

Bari Review

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Coos Bay Support Group

Meetings are held on the 2nd Tuesday each month at 7:00 p.m. in the Conference Room at NBMC on the 3rd floor

April 11, 2017
Dietician (Fats)

May 9, 2017
Dr. Markelov (Body Reshaping)

June 13, 2017
Robin (Mingus Park Walk) meet at the pool.

July 14, 2017
Health BBQ Pot luck at Robin Lake House. Meet at Sun Lake Marina at 11:00 a.m. for pick up! Please bring a Health BBQ Snack. We will have games, boating, canoeing, fishing, and swimming.

**The 2nd Tuesday support group meetings at North Bend Medical Center will have a registered medical professional support group leader.*

Roseburg Support Group

Roseburg Support Group meets the third Tuesday at 6:30 p.m. in a room at Abby's Pizza.

Outlying Area Support Groups

See page 3.

"Weight-loss surgery changed my life."



Dr. Tersigni gave me back my life and health! Dr. Markelov gave me confidence and a sculpted new look!

—Debbie H.

Attend a FREE Weight-Loss and Body-Contouring Seminar

Thursday, April 20 • 7 p.m.
Holiday Inn Express
375 W. Harvard Blvd., Roseburg

Friday, April 21 • 7 p.m.
Comfort Suites at Exit 191
3060 E. 25th Ave., Eugene

With competitive pricing, successful outcomes, and a central location on the beautiful Oregon coast, renowned surgeon Steven Tersigni, MD, and expert plastic surgeon Alexey Markelov, MD, can help you make the right choice.

To reserve a spot, please call (541) 267-5151 Ext. 1526
1-877-NEWW-YOU • baybariatrics.com

Robin has delayed her retirement as the Bariatric Treatment Coordinator.
"I guess I just can't leave you yet!" — Robin

Healthy Recipes

Chicken Breast Fillets with Red and Yellow Peppers

Calories 211 • Protein 28.1g

Ingredients:

- 1 tablespoon olive oil
- 3 cups onion sliced crosswise
- 1 large yellow bell pepper, cut into 1/4-inch strips
- 1 large red bell pepper, cut into 1/4-inch strips
- 2 1/3 cups coarsely chopped tomato
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 teaspoon chopped fresh oregano
- 20 kalamata olives
- Cooking spray
- 6 (4-ounce) skinless, boneless chicken breast halves, cut in half horizontally

Directions:

1. Put oil and onion in a large nonstick skillet over medium-high heat. Cook 5 minutes, stirring frequently. Reduce heat; cook 10 minutes or until golden brown, stirring occasionally. Increase heat to medium-high. Add bell peppers; cook 10 minutes or until bell peppers are tender. Add tomato, salt, and black pepper; cook 7 minutes or until liquid has evaporated. Add parsley, oregano, and olives; cook 1 minute. Pour tomato mixture into a large bowl; keep warm.
2. Wipe pan clean with a paper towel; heat pan coated with cooking spray over medium-high heat. Add 4 chicken breast pieces; cook 3 minutes on each side or until done. Remove from pan; repeat procedure with remaining chicken.
3. Return the chicken to pan; add the tomato mixture, and cook 1 minute or until thoroughly heated.



Outlying Area Support Groups

Support groups may be lead by a non-medical, former bariatric patient. Contact our office for times and locations.

Roseburg, Oregon • 3rd Wednesday, 6:30 p.m.

Mercy Community Education Center on Stewart Parkway.

Call Susan for more information at (530) 520-0218.

Grants Pass, Oregon • 2nd Tuesday, 6 p.m.

Call Mark at Southern Oregon Bariatrics at (877) 404-SOBC.

Medford, Oregon • 3rd Wednesday, 6 p.m.

Call Mark at Southern Oregon Bariatrics at (877) 404-SOBC.

Vitamins

Bypass Patients

- Bariatric multi-vitamin, 2 per day
- 1200mg to 2,000mg calcium
- B12 Dots 1 tablet sublingual 2x week
- Suggested Vitamins

If menstruating:

- Iron per day OTC
- Folic Acid OTC

Gastric Sleeve and Lap Band

- Bariatric multi-vitamin, 1 per day
- 1200mg to 1500mg calcium
- B12 1 tablet sublingual 1x week
- Suggested Vitamins



Why Support Groups?

Support in some form is not only beneficial but it's vital. Studies show that when people buddy-up with another person or persons, especially with weight loss, there is a higher rate of success, both during the weight loss phase and maintenance. When we have weight-loss surgery, we constantly engage in the process of building our support network. From the time you select your bariatric surgeon, he and their staff, are your support team. Next some of your family, friends, and co-workers are added as members of your team.

Support group members develop a bond with each other and their support group leader. Through my years of experience as a support group leader, the accountability they give to each other seems to help them push through when times get hard. Here are some other benefits that having a good support system can offer:

- Compassion
- Celebration
- Openness of sharing
- Motivation
- Peer relationships
- Accountability
- Support
- Sounding board
- Information exchange

Celebrate Your Success!

Send us your story and photos to share.

Bay Bariatrics serves people in Coos Bay, Roseburg, Eugene, Medford, Portland, and other communities throughout Oregon and Northern California. Visit our website at baybariatrics.com or find us on Facebook at facebook.com/baybariatrics.



Bay Bariatrics Patient Follow-up

We care about you and want to hear from you. If it has been more than one year, please contact our office and schedule a follow-up appointment. At minimum, you can either mail or fax in the follow-up forms provided in your binder. Or, please contact us by emailing our office and let us know how you are doing.

(877) 639-9968 • Fax (541) 266-4502 • robin.stephenson@nbmconline.com



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