

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

August 8, 2017

Robin (recipe sharing/
personality profiles)

September 12, 2017

Elizabeth (Stress Test and Management)

October 10, 2017

Dietician (Sugar)

November 14, 2017

Dr. Tersigni (What's new in Bariatrics)

December 12, 2017

Robin (Christmas Party Dinner and Games with gift exchange). Please bring a gift of \$5.00 or less.

January 9, 2018

Robin (Success Tips)

**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.

Become a Fan on Facebook and Twitter

Visit our website at www.baybariatrics.com to blog and become a fan. Read our post by visiting our site.

The Difference between Physical Hunger and Head Hunger

What is physical hunger?

Physical hunger is a psychological response to a biological need for nutrition and can be satiated with nutrient-based foods.

What is emotional or mindless "head" hunger?

Emotional hunger is a psychological response to a situation or emotion, and therefore camouflaged into "hunger."

- "Mind" hunger does not satiate physical hunger
- "Mind" hunger leads to overeating
- "Mind" hunger does not change a stressor
- "Mind" hunger will exacerbate negative emotions
- "Mind" hunger will continue to shame eating
- "Mind" hunger will be disguised with comfort

We've all done it, and sometimes we don't even realize when it's happening. Maybe you emotionally eat when you're bored, stressed, happy, sad, watching TV, attending a movie, or simply reaching your hand into a bag or jar each time you pass by. These are mindless, emotional "head" hunger opportunities to eat for reasons other than physical hunger. No matter what our "head" hunger says, our goal is to be mindful about these behaviors because we have all eaten something when we weren't hungry.

Let's review some common situations that may encourage vulnerability when you're not physically hungry and learn tips to strategize in a healthier way.

Common Situation: Emotions are a common trigger and can lead to emotional eating. Happy? You might eat to celebrate and/or from excitement. Sad? You might eat to soothe, punish, or comfort yourself. Angry? You may take it out on yourself with food instead of confronting the situation/person that upset you. When turning to food for emotional reasons, with "head" hunger, there will not be a resolution of the situation and/or issues.

Let's strategize... writing your food down and adding the place, mood, and hunger level may help you to make a connection you hadn't seen before. Self-monitoring will aid in identifying the connections if you eat when you're lonely, stressed, bored, happy, sad, or angry. When you can see the pattern of your

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Healthy Recipes

Grilled Chicken and Tomato Avocado Salad

Calories 256 • Protein 22.1g

Ingredients:

- 4 (4 ounces) skinless boneless chicken breasts (pound to ¼ inch thickness)
- 2 tsp. olive oil
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ¾ tsp. sea salt, divided
- 1 tsp. ground cumin
- ½ tsp. chili powder
- ½ small red onion, cut into ½ inch slices
- 2 yellow tomatoes, each cut into 4 slices
- 2 red tomatoes, each cut into 4 slices
- 1 cup cherry tomatoes, halved
- 1 ripe avocado, peeled and sliced
- ½ cup light ranch dressing of your choice such as Lite house OPA Greek Yogurt Ranch Dressing
- Cooking spray

Directions:

1. Preheat grill to medium high.
2. Lightly coat chicken with cooking spray. Combine oil, onion powder, garlic powder, cumin, ½ tsp. salt, and chili powder, rub evenly over chicken. Coat onion with cooking spray. Arrange chicken and onion on grill rack: grill 8 to 10 minutes or until juices run clear, turning chicken and onion once. Remove from grill: let stand 5 minutes.
3. Slice chicken. Arrange one breast on each of four plates. Arrange two yellow, two red tomato slices on each plate. Top each serving with ¼ cup cherry tomatoes. Divide onion and avocado evenly among the plates.
4. Sprinkle remaining ¼ tsp. salt over salad. Drizzle two tablespoons of dressing over each salad.

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.

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The Hunger Scale

1	2	3	4	5	6	7	8	9	10
The Most Hungry	Extreme Hungry	Over Hungry	Very Hungry	Natural	Barely Hungry	Completely Satisfied	Full	Overfilled	Full!!!

behavior, you can create a different outlet. What outlet has helped you previously? What outlet will you try to implement into your routine?

Let's strategize... If you know boredom is a trigger for your "head hunger," have a list of strategies or a bag of tricks in place to keep yourself busy and entertained when you don't have anything else to do. This will encourage confidence and reduce boredom eating. Eating won't be your go-to activity if you have a functional alternative, which will give you a true substitute to occupy your mind and your body!

Common Situation: When you're out enjoying a dinner with family or friends, it can be easy to over order, eat when you're no longer hungry, and feel like "I'll be bad tonight, I'm allowed" and make poor choices. It is easy to indulge when others around you are overindulging. It makes you feel like you fit in, and feel like it's OK since everyone else is doing it. Research shows that our habits mimic our peer's/family's behaviors in situations like these.

What to do... You don't have to eliminate "happy hour" with friends. When your dining companions devour a second basket of bread or chips, or order dessert, pause... check in with your hunger level to see if you really need it or if you'll be more satisfied with the surrounding company. If you are having difficulty with your negotiations—"just one more, I'll be good tomorrow, it's good, everyone is having it"—pause, ask yourself if "one more" will help you reach your weight goals? Will "one more" feel good after the meal? Or the morning after?

Common Situation: Do you start the negotiations with a candy bowl at the office that calls your name? Do you feel powerless to pass up food at a party? When food is in plain sight, it can be easy, without conscious thought to grab a handful simply because it's there. It's right in front of you. What's the harm, it's only one?

What to do... If you're having difficulty with reducing or eliminating trigger food, create a boundary with where you are eating. Attempting to move the poor choices

(snack foods) out of sight, you'll be less likely to mindlessly grab a handful. Continue to create your boundary with where you are eating—this will maximize food designated areas to eat. If you are "head" hungry, you will be less interested in eating at a kitchen table.

Common Situation: Do you think about eating when the clock says noon, just because it's time for lunch? Or start thinking about dinner because it is 5 p.m., just because that's your typical dinnertime?

What to do... When it's mealtime, use it as a mindful cue to check in with your current hunger level. Are you physically hungry? Are you "head" hungry? If you are physically hungry, it's time to eat. If it's "head" hunger, pause, hydrate, and wait until your body physically tells you to eat. This is an ideal time to create your hunger scale (see above) to aid you with identifying how you PHYSICALLY feel.

A hunger/fullness scale will prevent overeating, mindfully identify your sensations of satiety throughout your meal to gauge how physically hungry you are. A hunger scale will allow you, with confidence, to identify if you eat for reasons other than being hungry and check in with yourself. Knowing what true hunger feels like can help you recognize when you're eating for other reasons. What will your hunger/fullness scale look like? Try to rank your hunger and fullness from 1-10, use numbers, words, or images to aid you with your personalized scale.

As a bariatric surgery patient out 18 years, I still experience challenges and struggles. I continue to evaluate my hunger status and emotional distraction skills to keep on track. I am not perfect and will never be totally cured, so I have to stay vigilant!

I believe in all of you! I know that if you continue to work the program and follow the guidelines, you will have long term success!

Vitamins

Bypass Patients

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

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
- Vitamin C 1,000mg

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
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