



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

August 2016

Patient Care Conference is a big success with patients!



The 3rd Annual Patient Care Conference was held on Saturday, August 6 with the goal to educate and motivate bariatric patients in their journey to become healthy, strong and nutritionally correct. We also wanted patients to connect and meet each other. There is a wealth of knowledge among our post-op patient population and this gave patients an opportunity to meet each other from our 7 different support groups across the state. The conference was designed for pre-op patients and post-op patients and each person was allowed to select different classes taught by Psychologist, Bariatric Surgeon, Plastic Surgeon, Bariatric Dietitians and we ended the event with a Kickboxing class with our Exercise Specialist. We allowed the patients to select any of the 10 classes because we want to address not only your current concerns, but educate patients on issues that may arise in the future.

“Thank you so much for hosting the conference this last Saturday. My spouse is having surgery in the near future and this conference was very helpful to me. It answered questions I had and made me feel more comfortable in the procedure.”

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Call 918-376-8410 to schedule your follow-up appointment now!

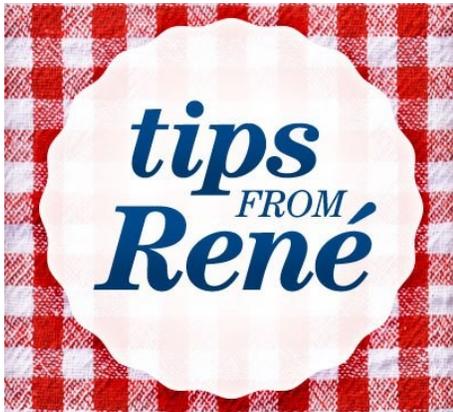
THE CENTER FOR BARIATRICS
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Bariatric Patient Care Conference

SATURDAY, AUGUST 6 • 10 AM - 3 PM





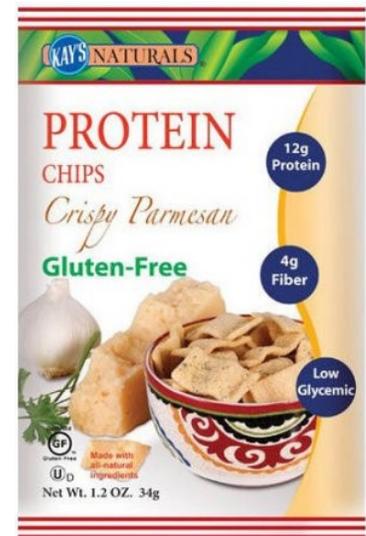


Tips from Rene'

Tips from Rene' can be found on Facebook throughout the month. Rene' Norman RD/LD is one of our Bariatric Dietitians and provides information and tips regarding nutrition. Rene' is one of two dietitians in the United States that contribute articles to BariatricPal.com.

I miss the crunch!

Let's face it . . . sometimes your taste buds want something that crunches. Before surgery, we see a lot of chips and crackers listed snacks. These are in the carbohydrate food category and are limited after surgery. Happily, there are a couple of protein chips that are on the market. Kay's Naturals Protein Chips come in single serving bags. Each single serve bag has 12 grams of protein from soy protein isolate. This is a good quality protein source. There are a total of 15 grams carbohydrate and 4 grams fiber. That makes the net carbs 11 grams. So, these chips have more protein than carbohydrate. Another protein chip is the Quest Protein chips. Each single serve bag has 21 grams of protein from milk and whey protein isolate. These are good quality protein sources. The Quest chips have a total of 5 grams carbohydrate per single serve bag. Both the Kay's Naturals Protein Chips and Quest Protein chips come in a variety of flavors. Quest chips can be found at GNC and online. The Kay's chips are available online. For those of us that adore chips and dips, these chips are great dipped in salsa or a Ranch style dip. To add more protein to your Ranch dip, you can mix plain Greek style yogurt (a 5.3 ounce cup), 1 tablespoon low fat mayonnaise and 1 or 2 teaspoons Ranch dip mix. Finally, we've got a way to have crunch with a punch of protein!





Click here to start now: [Facebook 1000 Minute Challenge](#)

We are challenging our Facebook followers and Bailey Bariatric staff to 1000 minutes of exercise in August! This is a voluntary challenge and every person needs to listen to their body and understand their own limitations. Starting today, August 1st through Wednesday, August 31st, we want you to post your workouts on this event page. This is NOT a contest. This is a personal challenge for each person who would like to participate. Exercise is physical activity such as, Zumba, running, basketball, kicking the soccer ball in the front yard with your kids, pushing a stroller for a walk, stretching, swimming at the lake and other forms of exercise. Two hours talking at the gym doesn't count as 120 minutes.

Example Post: "Just did 30 minutes of water aerobics. I have done 420 minutes this month!" Are you up for the challenge? We will not post rankings or track your personal minutes. Your decision to post and participate is based on your willingness to put in the work! **Let's go!**

Some actual posts:



“I was looking for a permanent solution after trying numerous diets and exercise programs. I am a football coach for a junior high in Tulsa and was having difficulties during practices, because I couldn’t do much. I could tell the kids what to do, but I couldn’t show them. I couldn’t play with my kids at home either. After surgery, it is like night and day, compared to now and this time a year ago. I am almost seven months out of surgery and I do not have any hesitations or limitations anymore. I can jog and run, lift weights and go to kickboxing class, but most importantly I can play with my kids.” - Josh Waddell



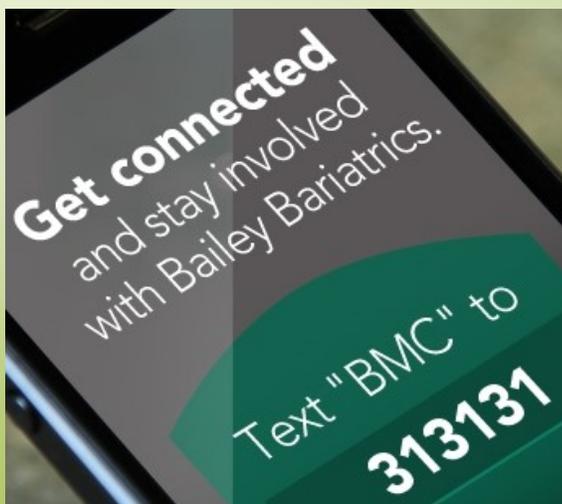
We
Celebrate
Your
Success!

“ I would do it all over again, the whole experience was amazing, start to finish; they literally saved my life.”

- **Arlene Abel**

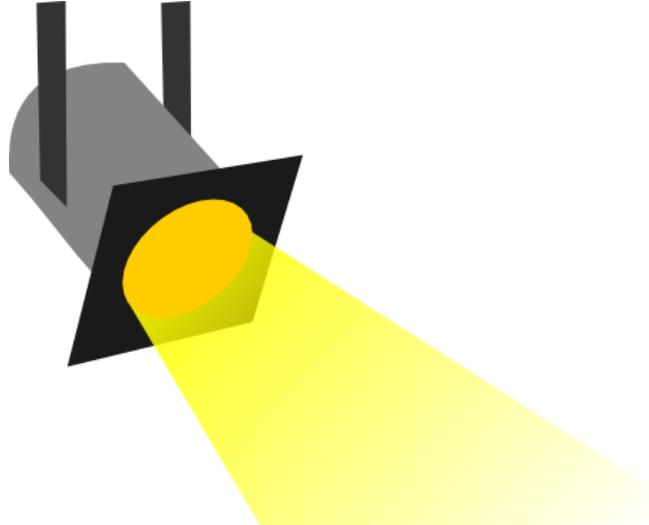


◀ July 2016	August 2016						September 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Bariatric Seminar at Bailey Medical Center - 6:00	2	3 Bariatric Seminar in Stillwater - 6:00	4 Support Group in Coffeyville - 7:00	5	6 Patient Care Conference at Bailey Medical Center - 10:00	
7	8 Support Group at Bailey Medical Center - 6:00	9	10 Support Group in Bartlesville - 6:00	11 Bariatric Seminar at Hillcrest South - 6:00	12	13	
14	15 Support Group in Pryor - 6:30	16	17 Bariatric Seminar at Hillcrest Cushing - 6:00	18 Support Group in Muskogee - 6:00	19	20	
21	22	23	24	25 Support Group in Stigler - 7:00 Support Group in Grove - 7:00	26	27	
28	29	30	31	Notes:			



Bariatric Texting Service

This service is used to remind you about Bariatric Support Groups and events. You simply type the letters BMC and text the phone number 313131. After you hit the send button you will receive a reply which says, "What is your name and which support group do you attend?". Put in your response and you are ready to receive your monthly reminder.

A graphic of a spotlight shining from the top left corner onto the text below. The spotlight is black with a yellow beam of light.

Employee Spotlight



Russell Vieaux

Bariatric Liaison

Russell joined the team at Bailey Medical Center and the Center for Bariatrics in 2013 and began working as a Bariatric Navigator where he assisted patients through the bariatric program right up to surgery. In his current position as the Bariatric Liaison, Russell manages and participates in the more than 40 bariatric seminars held annually as well as working directly with each new patient entering the program. Russell has extensive experience in assisting and teaching others to navigate through obstacles and his energetic personality helps drive patients to be successful.

He is married with 3 children and 9 grandchildren and spends his recreational time golfing, fly fishing and reading.

Do you know someone who might benefit if they entered the program?

Have them register for our next seminar at www.baileybariatrics.com and they can call Russell at 918-376-8421 to schedule their initial appointment with Dr. Kirk.

Contact Us

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Website:

Bailey Bariatrics.com

Social Media:

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Pinterest
YouTube