



In the News

Nearly Half of all Bariatric Surgeries in the United States are LSGs!

Sleeve gastrectomy has become the most popular method of weight-loss surgery in America, surpassing laparoscopic gastric bypass, which had been the most common procedure for decades, according to researchers from the Cleveland Clinic.

The findings on recent trends in the surgical treatment of obesity were presented at ObesityWeek 2015 hosted by the American Society for Metabolic and Bariatric Surgery (ASMBS).

In 2010, sleeve gastrectomy accounted for just 9.3% of procedures, while 58.4% were laparoscopic gastric bypasses and 28.8% were gastric bandings. By 2013, nearly half (49%) the procedures were sleeve gastrectomy, 43.8% were gastric bypass and the number of gastric bands was 6%.

“We’ve seen a real shift in the world of bariatric surgery with the emergence of the sleeve gastrectomy,” said Dr. Philip Schauer, director of the Cleveland Clinic Bariatric and Metabolic Institute in Ohio.

Continued on page 2



A new year is like a blank book, and the pen is in your hands. Here is your chance to write a beautiful story for yourself.

The JFK for Life Staff wishes all our patients and their families a most wonderful, healthy and happy New Year!



Continued from page 1

“In just four years, there has been a five-fold increase in the number of these operations. This is likely due to a combination of factors including better insurance coverage and more data demonstrating the safety and effectiveness in treating obesity and related disease.”

The answer as to which one is right for which patient is based on a careful evaluation of the risks and benefits of each procedure and the health of the patient. ■

Attending Support Groups

Despite the fact the JFK for Life Support Group meetings are well attended, there remains a large number of patients who have never attended. Before surgery patients promise to go. But in reality, there are more patients that do not attend support group than those who do. Here are the reasons frequently given:

“ I have a busy schedule”
“I don’t like to talk in a group”
“ I really don’t need it”
“ I’m not having any problems”
“ I have my own support group at home”

Studies show those who attend groups on a regular basis have a better weight-loss. What is the reason?

Patients bond with one another. Most people have support at home with family or friends, which is great. There is a difference between that support and the support you get from someone who’s been in the same situation you are in with weight. When you see the same people week after week, you become friends. Many feel so connected they stand and talk in the parking lot for more than an

hour when group is over or arrange to get together and walk or shop during the week.

Support groups offer a safe haven. Support group is a place where anything goes and you aren’t judged. Patients feel like they can openly talk about what’s going on in their life and what they’re struggling with.

At Support group, you learn the tricks that you don’t learn in the books. Patients share tricks that work for them.

Support groups can offer education. There is so much to learn! You can’t possibly soak it all up in your follow-up appointments. Many groups are education-focused where you can learn about food choices, meal plans, vitamins and fluid guidelines. For those patients who think they know all the basics, remember, bariatric surgery is a growing field. Patients who attend are aware of the newest up-to-date recommendations. Throughout the years, meal plans and vitamin recommendations change. This information is vital for health, and coming to group assures you get the latest information.

So if you have never attended a support group, make it a part of your New Year’s goals! We’d love to see you!

The following is from an online CNN article...

Alarming New Research

Kids are starting to develop concerns about body image at younger ages than you might think, according to a recent report by the child advocacy group Common Sense Media.

The report, a compilation of the existing research on how kids and teens feel about their bodies, noted how more than half of girls and one-third of boys as young as 6 to 8 think their ideal weight is thinner than their current size.

By age 7, one in four kids has engaged in some kind of dieting behavior, the report said.

"I think there's a lot of talk about teens and body image, and many parents become aware of that when kids hit puberty, but kids as young as 5 are already expressing a desire for a body that is thinner than their current self or future self," said Seeta Pai, vice president of research for Common Sense Media and author of the report.

"They already know about dieting, and some might have even tried it out or restricted their food intake at certain times, so that's pretty alarming," Pai said. "It's almost like things are a little too late if you are going to wait all the way until teenage years to talk to kids about body image."

The mother-daughter effect

Most parents probably know already that how we talk about our own bodies could negatively impact our kids. But it's surprising to see just how early our kids can be affected.

Five- to 8-year-olds who think their moms are unhappy with their bodies are more likely to feel dissatisfied with their own, according to Common Sense Media's report.

"It's certainly not intentional, and that needs to be clear," said Ana Homayoun, author of ["The Myth of the Perfect Girl: Helping Our Daughters Find Authentic Success and Happiness in School and Life."](#)

Homayoun says moms might not realize the messages they are sending when they struggle with what to wear or what they think they look good in.

"They'll put something on (and say), 'Oh, that doesn't look good on me because I look this way,' and they're looking in a mirror," said Homayoun.

"That's a very common thing where you have this little girl sitting in the background watching, and she probably thinks you look gorgeous, but then it's sort of, 'Well, that's my mom, and what does that mean for me?' "

And it's not just a girl thing, which is also important for all of us parents to realize. There's not as much research on boys, but the data that do exist suggest that body image is an issue for boys too, Pai said.

"Boys' toys, even the action figures that they play with, have body measurements that are bigger than your biggest body builders, and everyone talks about Barbie, but no one talks about that."

Banning 'fat talk'

So what can we do to help our young girls and boys deal with body-image concerns?

Pay attention to the issue, says Pai, and start talking to kids early by emphasizing health, not weight, and teaching appreciation for all shapes of people.

" 'Ban fat talk' is what we say. Say why you appreciate your own body. Watch what you say about other people's appearances in front of your kids. ... Eat well for your health rather than for your size, because your kid will catch on."

In her book, Homayoun encourages parents to think about body image and health in different ways and to help their children think about them differently, too.

Continued on page 4

Continued from page 3

"So instead of focusing on the way someone looks ... shifting that conversation ... from how someone looks healthy to how someone feels healthy," she said.

"A lot of the negative body image comes from internal views of oneself, and when you can really shift that conversation from how does someone look to how does someone feel, then kids can really start to think about what their choices are and how they have control over how they feel, and that brings positive self-esteem and self-awareness."

To read the article in its entirety, go to:

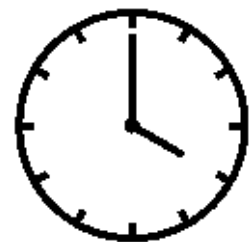
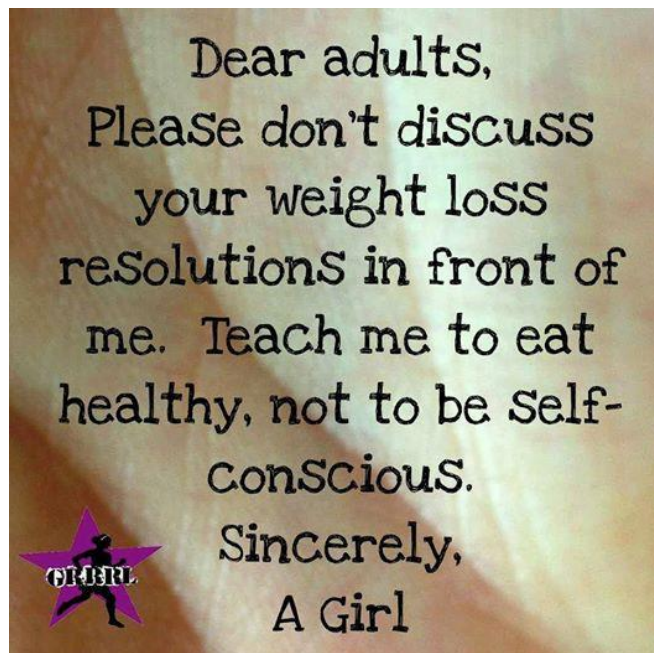
<http://www.cnn.com/2015/02/13/living/feat-body-image-kids-younger-ages/>



The much anticipated Bariatric Support Group Cookbook will be available (fingers crossed) by the end of January. The recipes were compiled by Kelly DiFabio, RD from recipes submitted by OUR PATIENTS. Many of the recipes were sampled at our summer and holiday pot luck suppers.

The recipes are listed by phase – 2, 3 and 4.

Thank you to everyone who contributed!



THIS TIME IT *Counts*

Participate in the *This Time It Counts* project sponsored by the American Society for Metabolic and Bariatric Surgery (ASMBS). Through candid testimonial videos, patients contribute their unique experiences with weight loss surgery. This is your chance to motivate others and share all the gains you have made by losing weight.

Go to <http://thistimeitcounts.com>

CALENDAR OF EVENTS

JANUARY 1ST



January 13th and 21st

SUPPORT GROUP
6:30PM

January 18th – Martin Luther King Jr. Birthday

January 19th

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

JANUARY 31ST

YAD SDRAWKCAB CAN YOU GUESS IT?

FEBRUARY 7TH

SUPER BOWL SUNDAY



FEBRUARY 10TH AND 18TH

SUPPORT GROUP
6:30PM

FEBRUARY 14TH

VALENTINE'S DAY



February 16th

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

MARCH 9TH AND 17TH

SUPPORT GROUP
6:30PM

March 15th

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

New Year's Resolutions That You Can Keep

If done mindfully, these changes can have dramatic ripple effects on your health, and happiness

Smile more. It is well known among social psychologists now that the simple act of smiling can make you happier and healthier, even if your smile is a forced one—so practice more in 2016!

Eliminate the scale. Avoid stepping on a scale, because that number tells you nothing about your health or your happiness.

Schedule personal time. Many of us are used to scheduling, but for some reason only seem to do so in the context of work (e.g., meetings, project deadlines, etc.). However, there is a growing body of evidence suggesting that the most productive people are not actually the busiest but rather those who prioritize their free time—for personal passions, for family, for activities completely unrelated to their jobs.

Be grateful. Cultivate more gratitude towards your body and the ways in which it gets you through the day (hello, lungs! thank you for breathing!)

Positive Affirmations. When you catch yourself saying negative things about your body, counteract them with positive messages.

Accept compliments. When someone compliments you, instead of deflecting the comment (“Pssh, I’m having a terrible hair day!”), just say, “Thank you.”

And finally. Remember that your body is a vessel that carries you through this life — and that it deserves your care.



These members recently
celebrated their 1 year
Surgi-versary!

JW MV CP BB
MR SS HC
LS AT MR BR JM MR

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

***Kudos to our 2, 3 and 4 year alumni
CD, JR, FD, CL, TA, EC, BK and SF
who have together maintained a
weight loss of ...***

1271 lbs!!



Our *Before and After* bulletin board
is filling up!

Please submit your photos! They
have a major impact on potential
patients who see them at the new
patient seminars.

Motivate Others !

Did You Know?

The most common blood type in the
world is Type O. The rarest, Type A-H, has
been found in less than a dozen people
since the type was discovered.

The sound of a snore (up to 69 decibels)
can be almost as loud as the noise of a
pneumatic drill.

Laughing lowers levels of stress hormones
and strengthens the immune system. Six-
year-olds laugh an average of 300 times a
day. Adults only laugh 15 to 100 times a
day.

The first recorded blood transfusion into
vein or artery took place in France in 1667
and was unsuccessful. A cupful of lamb's
blood was transfused into a man via a
silver tube. The man survived two
transfusions and then died.

A person will die from total lack of sleep
sooner than from starvation. Death will
occur about 10 days without sleep, while
starvation takes a few weeks.

CALCIUM

What Is It?

Calcium plays a very important role in the body. It is necessary for normal functioning of nerves, cells, muscle, and bone. If there is not enough calcium in the blood, then the body will take calcium from bones, thereby weakening bones. Having the right amount of calcium is important for building and keeping strong bones.

Calcium supplements come in a variety of different forms, including calcium citrate, calcium carbonate and calcium gluconate. Calcium citrate is the preferred supplement for bariatric patients. It isn't as dependent on stomach acid as calcium carbonate, so it can be taken any time. People taking medications that reduce stomach acid — such as Prevacid or Prilosec — should take a calcium citrate supplement because lower amounts of stomach acid mean they won't absorb calcium carbonate properly.

Your body can only absorb 500 mg of calcium at a time. Therefore, it is not a good idea to take 1000 mg of supplements in one sitting. It's best to split your dose throughout the day.

Some things impair or increase the absorption of calcium.

Iron

Calcium supplements can decrease the absorption of dietary iron. In people who have enough iron stored in their bodies, taking calcium does not cause a problem over the long term. However, people at high risk for iron deficiency should take calcium supplements at bedtime, instead of with meals, to avoid reducing dietary iron absorption.

Magnesium

Adequate levels of magnesium in the body are essential for the absorption and metabolism not only of vitamin D but of calcium as well. Magnesium converts vitamin D into its active form so that it can help calcium absorption.

Magnesium stimulates a particular hormone, calcitonin, which helps to preserve bone structure and draws calcium out of the blood and soft tissues back into the bones, preventing osteoporosis, some forms of arthritis and kidney stones.

Prebiotics/Probiotic

Taking prebiotics or probiotics along with calcium might increase the absorption of calcium.

Vitamin D

Taking vitamin D along with calcium increases absorption of calcium.

Alcohol

Drinking excessive amounts of alcohol can interfere with the calcium balance by inhibiting the enzymes that convert inactive vitamin D to active vitamin D.

Caffeine

Excessive intake of caffeine (300 mg-400 mg) can increase urinary excretion as well as fecal excretion. (One cup [8 fl oz] of brewed coffee contains about 137 mg of caffeine.)

Smoking, stress, and lack of exercise

These lifestyle factors contribute to the body not being able to absorb calcium as efficiently.

Medications

Calcium can decrease the absorption of some medications while certain medications may interfere with the absorption of calcium. Check with your physician before starting any supplements. Some absorption issues can be resolved simply by spacing the drugs apart. ■

Fish Oil Helps Transform Fat Cells From Storage to Burning

New research has found that fish oil can transform fat-storage cells into fat-burning cells, which may help reduce weight gain in middle age.

Fat tissues don't all store fat. So-called "white" cells store fat in order to maintain energy supply, while "brown" cells metabolize fat to maintain a stable body temperature. Brown cells are abundant in babies but decrease in number with maturity into adulthood.

A third type of fat cell – "beige" cells – have recently been discovered in humans and mice, and have shown to function much like brown cells. Beige cells also reduce in number as people approach middle age; without these metabolizing cells, fat continues accumulating for decades without ever being used.

Research scientists investigated whether the number of these beige cells could be increased by increasing intake of fish oils.

Previous research has shown that fish oil has tremendous health benefits, including the prevention of fat accumulation. The latest study tested whether fish oil and an increase in beige cells could be related. The team fed one group of mice fatty food, and four other groups received fatty food with four different types of fish oil enriched with either low or high dose DHA) or low or high dose EPA. Whatever type of fish oil they were supplemented with the mice in those groups gained 5-10% less weight and 15-25% less fat compared to those that did not consume any.

The study also found that beige cells formed from white fat cells when the sympathetic nervous system was activated, meaning that certain fat-storage cells can shift from storage cells to metabolizing cells.

» Humans have three types of fat cells, white, brown and the newly discovered beige cells.

» Brown and beige cells metabolize fat for temperature control while white cells store fat for energy. The number of brown and beige cells decline as we get older.

» However Japanese researchers have found that consuming more fish oil can help turn white storage cells into beige metabolizing cells and contribute to weight.

» Fish oils contain a fatty acid known as omega-3 which cannot be produced by the body and must therefore be taken in through food or supplements.

Be not afraid of growing slowly; be afraid only of standing still.

~ Chinese Proverb

Artificial Sweeteners

Non caloric artificial sweeteners (NAS) have long been promoted as aids to weight loss and diabetes prevention. In fact, NAS are among the most widely used food additives worldwide.

Surprisingly, they could actually hasten the development of glucose intolerance and metabolic disease by changing the composition and function of the gut microbiota -- the substantial population of bacteria residing in our intestines.

Although there are many types of harmful bacteria, the body contains many forms of helpful or “friendly” bacteria in the intestinal tract. Known as intestinal flora, these organisms consist of bacteria, fungi, protozoa and yeast, and have specific purposes that help the body.

These microorganism help our bodies digest and absorb nutrients, synthesize certain vitamins, and rally against intruders, such as influenza and toxic cancer-forming carcinogens. In addition to boosting our immune system, microbiota sends messages to our brain and helps regulate metabolism.

Recently, a group of Israeli researchers, demonstrated in laboratory animals and humans, that the effect of artificial sweeteners on changing gut bacteria has a profound role in changing metabolism, especially the metabolism of sugar.

Widespread use of artificial sweeteners in drinks and food may be contributing to the obesity and diabetes epidemic that is sweeping much of the world due to alterations to the intestinal microbiota which result in the development of glucose intolerance. ■

Tips to Avoid Processed Foods



Avoid Boxes, Bags and Cans

Obviously, if something comes pre-packaged, it has been touched. Commonly, food manufacturers dehydrate, bleach, enrich salt, sweeten, and fatten food to compensate for the nutrition lost during the process it took to put the food into the box. Though boxed, canned and frozen foods are very convenient, they're not healthy for you in the long run.

Stay Away From Anything White

What does white bread, white rice and white all have in common? Bleached and enriched wheat flour or grain. These are some of the most highly processed foods on the planet. Though naturally white things like potatoes and eggs are fine, the food manufacturers really modify wheat flour and rice in these products.

Your best bet is to buy products that are whole-grain, and contain unbleached, unenriched grains like whole wheat, brown rice, oats or quinoa.

Shop on the Outside Edge of the Store

One of the easiest places to find unprocessed, healthy, whole foods is to purchase most of your groceries on the outside edge of the store. The edges are where you'll find produce, meat, eggs, dairy and seafood. These items are not processed, or if they are, they're minimally processed.

Of course, you will need to go into the center isles for some things, but staying on the outside of the store for most of your shopping will keep your cart full of nutrient-dense foods.

Continued on page 10

Don't Buy It If...

If the Label has More Than Five Ingredients

The more ingredients the food has in it, the more it has been processed. For example, look at Quaker Oats, their oatmeal in 1910 only had one ingredient—oats. By 2008, Quaker Oats had added sugars, unnatural fiber (guar gum), flavors, salt and trans fats to their Instant Oatmeal in an attempt to keep up with the flavorful times.

If Any of the First Three Ingredients End in "Ose"

"Ose" stands for sugar. Many sugars used in the food industry are highly processed, high in calories and are really bad for you. Sugar is added back into foods when the food is processed so much that the flavor is removed. One of the easiest ways to add flavor is to add sugar.

For additional tips go to:

<http://www.active.com/nutrition/articles/7-tips-to-avoid-processed-foods>

Winter Squash

Winter squash is a warm-season vegetable that can be grown in most of the country. It differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. When ripened to this stage, fruits of most varieties can be stored for use through out the winter.

Popular winter squash includes acorn, butternut, calabaza, and spaghetti.

The smaller acorn and butternut can be stored for up to 3 months. Store cut pieces of winter squash in the refrigerator. Refrigeration is too humid for whole squash, and they will deteriorate quickly.

Winter squash is a tasty source of complex carbohydrate (natural sugar and starch) and fiber.

Fiber, which was once called roughage, absorbs water and becomes bulky in the stomach. It works throughout the intestinal track, cleaning and moving waste quickly out of the body. Research suggests that this soluble fiber plays an important role in reducing the incidence of colon cancer.

Winter squash is also a source of potassium, niacin, iron and beta carotene. The orange-fleshed squash is also an excellent source of beta carotene. As a general rule, the deeper the orange color, the higher the beta carotene content. Beta carotene is converted to Vitamin A in the body. Vitamin A is essential for healthy skin, vision, bone development and maintenance as well as many other functions.

The nutrient content of winter squash varies, depending on the variety. The following information is a summary of all varieties, cooked, baked and cubed.

Nutrition Facts (1 cup cooked, cubes)

Calories 79.95
Protein 1.82 grams
Carbohydrate 17.94 grams
Dietary Fiber 5.74 grams
Calcium 28.7 mg
Iron 0.67 mg
Potassium 895.85 mg
Folate 57.40 mcg
Vitamin A 7,291.85

How To Prepare Spaghetti Squash

Spaghetti squash is a good alternative to pasta, potatoes, or rice. The cooked squash flesh shreds into threads like thin spaghetti or vermicelli, hence its name. On average, spaghetti squash measures about 12 inches in length and about 6 inches in diameter. The squash should be an even light yellow color and firm with no bruises. Store whole at room temperature up to 3 weeks.

Continued on page 11

Continued from page 10

Spaghetti squash has a very mild flavor, thus it is usually served with a sauce of some sort. It may

also be enjoyed simply with salt and a bit of butter. Cooking the squash is very simple.

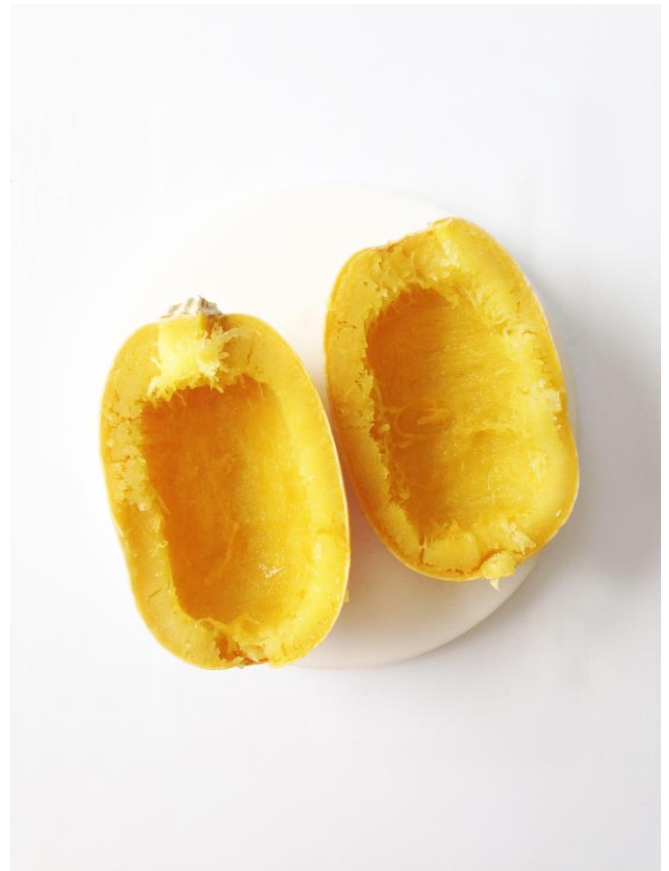
Prick the spaghetti squash all over with a metal skewer or fork so it will not burst while baking. Place whole squash in a shallow baking pan. Bake in preheated 375 F oven for 1 hour.

When cool enough to handle, cut spaghetti squash in half lengthwise with a serrated knife. Scoop the seeds and fibrous strings from the center of the cooked spaghetti squash.

Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands.

Cooked spaghetti squash is usually served with a sauce or gravy. It may be served alone as a side dish with the addition of salt, pepper, and butter.

Bon Appetite!



“Trendy” Isn’t Necessarily True

At this time of the rolling year, the media is flooded with promises of miracle health fads.

“Get a new body for the beach”

“Lose weight without changing your diet or exercising”

“Lose 20 – 40 Pounds Guaranteed”

When you hear the latest weight loss hype about something new, stop and think. Where’s the medical research? Who did the research? Will it be trendy next year?

When making any decisions about nutrition or your health care, ask your primary care provider or registered dietician first before making any major changes.



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

www.jfkforlife.org

Check us out on our FACEBOOK page!

THE NEW YOU!

EVEN IF YOU
LOSE ½ A
POUND A WEEK

YOU'LL STILL
LOSE 26 POUNDS
BY THIS TIME
NEXT YEAR.

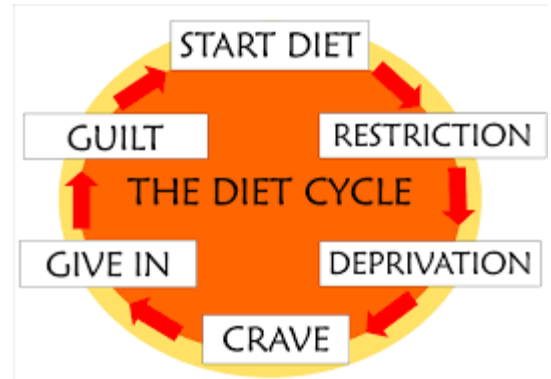
JUST KEEP GOING

When you feel
like quitting,
ask yourself why you started.

You're gonna
be able to say
"I did it"

I MAY NOT BE THERE YET,
BUT I'M CLOSER
THAN I WAS YESTERDAY

THE OLD YOU!



WORD SEARCH

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

Artificial

Motivate

Calcium

Fad

Processed

Guaranteed

Resolutions

Ingredients

Smile

Label

Squash

Magnesium

Positive