



In the News

Obesity-related cancers rising, threatening gains in the US cancer rates

According to the U.S. Centers for Disease Control and Prevention, more than half a million people were diagnosed with obesity-related cancers in the U.S. in 2014.

The rates of 12 cancers related to being overweight or obese have climbed by 7 percent between 2005 and 2014, Reuters reported—a jump that health officials claim could eventually reverse the progress the country has made in reducing cancer rates.

About 40 percent of all cancers diagnosed in the U.S. were obesity-related in 2014, according to the CDC's report, and in that same year, two-thirds of the American adult population were considered either overweight or obese.

“The trends we are reporting today are concerning,” a CDC official told reporters. “There are many good reasons to strive for a healthy weight. Now you can add cancer to the list.”

According to the International Agency for Research on Cancer, 13 cancers are associated with overweight and obesity. They include meningioma, multiple myeloma, adenocarcinoma of the esophagus, and cancers of the thyroid, postmenopausal breast, gallbladder, stomach, liver, pancreas, kidney, ovaries, uterus and colon and rectum (colorectal).

Although cancer rates rose in 12 of these cancers from 2005 to 2012, colorectal cancer rates fell by 23 percent, helped by increases in screening, which prevents new cases by finding growths before they turn into cancer. ▪

Study calculates how much you'll save if you lose weight

A study published in the journal *Obesity* examines how much money people save if they lose weight.

Researchers from the Global Obesity Prevention Center at Johns Hopkins University developed a model for simulating adults at different ages and weights from normal to overweight to obese and calculated possible health issues and the associated additional costs over the course of their lives.

The study showed that 20-year-olds who went from normal weights to obesity added lifetime costs of roughly \$28,000 over normal weight 20-year-olds. Fifty-year-olds added the most amount of money over their lifetime, with an additional \$37,000 over their normal weight counterparts. Most of the costs in all age groups come from productivity losses. These are from lost salary due to being unable to work. ▪



In the Spotlight

JFK for Life is pleased to announce that Susan Parlato, RD has joined our team! Susan will be responsible for performing initial nutritional evaluations as well as guiding our patients during the pre and postoperative periods. Susan will be attending our Thursday night Support Group meetings.

Susan obtained her Bachelors of Science in Dietetics from the University of Northern Colorado and her Associates Degree in Exercise Science from Mercer County Community College. Susan also attended the Institute for Integrative Nutrition and the Natural Kitchen Cooking School where she obtained a Natural Food Chef Certification specializing in vegan and vegetarian cuisine.

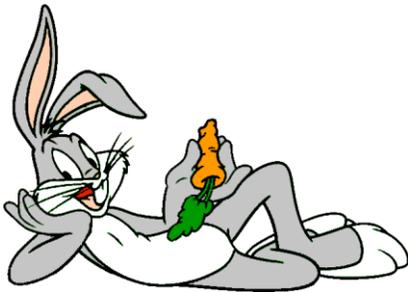
In addition to her concentration in the area of nutrition, Susan has experience as a personal trainer and group fitness instructor.

Susan is a New Jersey native who enjoys jigsaw puzzles, crocheting, movies and mini-golf! She loves spending time with her family.

If you wish to make an appointment with Susan, call the office of Advanced Laparoscopic Surgeons of Morris at (973) 410-9700.

Please join us in welcoming Susan to the JFK for Life program!

Ehh, What's Up, Doc?



Does Eating Carrots Help Your Vision?

Unless you're deficient in vitamin A, eating carrots likely won't make a difference in how well you see. For the vast majority of people who eat a good diet, eating carrots or other vitamin-A-containing vegetable isn't going to make their photoreceptors (cells in the retina) work any better. "However, a healthy diet containing carrots is shown to reduce the progression of macular degeneration, the leading cause of blindness in the above-60 age group", says Dr. Sandy T. Feldman, an eye surgeon who is the medical director at ClearView Eye & Laser Medical Center in San Diego. "In addition to beta carotene, carrots contain lutein and zeaxanthin, important antioxidants for eye health," says Feldman.



DECEMBER 7TH

L.I.F.E. SUPPORT GROUP 7PM

DECEMBER 12TH

NEW PATIENT SEMINAR 7PM

DECEMBER 12TH

CHANUKAH

DECEMBER 13TH

**HOLIDAY POT LUCK PARTY
6:30PM**

DECEMBER 21ST

WINTER EQUINOX

JANUARY 4TH

L.I.F.E. SUPPORT GROUP 7PM

JANUARY 10TH & 18TH

SUPPORT GROUP 6:30PM

JANUARY 16TH

NEW PATIENT SEMINAR 7PM

JANUARY 25TH

**ROBERT BURNS NIGHT
SCOTLAND**

FEBRUARY 1ST

L.I.F.E. SUPPORT GROUP 7PM

FEBRUARY 4TH

SUPER BOWL SUNDAY

FEBRUARY 14TH & 22ND

SUPPORT GROUP 6:30PM

FEBRUARY 20TH

NEW PATIENT SEMINAR 7PM

Weird but true...

Bizarre Diets

The 'breatharian' diet

Followers of this bizarre diet believe they don't need food – and can survive on sunlight and fresh air alone (unsurprisingly, many devotees died). While starving yourself to achieve heightened spiritual awareness is plain dangerous, taking a 'mindful' approach to weight loss can help! Studies show meditating can curb food cravings.

The vision diet

If food looks unappealing, will you want to eat it? A Japanese company created sunglasses with blue lenses to make food look unappetizing, thus reducing appetite. You don't need special glasses – just blue plates. Research shows that people who ate from blue plates consumed fewer calories than those who ate from other colors.

The sleeping beauty diet

Followers of this diet sleep as long as possible and even sedate themselves – the theory being that if you're not awake, you can't eat. While self-sedation could result in serious harm, it's a good idea to get an early night. Research shows that lack of sleep can contribute to excess weight and obesity.

Share your success with others! Submit your 'before and after' photos to us for our bulletin board. You may scan them to psullivan@jfkhealth.org or drop them off at the office. No personal information is disclosed, just the procedure and weight loss.



Congratulations to those who have just reached their 1 year "Surgi- versary"

*CT NK LD ED JB
LJ RC ES PM SP CC GL*

They have lost a total of 886.5lbs

Kudos to our **2 year** alumni

DP EF TB HS MD

They have lost a total of 376 lbs

Bravo to our **3 & 4 year** alumni

FS SS JW MV TK PM

They have lost a total of 543.3 lbs

**TOTAL WEIGHT GONE FOR GOOD
1,805.8 lbs!**



Did You Know?

Japanese people traditionally eat at KFC for Christmas dinner, thanks to a successful marketing campaign 40 years ago. KFC is so popular that customers must place their Christmas orders 2 months in advance

The first commercial Christmas cards were commissioned by civil servant Sir Henry Cole in London in 1843. Featuring a family drinking wine, one sold for £8,469 in 2014.

In Home Alone, the ugly photo of Buzz's girlfriend is actually a boy because director Chris Columbus thought it would be too cruel to make fun of a real girl. The boy used in the picture is the art director's son.

Jimmy Carter was the first president to take official notice of Hanukkah in 1979, and each president since has recognized Hanukkah with a special menorah-lighting ceremony.

The largest turkey on record weighed 86 pounds, about the size of a large dog

In Italy, people wear red underwear on New Year's Day as a symbol of good luck for the upcoming year.

Eating Black-Eyed Peas on New Year's Day is supposed to bring you good luck!

See page 16 for a recipe with Black Eyed Peas!

Wondering what to do with that last bit of your leftover holiday turkey? Make it into this low-carb pot pie that's perfect to freeze and reheat on a cold winter's night!

Serving size = 1/6 casserole

Number of servings = 6

Prep time = 30 minutes

Cook time = 30 minutes

Ingredients:

- 1 tsp chopped parsley
- 1 c. diced carrots
- 1 c. green peas
- ½ c. diced onions
- 1 tsp. minced garlic
- 16 oz. cooked turkey breast meat, shredded or diced
- 1 c. cooked quinoa
- 10.5 oz. low-fat cream of chicken soup
- 1/4 cup skim milk
- 3 c. cauliflower florets or cauliflower rice
- salt and pepper, to taste
- 1 large egg
- ½ c. low-fat shredded cheddar cheese
- ¼ c. shredded Parmesan cheese
- 3 c. cauliflower florets or cauliflower rice
- salt and pepper, to taste
- 1 large egg
- ½ c. low-fat shredded cheddar cheese
- ¼ c. shredded Parmesan cheese

Directions:

- Preheat oven to 350 degrees.
- Spray a large skillet with non-stick cooking spray, set it over medium heat and allow it to get hot.
- Add carrots, onions, and peas. Cook 1-2 minutes (3-4 minutes if peas and carrots were frozen). Add garlic and cook an additional minute.
- Add diced turkey breast meat and quinoa, stirring to combine. Add cream of chicken soup and milk, stirring again. Allow the mixture to cook until it bubbles (mixture will be thick). Remove from heat.
- Cook cauliflower florets until tender (about 5-7 minutes). Drain of liquid, and then squeeze through a cheesecloth to remove excess water (or empty into a large strainer and press water out with a rubber spatula). Transfer to a mixing bowl.
- Add salt and pepper to cauliflower before adding egg and cheddar cheese. Mix thoroughly.
- Place meat/veggie mixture into a small casserole dish (8 x 8) and spread it out evenly. Top with cauliflower mixture, spreading it evenly on top. Finally, sprinkle with Parmesan cheese and parsley.
- Bake for 30 minutes or until "crust" is done and browned to your liking

Nutrition Information:

Yields = 1/6 of casserole

242 calories, 7g fat, 850mg sodium*, 20g carbs, 4g sugars, 4g fiber, 26g protein

*Sodium based on counts for already prepared/packaged turkey. Home-cooked turkey will likely have less sodium, depending on how it is cooked.

No-Flour, Low-Sugar Thumbprint Cookies

Servings - 10 cookies

Prep time = 5 minutes

Cook time = 25 minutes

Ingredients

- 1/2 c. cream cheese (can use reduced-fat but not fat free!)
- 1/4 c. brown sugar substitute (I used Splenda Brown Sugar blend)
- 1 egg white
- 1/2 tsp. vanilla extract
- 2 c. almond flour
- 1/4 tsp. salt
- 1/4 c, finely chopped walnuts (optional)
- 2/3 c. low-sugar or sugar-free jelly

Instructions

1. Preheat oven to 325 degrees and line cookie sheets with parchment.
2. Separate egg and blend cream cheese, sugar sub blend, and egg white.
3. Add vanilla, almond flour and salt and mix well.
4. Refrigerate dough about 15 minutes so it rolls into balls.
5. Roll dough into balls and drop into egg white then roll in walnut, if using.

6. Place cookies on sheet about two inches apart. Bake for about 10 minutes.
7. Remove from oven and press a large thumbprint into each cookie and fill it with the jam.
8. Bake for an additional 15 minutes or so. Remove from oven and allow to cool on baking sheet (to ensure they are all the way done)

Nutrition per cookie w/o nuts:

Total carbohydrates 15.8g

Dietary fiber 2.4 g

Sugars 6.4 g

Protein 6.0 g

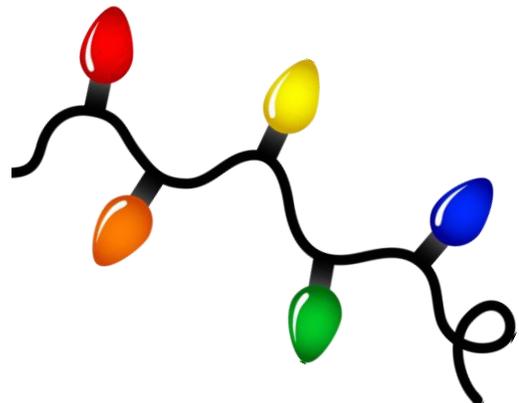
Nutrition per cookie with nuts:

Total carbohydrates 16.2 g

Dietary Fiber 2.6 g

Sugars 6.5 g

Protein 6.5 g



The Thyroid Gland and Its Connection to Body Weight

One of the most important parts of our bodies is also one of the smallest ones. Your thyroid is a butterfly-shaped gland in your neck, just above your collarbone. It is one of your endocrine glands, which make hormones. Thyroid hormones control the rate of many activities in your body. These include how fast you burn calories and how fast your heart beats. All of these activities are your body's metabolism.

Hypothyroidism (underactive thyroid) is a condition in which your thyroid gland doesn't produce enough of certain important hormones.

Hormones produced by the thyroid gland — triiodothyronine (T3) and thyroxine (T4) — have an enormous impact on your health, affecting all aspects of your metabolism. They maintain the rate at which your body uses fats and carbohydrates, help control your body temperature, influence your heart rate, and help regulate the production of proteins.

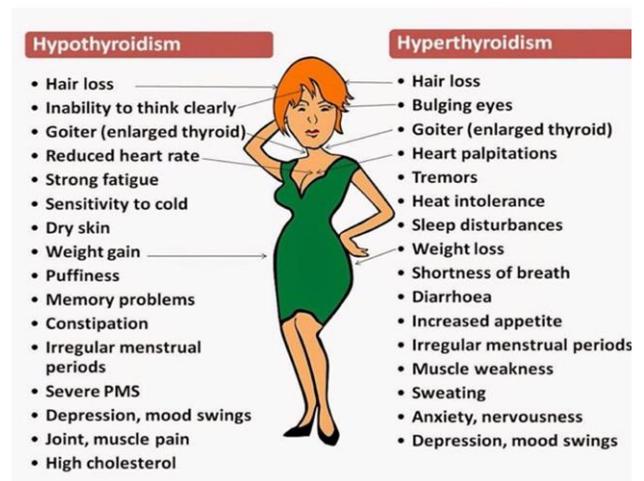
Women, especially those older than age 60, are more likely to have hypothyroidism. Hypothyroidism upsets the normal balance of chemical reactions in your body. It seldom causes symptoms in the early stages, but over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease.

Symptoms

At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain, or you may simply attribute them to getting older. But as your metabolism continues to slow, you may develop more-obvious signs and symptoms. Hypothyroidism signs and symptom may include:

- Fatigue
- Increased sensitivity to cold
- Constipation

- Dry skin
- Weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory



Causes

When hypothyroidism isn't treated, signs and symptoms can gradually become more severe. Constant stimulation of your thyroid gland to release more hormones may lead to an enlarged thyroid (goiter). In addition, you may become more forgetful, your thought processes may slow, or you may feel depressed.

Hypothyroidism may be due to a number of factors, including:

Autoimmune disease

Treatment for hyperthyroidism

Thyroid surgery

Radiation therapy

Medications

Diagnosis

Diagnosis of hypothyroidism is based on your symptoms and the results of blood tests that measure the level of Thyroid Stimulating Hormone (TSH) and sometimes the level of the thyroid hormone thyroxine. A low level of thyroxine and high level of TSH indicate an underactive thyroid. That's because your pituitary produces more TSH in an effort to stimulate your thyroid gland into producing more thyroid hormone.

Treatment

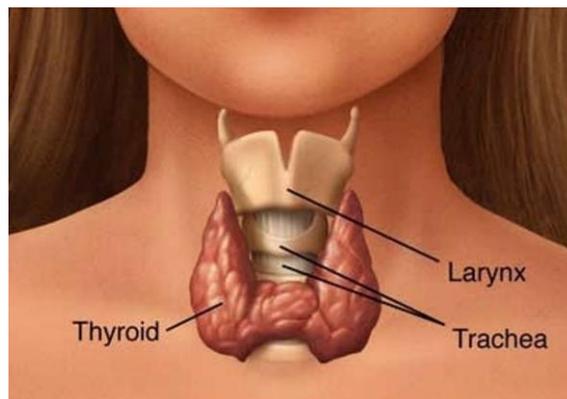
Standard treatment for hypothyroidism involves daily use of the synthetic thyroid hormone levothyroxine (Levothroid, Synthroid, others). This oral medication restores adequate hormone levels, reversing the signs and symptoms of hypothyroidism.

One to two weeks after starting treatment, you'll notice that you're feeling less fatigued. The medication also gradually lowers cholesterol levels elevated by the disease and may reverse any weight gain. Treatment with levothyroxine is usually lifelong, but because the dosage you need may change, your doctor is likely to check your TSH level every year.

Proper absorption of levothyroxine

Certain medications, supplements and even some foods may affect your ability to absorb levothyroxine. Talk to your doctor if you eat large amounts of soy products or a high-fiber diet or you take other medications, such as:

- Iron supplements or multivitamins that contain iron
- Cholestyramine
- Aluminum hydroxide, which is found in some antacids
- Calcium supplements



What is TSH and What Are Normal TSH Levels?

TSH is a hormone that controls thyroid function. It stands for *Thyroid Stimulating Hormone*.

It is actually produced by the brain's pituitary gland, but stimulates production of the hormones triiodothyronine (T3) and thyroxine (T4) in the thyroid gland.

The amount and balance of these hormones affects almost every physiological process in the body, particular your body's metabolism.

What Makes TSH Fluctuate?

The release of TSH is first stimulated by a hormone called [TRH](#).

Once TSH makes its way to your thyroid, levels are largely dictated by the amount of T3 and T4 in your blood.

When T3 and T4 levels are low, the body produces more TSH to stimulate the thyroid. But when T3 and T4 levels are high, the body produces less.

Several other factors can also influence TSH levels:

- Inflammation of the thyroid gland
- Genetics
- Deficiency or excess of iodine in the diet
- Poisonous substances and radiation exposure
- Pregnancy
- Stress
- Certain medications- antidepressants, cholesterol lowering drugs, chemotherapy drugs, steroids
- Thyroid cancer

Normal TSH levels

Normal TSH levels for the average adult range from 0.4 - 4.0 mIU/L (milli-international units per liter).

Small variations in results can occur depending on the laboratory and its methods used, as well as the time of day your blood was taken.

High TSH Levels

A TSH reading above 4.0 mIU/L is considered high (elevated).

High TSH levels typically indicates an underactive thyroid gland, which produces too little thyroid hormone. This is known medically as hypothyroidism.

Common causes of hypothyroidism include an autoimmune disease (known as Hashimoto's disease), radiation treatment, or surgical removal of the thyroid gland.

Replacing thyroid hormone and altering your diet are crucial for the safe and effective treatment of an underactive thyroid.

Low TSH levels

A TSH reading below 0.4 mIU/L is considered low.

Low TSH levels typically indicates an overactive thyroid gland, which produces too much thyroid hormone. This is known medically as hyperthyroidism.

It can be caused by an autoimmune disease (known as Graves' disease), goiter, excessive iodine in the body, or an overdose of synthetic thyroid hormone.

Initial hyperthyroidism treatment can involve anti-thyroid medications and radioactive iodine to slow down thyroid hormone production. Most respond well to hyperthyroidism medications and are treated successfully.

DELAYING PREGNANCY FOLLOWING BARIATRIC SURGERY

Ob.Gyn.News, October 2017

More than 40% of reproductive-age women reported having unprotected sex in the year after undergoing bariatric surgery, despite recommendations to avoid pregnancy for at least a year, a new study finds. Another 4% of women reported trying to conceive in the 12 months after surgery.

In 2013, the American Association of Clinical Endocrinologists, the Obesity Society, and the American Society for Metabolic & Bariatric Surgery recommended a 12-18-month delay in conception after undergoing bariatric surgery. Pregnancy isn't recommended during that period mainly because of the risks to the fetus. Ideally, patients would be weight-stable prior to conception.

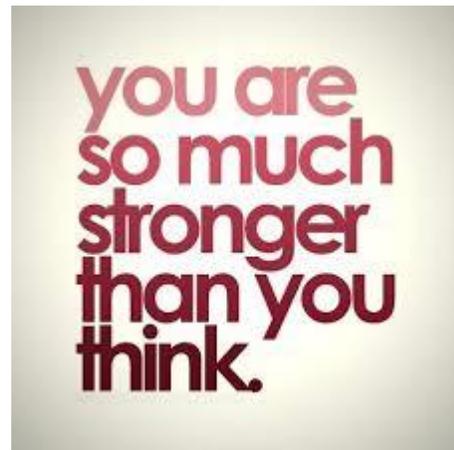
A recent study provided more insight into the potential risks of pregnancy soon after weight-loss procedures. It reported that, compared with those who gave birth more than 4 years later, women who gave birth within 2 years of bariatric surgery had higher risks of premature birth, admission to neonatal intensive care units, and small-for-gestational-age infants.

Obesity in women of childbearing age is linked with lower fertility rates. After bariatric surgery, overall fertility appears to improve.

Weight loss in women with obesity-related impaired fertility is associated with improved metabolic status, which makes pregnancy more probable.

It's safe to get pregnant after bariatric surgery — after your weight stabilizes. After surgery, your body goes through potentially stressful changes and significant nutritional upheaval, which can pose problems for a growing baby.▪

*"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."
Abraham Lincoln*



Trouble Accepting Compliments After WLS?

After surgery, we're thrilled to have lost weight, improved our health, and have more self-esteem. Along with this success, we receive compliments after bariatric surgery.

Many bariatric patients are uncomfortable receiving compliments.

One of the biggest reasons many people put off compliments and feel the need to reject or deflect them is because they still feel unworthy and undeserving of compliments even after losing their weight.

Why does being complimented feel so uncomfortable? Because we've stopped seeing what's worthy of admiration in ourselves. We spend so much of our time putting ourselves down (using inner-monologue to tell ourselves we're not good enough, smart enough, attractive enough), that when someone expresses an opinion that differs from our own, we feel vulnerable and exposed even if in a pleasurable way.

Not honoring your individuality looks like this:

- Saying unkind things to yourself in the mirror.
- Not living out your purpose, working with your unique gifts to serve others.
- A deep, unsettling lack of peace and calm in your own heart.

You're bad at taking compliments because you're out of practice; you never compliment YOURSELF.

If we complimented ourselves more, we'd be more willing to take compliments from others. Not only would be better equipped to react and accept compliments, we'd actually realize there are traits about us worthy of complimenting.

Positive compliments to give yourself:

- "I am grateful for what makes me unique."
- "I respect my individual talents and passions by using them to help others."
- "I'm doing the best I can, and I am enough as I am."
- "I teach others to respect and believe in me by believing in myself."
- "I have been gifted a specific set of unique abilities, and I use them to fulfill my purpose."

Saying "Thank You" to a compliment is really saying:

THANK YOU for recognizing my individuality.

THANK YOU for acknowledging my light.

THANK YOU for offering space for my purpose to serve this world.

THANK YOU for allowing me a chance to shine my light in your life.





Frequently Asked Questions

“Will the Stomach Stretch after Gastric Sleeve Surgery?”

The anatomy of the stomach allows it to stretch and expand, helping to accommodate food intake. This expansion also signals the brain when the stomach is full and enough food has been eaten. As food is digested, the stomach contracts to help push the digested food into the intestines where food wastes are eliminated from the body.

Although some degree of stretching and expanding is expected when eating, regular overstretching of the stomach can cause the stomach to grow, which can cause the stomach to require more food in order to trigger the fullness signal. Gastric sleeve surgery physically reduces the size of the stomach, and helps reset the fullness signal so patients feel full after eating smaller amounts of food.

Yes, the stomach can be stretched after gastric sleeve surgery, which is why it is important to follow post-surgical dietary guidelines. Repeatedly eating large meals, or returning to pre-surgery eating habits, can cause the stomach to stretch. This leads to the need for more food to feel full, which in turn can lead to weight gain.

L.I.F.E.

Losing Is ForEver

Support Group for patients who are out of surgery 12 months or more.

First Thursday of each month at 7pm.

Facilitator Karen Rose, LCSW

Take
care of
your
self



Thank you to those who attended our first Restorative Yoga class with Yoga Master Dr. Aram Jawed! It really was a workout!

The cost is \$25.

Contact Pat at psullivan@jfkhealth.org for the next date and time.

Please call Advanced Laparoscopic Surgeons of Morris (ALS) to register. The number is (973) 410-9700. The class is held at the JFK for Life office in Edison.

You may bring your own mat or purchase one from ALS that night.

Thank you to Support Group member Barbara Balajthy for submitting the following article

How to Navigate the Holiday Party Buffet?

AARP Bulletin November 2017

The average American gains more than a pound each holiday season. Here are some ideas to get through it all with negligible damage.

STOP

Pigs in a blanket

High in fat, salt and carbs

Fried cheese balls

High fat and small (easy to overeat)

Baked Brie

Fatty and addictive, plus you have to slather it onto a carb

Chips

No nutritional value of any kind

PROCEED WITH CAUTION

Cheese and crackers

Calorie dense and too easy to eat

Once a Year Favorites

Enjoy in moderation

Dessert

Find one favorite dessert and have a reasonably sized portion

GO RIGHT AHEAD

Crispy, crunch crudités

Try the brightly colored vegetables with a little hummus to slow digestion

Pork tenderloin, ham or turkey

Protein will help to suppress your appetite due to that fact that it is slow-digesting and triggers the release of several satiety hormones.

Shrimp Cocktail

Low in fat and high in protein – skip the red cocktail sauce

Swedish meatballs

Another protein packed option that stands out amid a carbohydrate laden buffet table.

The number of calories in a particular amount or weight of food is called “calorie density” or “energy density”. Low calorie dense foods are ones that don’t pack a lot of calories into each bite.

Foods that have a lot of water or fiber and little fat are usually low in calorie density. They will help you feel full without an unnecessary amount of calories.

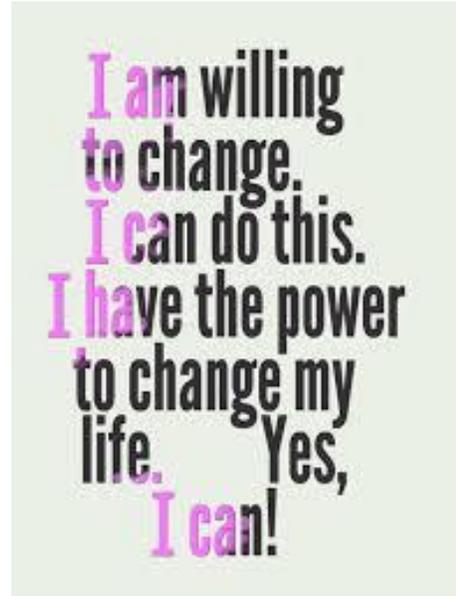
Brain Food

Crypto quote:

CT JFH JMSRUFDH WTJFNIT
AMIT WNIVTI VFQT KVMABI, MA
ATLMDJT WTJFNIT KVMAB
WNIVTI VFQT AMITI.
~ FWAFFVFS UDHJMUH

Clue: J = C

Solution found ???



Slow Cooker Black-Eyed Peas with Ham

Ingredients:

1 pound of Dry Black-Eyed Peas

8 ounces of Diced Ham (low sodium)

4 Cups of Chicken Broth (low sodium)

2 Cups of Water

1 Tablespoon of Cajun Seasoning

Salt and Pepper, to Taste

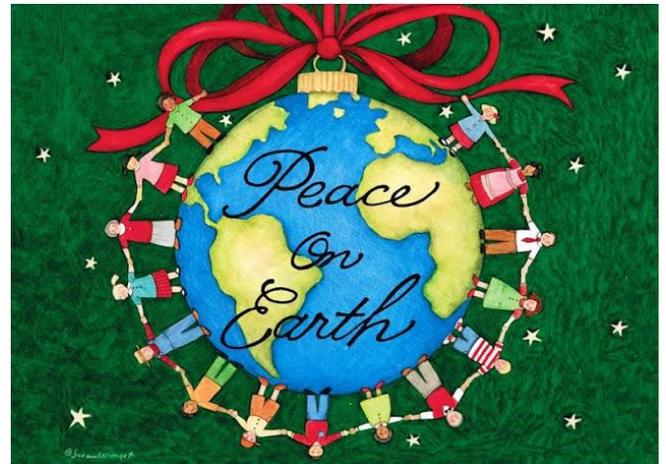
Directions:

You do not have to soak the black-eyed peas for this recipe. Instead, just give them a good rinsing and throw them in the crock pot. Toss in the remaining ingredients, and cook on medium heat for eight to ten hours, while you escape the kitchen and spend some time with the family.

Return to the kitchen occasionally, only to peek in the crock pot and brag on how hard you're working to prepare a healthy meal that is sure to bring good luck in the New Year.

Obtained from: <https://www.nationalbariatriclink.org/bariatric-blog/slow-cooker-bariatric-recipe-black-eyed-peas-ham/>

The Physicians and Staff of JFK for Life wish all our patients and their families a Happy, Healthy Holiday!



Enjoy losing weight. Enjoy eating healthy, delicious food. Do not wait until you reach your destination to feel good. Take as much happiness and joy as you can from your weight loss journey!



Bariatric Support Group Meetings 2018

All Meetings Start at 6:30pm

January 10th & 18th

February 14th & 22nd

March 14th & 22nd

April 11th & 19th

May 9th & 17th

June 13th & 21st

July 11th

August 16th

September 12th & 20th

October 10th & 18th

November 14th & 29th (due to Thanksgiving Holiday)

December 12th Holiday Pot Luck Dinner

The L.I.F.E. Meetings are the first Thursday of each month at 7pm

“For Men Only” meetings TBA

***Please note only one meeting in July, August and December**

Check out our FACEBOOK page!