed kale leaves are dry before adding olive oil for the ultimate crispy chips!

Makes 4 servings

Prep Time: 10 minutes; Cook Time: 15 minutes;
Total Time: 25 minutes

Ingredients:

- 1 bunch kale, (about 1 pound)
- 2 teaspoons olive oil
- 1/4 teaspoon garlic salt
- 1/8 teaspoon freshly ground black pepper

Instructions:

1. Preheat oven to 400°F. Set out two ungreased baking sheets with sides. Rinse kale under cold running water and pat dry with a paper towel or dish towel. Wrap kale in another layer of fresh paper towel or another dry dishtowel—kale must be dry in order to crisp up. Squeeze and unroll. Roughly chop leaves and discard

stems or save to add to your favorite soup recipe.

2. In a large bowl, toss leaves with olive oil, garlic salt, and pepper. Transfer leaves to the baking sheets, spreading them out in an even layer, so they do not touch. Bake 10 to 12 minutes, turning once or twice, until crisp. Serve immediately.

Nutritional Info Per Serving (2 cups)

Calories 86; Carbohydrates 12 grams; Fat 3 grams; Protein 3 grams



Buon appetito!



Bon appetit!



Guten appetit!



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Answer to Puzzle:
The only way to have a friend is to be one.
~ Ralph Waldo Emerson

If you are planning to take a summer vacation that involves activities you weren't able to enjoy prior to your surgery, please take pictures and share them with us and we will post them on our FaceBook page.

Wishing everyone a happy, safe and restful summer!

