



In the News

The following article was taken from:

Connect – The official news magazine of **ASMBS**

(American Society for Metabolic and Bariatric Surgery)

American Diabetes Association Report: Diabetes is the Most Expensive Chronic Disease in America

At a cost of \$327 billion, diabetes has become the most expensive chronic disease in the U.S., according to the American Diabetes Association's (ADA) recently released "Economic Costs of Diabetes in the U.S. in 2017.

The report found one of every four health care dollars is incurred by someone with diabetes, and that one of every seven health care dollars is spent directly treating diabetes and its complications.

According to the ADA, nearly half of American adults have diabetes or prediabetes and every 21 seconds, another individual is diagnosed with diabetes in America. The ADA estimates 24.7 million Americans were diagnosed with diabetes in 2017 and the number of diagnoses grows by about 700,000 each year.

The biggest contributors to the increasing costs are higher use of prescription medications beyond diabetes medications (\$71.2 billion); higher use of hospital inpatient services (\$69.7 billion); medications (oral agents and insulin) and supplies to directly treat diabetes (\$34.6 billion), and more office visits to physicians and other health providers (\$30 billion).

"From our new economics report, it is very clear that diabetes bears a significant impact on our nation, both in its toll on the lives of the millions

affected by it, and the economic costs for all," said William T. Cefalu, MD, ADA's Chief Scientific, Medical and Mission Officer.

Another obesity-related disease, hypertension, was the subject of another recent study that found it too is costly to patients and society. Researchers reported in the *Journal of the American Heart Association*, annual healthcare costs for Americans with high blood pressure is estimated to be \$131 billion higher than those without it. People with high blood pressure pay about \$1,920 more in annual medical bills and pay nearly triple for prescription medications.

A 2017 randomized clinical trial published last year in the journal *Circulation* found that bariatric surgery may reduce or eliminate the need to take antihypertensive medications in patients with obesity. In that study, 83.7 percent of those who had gastric bypass maintained blood pressure control with at least 30 percent fewer medications, and within a year, more than half showed remission and required no medications at all.

Diabetes, hypertension and obesity are very costly diseases in both dollars and quality of life," said Samer Mattar, MD, President of ASMBS. "Yet, bariatric surgery, the one treatment that has been the most effective against all three of these diseases is used the least. It's time to change that calculation not only to reduce costs, but to improve health and quality of life."

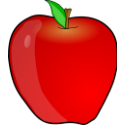


SEPTEMBER 6TH
L.I.F.E. SUPPORT GROUP
7:00PM

SEPTEMBER 12TH & 20TH
SUPPORT GROUP
6:30PM

SEPTEMBER 18TH
NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

SEPTEMBER 26TH
JOHNNY APPLESEED DAY!



OCTOBER 4TH
L.I.F.E. SUPPORT GROUP
7:00PM

**OCTOBER IS BREAST CANCER
AWARENESS MONTH**

OCTOBER 10TH & 18TH
SUPPORT GROUP
6:30PM

OCTOBER 16TH
NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

NOVEMBER 1ST
L.I.F.E. SUPPORT GROUP
7:00PM

NOVEMBER 14TH & 29TH
SUPPORT GROUP
6:30PM

NOVEMBER 13TH
NEW PATIENT SEMINAR
7PM
CALL 732-744-5955 TO REGISTER

NOVEMBER 18TH
MICKEY MOUSE'S 80TH BIRTHDAY!





Congratulations to those who in the past several months reached their 1st Surgi- versary!

Together they have lost a total of **927 lbs!!**

**LJ SF BB DW MB BS
LF KZ NS JP GM WK AR**

Kudos to our patients who 18 – 24 months after surgery have maintained a combined weight loss of **499 lbs!!**

**KM SC NS CL PG
DN DB SS JD**

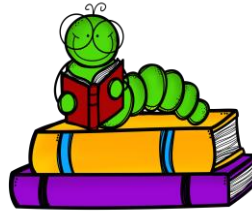
Bravo to our 3 and 4 year alumni who have maintained a combined weight loss of **577 lbs!!!!**

DA CS DR DP JJ AT NS

That's a total of 2,003 lbs gone for good!



Support Group News



Do you have a bariatric cookbook or magazine you no longer need? What about a book on how to survive after surgery?

If you have books or magazines whose focus is bariatric surgery or meal planning, you can donate them to our new *Lending Library*.

Starting in September, you can drop these items off on the night of any support group meeting. There will be a dedicated shelf in the multi-purpose meeting room.

Support Group members are welcome to browse the selections and sign out any book.

Did you take a summer vacation or trip that involves activities you weren't able to enjoy prior to your surgery? If so, share your story and your pictures at a support group meeting. Your story can be highlighted in the next newsletter!

Meal Planning

Less Stress at the Grocery Store

Shopping for groceries can be overwhelming especially when you have decided to live a healthier lifestyle. You arrive at the store eager to fill your shopping cart with good, nutritious items that will help you reach your weight loss and wellness goals. But reality sets in when all you see are shelves full of items that are labeled low-carb, high-protein, high-fiber, low-sodium, low-fat, fat-free, all natural! Now your head is spinning!

Here are some tips that may make shopping for your groceries a little less stressful:

Step One: **Begin at Home**

Effective food shopping begins at home. Planning is essential before you go to the grocery store. Map out all the meals you plan to have for the next 7 days or 14 days depending upon how often you shop. Write down each breakfast, lunch, dinner and snack you will be eating. Make a shopping list based on the ingredients you will need. This helps you to avoid running out of meal options and making poor choices for fast and easy foods. Once you make your list, sort it out by the section of the store where it can be found. This saves wasting time wandering around. **DO NOT** go to the store when you are hungry or when you have no idea what you're making.

Step Two: **Whole Foods Are Best**

Whole foods include fruits, vegetables, grains, nuts, seeds and legumes. If the product has been processed, or has preservatives or additives, it cannot be considered a whole food. Fruits and veggies are also better choices than anything that is boxed or pre-packaged. So the beginning of your trip starts in produce.

Step Three: **Grains**

Whole grains are full of nutrients and fiber. To determine whether a whole grain is a good source of fiber look at the label. First look at the serving size. Then scroll down to where fiber is listed and make note of the percentage. If that number is 5 or less that's not a lot of fiber. Aim for whole grain products with 20% or greater fiber content.

Step Four: **Fresh Meat**

You always want to select the leanest cuts of meat. 94- 96% for ground beef and 99% for ground poultry. Poultry should be boneless and skinless. Cuts of beef should be 'round' or 'loin'. Saturated fat is located in the skin of poultry and the marbling of beef.

Step Five: **Dairy**

Consider the lighter versions of hard and soft cheeses, sour cream and cottage cheese. Avoid fat-free versions because as fat is removed, sugars and salt are usually added. The exception to this is milk where the fat is simply removed.

Step Six: **Freezer Section**

This section has items that may be difficult to resist. Ice cream and frozen treats are tempting! You can avoid this aisle all together or you can fill up on frozen veggies like broccoli, cauliflower and green beans. Just make sure they are not prepared with butter sauces or gravies.

Step Seven: **Back at Home**

Once you are back home, wash all your fresh produce and be strategic with how you put them away. For example: leave a bowl of oranges next to some cheese sticks and place veggies next to some hummus. Don't forget to put a bottle of your favorite water next to both!

Remember, that grocery store shelves are strategically laid out to sway your purchases. So your best defense is a good offense. Plan ahead!▪

Meal Prep and Planning

Now that you have mastered the art of grocery shopping, it's time to think about preparing your meals. Preparing your meals in the same day you plan to eat them is very difficult, if not impossible with our busy schedules. Without meal prep, you increase your chances of making unhealthy food choices.

Meal prep can mean different things to each person, so it is important you find a routine that works for you. It should save you time in the kitchen and make it easier for you to eat healthier during the week.

How to Meal Prep

Purchase good quality containers, preferably glass or BPA free if they are plastic. Try to find containers that can be easily stacked in your fridge.

Preparation

Dice & chop vegetables in advance, hard boil eggs, grill or bake chicken/fish/protein. These can be used during the week to make salads.

Make easy meals that don't require a lot of ingredients and time. A crockpot is a great way to make a large quantity of a meal you love for the week.

One-pan meals are also easy and delicious. Don't forget to add seasonings/herbs/spices/garlic to your meals to make them taste great!

Make whole grains (quinoa/brown rice/barley) and bake sweet or regular potatoes in advance. These stay fresh in the refrigerator for a few days and can be added to salads or as side dishes to your main meals.

Time

Allocate time for yourself on a weekend day to meal prep for a few days. For example, prep on Sunday to get you through Wednesday. Then, prep on Wednesday for the rest of the week. Put

everything in containers and store them in the refrigerator so they are easily accessible.

Cooking

The point of meal prep is to make life easier for you during the week, but this also doesn't mean you have to pre-cook everything! For example, you can marinate chicken breasts or lean beef, place them in the freezer, and defrost when you're ready to use them. The same thing applies to homemade turkey burgers, meatballs, soups, etc.

If you like your vegetables or proteins freshly cooked, then you can portion them out for each meal and put them in containers ready to be steamed, sautéed or grilled. The only thing you will have to do is cook those that evening.

Snacks

Portion snacks into snack-size bags. This is very helpful in preventing you from eating mindlessly straight out of the bag and consuming too much at one time. ■

Thanks to Ann Espinoza, RD for these great ideas!





Sugar, Sugar

*“Oh sugar, pour a little sugar on it honey
Pour a little sugar on it baby
I'm gonna make your life so sweet, yeah yeah
yeah”*

Those of us of a certain age all know that great 60's song by the Archies.

And although real or natural sugars do make life sweet at times, it is important to keep consumption of simple carbohydrates in check.

Due to all of the sugar-filled holidays, it can sometimes seem that consuming sugar is unavoidable from October through February, despite our best efforts.

Sugar arrives in the form of candy, cookies, cake, and other refined carbohydrates such as white bread and white pasta. Not only does sugar provide empty calories that can lead to weight gain, but sugar can cause more severe consequences long-term such as heart disease, High blood pressure, increased triglycerides, low HDL cholesterol and fatty liver problems. It can also make insulin less effective in lowering blood glucose levels. Unfortunately, once sugar is in your system, your body begins to crave more of it. To avoid this, limit your added sugar consumption as little as possible.

Your carbohydrate consumption should come primarily from high fiber (3g or more/serving) sources such as vegetables, fruits, and whole grains. A good rule of thumb is to limit carbs to 15 – 20g per meal.

If you experience undeniable sugar cravings and want to reverse this, start food journaling to identify when these cravings sneak into your day. Many people crave sugar when their blood sugar may drop in the afternoon. Knowing when you have cravings allows you to plan a healthier high-fiber carbohydrate in addition to your protein for your afternoon meal/snack, rather than choosing candy or cookies. Not enough? Eliminating added sugars from your diet for two weeks could help. It takes that long for your tastebuds to change and “cleanse” your palate. This can help dissipate those strong sweet cravings and “sweet tooth.” Remember, there are no bad foods. It's all in how you consume them. Monitor your portions and frequency of added sugar to still enjoy your favorite sweets!

INVEST IN YOUR SUCCESS!

Registered Dietitian Appointments Available

Our **dietitians** are experts in food and nutrition – especially when it involves people who have had or are planning to have bariatric surgery. Dietitians will help promote your good health through appropriate eating habits and help you stay on track. If you have questions, have hit a weight plateau, or want assistance – we are here for you! Make your appointment TODAY!

Advanced Laparoscopic Surgeons of Morris

Susan Parlato, MS RDN

732-744-5952

SHS Nutrition

Sara Shama, RD

Ann Espinoza, RD

Daniela Velastegui, RD

732-395-1282

It All Adds Up

Losing and maintaining weight is often all about the things you can't have. Forget denial—instead of focusing on what you need to remove from your diet and lifestyle, look at what you can add to improve your health and well-being.

Add in healthy treats that you really love. Find ways to create your favorite sweets without adding sugar; eat fresh fruits; make pizza with cauliflower crust, chicken crust, low carb tortillas or thin crust—add healthy topping.

Add in more activities that involve movement. Instead of meeting friends for dinner or drinks—go to the zoo, take a nature hike, or try out cardio drumming.

Add in movement while your kids are at their practices. Keep your walking shoes in the car, lace them up, and then take a walk while they practice.

Add in volunteering. Not only will you get a deep sense of satisfaction for spending your time helping others, you'll cut down on boredom eating.

Add in extra sleep time. Shut off the electronics and give yourself 7-9 hours to sleep each night. You'll lower stress hormones and food cravings. A lack of sleep can lead to weight gain.

Add some deliciousness to your water by infusing with fresh fruits, vegetables and herbs.

Add in fiber-rich vegetables to your meals and snacks. They are full of immunity-boosting antioxidants and regularity-promoting fiber.

Add in breaks from sedentary activities—working at a desk, watching TV, driving or riding in a car, reading, and computer time. Set a timer or use an app to remind yourself to get up and move every hour. Lift some light weights, walk for 5 minutes, or do chair exercises. Long periods of sitting are hard on our bodies.

Add in a routine specifically devoted to counting your blessings. Approaching life with an attitude of gratitude can enhance your appreciation and joy.

Add in time to just be. Take time to gaze at the stars, watch a sunrise or sunset, listen to the birds chirping, relax in a hot tub, or soothe with music. ■

Keep your thoughts and words positive. There is good and bad in every person, every situation. We can choose what we focus on, think about and speak about. If we look at the good, our mood and energy respond positively.

**DO SOMETHING
TODAY
THAT YOUR FUTURE
SELF WILL
THANK YOU FOR.**

GeniusQuotes.net



Q. How much weight will I lose after bariatric surgery? What is my goal?

A. The answer to this question changes with every patient. The amount of weight you will lose depends on a number of factors. These factors include, diet, exercise, lifestyle, and your overall commitment to changing old habits.

Having proper expectations for how much weight you can expect to lose, assuming you follow the after surgery guidelines, is an important factor when considering your overall happiness with having had surgery.

Because people differ in height and weight, you cannot measure weight loss in pounds alone. This is why we measure average weight loss after weight loss surgery as a percentage of excess weight.

Patients having sleeve gastrectomy surgery can lose approximately 60% of their **excess** weight. There is a simple way to estimate how much weight you could lose: First, determine how much excess weight you want to lose by subtracting your goal weight from your current weight. If – for example – you currently weigh 300 lbs and your goal weight is 150 lbs, subtract 150 from 300, which gives you an excess weight of 150 lbs.

Next, multiply your goal weight loss by 60 percent– the expected percentage of excess weight people lose – using this equation: 150×0.6 . That gives you 90, and if you lose 90 pounds

following surgery, you would then weigh 210 lbs, down from 300.

Patients don't all lose weight at the same rate. Typically, men tend to lose faster (and more) than women and the larger BMI patients more than the smaller ones. The choice of procedure also impacts the weight loss, both the overall magnitude of the weight loss as well as the rate of the weight loss.

Ultimately, it is up to you and how hard and dedicated you are postoperative. Are you sticking to your post-op diet? Are you making exercise a regular part of your routine? Are you following up with your dietitian? Are you keeping your appointments with the surgeon? Do you attend support group meetings? Many variables contribute to your expected weight loss; many will depend on issues **you can** control.

Talk to your surgeon about your specific weight loss goals! Remember goals should be **SMART**.

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIMELY

*From the desk of SHS Nutritionist,
Sara Shama, RD*



Apple Pie Smoothie

Prep Time: 5 min

Serves: 1

Ingredients:

1 organic small red delicious apple,
chopped
1 cup unsweetened almond, rice, coconut
or skim milk
1 teaspoon natural vanilla extract
¼ teaspoon nutmeg
½ teaspoon ground cinnamon
Very thin slice of fresh ginger
5 ounces vanilla non-fat Greek Yogurt
1 tablespoon ground flaxseed or chia
seeds

Directions:

Blend all ingredients until smooth; add ice
if desired.

Butternut Squash



*A fabulous fall dish that will make your taste
buds dance!*

16 ounces butternut squash
10 garlic cloves
2 tablespoons olive oil
½ cup dried cranberries
16 ounces baby spinach
Salt and pepper to taste

You can either purchase the butternut
squash already cut up or you can cut it up
yourself.

Toss the butternut squash with the garlic
and olive oil until well coated. Place on
aluminum tray in a single layer. Season
with salt and pepper. Roast in the oven at
350 degrees F for about 35 – 40 minutes
until squash is tender.

Place baby spinach in a large bowl and
pour the hot butternut squash and garlic
over the spinach. Let the heat from the
squash soften the spinach. Add the ½ cup
dried cranberries. Mix well.

Serve immediately. Enjoy both hot and
cold!

The Most Important Meal of the Day

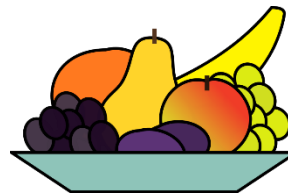
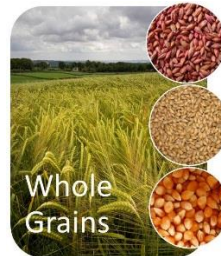
Most of us are familiar with the expression that breakfast is the most important meal of the day. But is it true?

The word "breakfast" is derived from the phrase "breaking the fast." We fast while we sleep and when we wake up we break the fast by eating.

As we sleep, chemicals in our bodies are at work digesting food from the previous night. By morning, we are ready to "break the fast" after a stretch of not eating. The blood sugar (glucose) we need to power our muscles and brains is normally low when we wake up, and breakfast helps replenish it. Missing breakfast zaps you of energy reserves and makes you feel tired. It may also increase the temptation to reach for a quick, unhealthy snack later in the day.

A number of studies, whose focus is weight control, has shown that people who eat breakfast are, on average, thinner than breakfast skippers. Putting some protein and fiber into your stomach first thing may curb your appetite during the rest of the day.

A good breakfast should include some carbohydrates with fiber (whole grains, fruits, or vegetables), some lean protein sources such as eggs or yogurt (Greek yogurt has more protein than regular), and some healthful fats such as those in nuts or salmon. A vegetable omelet with a slice of whole-grain toast qualifies as a good breakfast, as does a bowl of high-fiber cereal topped with fresh fruit and reduced-fat or soy milk, along with a handful of almonds or walnuts.





From the desk of
Karen Rose, LCSW

*Stop worrying about what can
go wrong and get excited about
what can go right....*

*Before you talk, listen
Before you react, think
Before you criticize, wait
Before you pray, forgive
Before you quit, try!*

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

APPLE
PUMPKIN
SUGAR
BREAKFAST
GROCERY
DAIRY
DIETITIAN

PLANNING
SQUASH
SMART
GRAINS
LIBRARY
MEASURABLE
GOALS



Your Fall Bucket List

- Pumpkin Picking
- Corn Maze
- Hayrides

Fun for the entire family!

Here are some suggestions to get you started:

Alstede Farms
Chester Township, New Jersey
908-879-7189
Open Daily 9am – 8pm
Hayrides, Corn Maze, Pumpkin Picking

Etsch Farms
Monroe Township, New Jersey
732-521-4843
This is an eight acre corn maze in Middlesex County which is set to open on September 22. The main maze also includes a crossword puzzle, but there is also a smaller corn maze for younger people as well

Donaldson Farm
Hackettstown, New Jersey
908-852-9122
The corn maze at this farm is 9 acres and is designed for people of all ages. The maze opens on September 29 and tickets are \$9 per person. Kids age 4 and under get in free

Heaven Hill Farm
Vernon, NJ
973- 764-5144

Open 7 Days a Week

One of the largest corn mazes in the state is located at Heaven Hill Farm in Vernon. This year the farm is featuring a 10 acre "Pirate Treasure" corn maze, which poses a variety of challenges to get through. The corn stalks may not be as high as an elephant's eye, but they are close to 10 feet tall. The maze is open from September 15 through November 4.



Hackensack
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