Patient Care Conference

The Center for Bariatics at Bailey Medical Center held its first Bariatric Patient Care Conference and it received great reviews with patients and speakers. The conference was held on August 9 and allowed patients to select individual classes that met their needs. This was an opportunity to receive additional education about the Bariatric journey. The speakers were Dr. JoeBob Kirk, Dr. Brandon Varnell, Dr. Jeff Swetnum, Dr. Jenny Wood, Rene’ Norman RD/LD, Suzanne Gauldin RD/LD, David Steward, CPT and Mo Smith, CPT. The classes touched on a wide range of topics for patients before and after bariatric surgery.

Patient Reviews:

- “Speakers were very informative and answered all the questions I asked.”
- “I was able to pick meetings that pertained to my needs!”
- “Made me realize I need a follow-up appointment to get even more information”
- “I can’t thank you enough. I look forward to many more years of the conference”
It’s time to **GET REGISTERED!**

**Bailey Bariatric Race for the Cure Team!!**

The Race for the Cure on Sept. 27 is a 5K or 1-mile fun walk that is perfect for beginners or those who want to support a great cause. Ask your children, grandchildren and all those friends who have supported you along the way!

[Click here to register for the Race for the Cure.](#)

Select “Join An Existing Team”

Our team name is Bailey Bariatrics
"I am glad to share my experience and journey with others, but most of all, it has given me a new lease on life and time to spend with my wife, kids and grandkids."
-Robert Carey

Lecia Gibson is not afraid to put herself out there. The healthcare professional in her 40s, wife and mother of two, shares her personal journey since bariatric surgery at The Center for Bariatrics at Bailey Medical Center on her blog – Skinnymemjourney.blogspot.com.

"I completed a squat challenge and completed the month with 1,960 squats. This was huge for me, because before my Gastric Sleeve Surgery, I could barely even bend over to tie my shoes”
-Holly Winslow

Joan VanDorn is now a Fleet Fun Running Instructor and a former Bariatric patient (middle). She finished her 5K and then went back to help her teammates run across the finish line. Great job Joan for inspiring others!
Gum + Straws = Air Pockets

After surgery, we ask you to avoid chewing gum and drinking from straws. Chewing gum leads to swallowing air as well. Air is the first thing that enters your mouth when using a straw. Before surgery, you have a lot more room in your stomach to accommodate several big gulps of air. After surgery, a few small swallows of air will lead to overextending your new stomach pouch. This can be quite painful. Once the air either comes up as a burp or is pushed through to your intestines, the pain will subside from your stomach pouch, but could lead to a feeling of bloating. Right after surgery, patients often have a lot of gas so make sure you aren’t chewing gum or using straws to sip with. Gum can also be accidently swallowed which can lead to a blockage. If you use gum for bad breath, consider using breath mint papers, mint or cinnamon flavored dental floss or swish and spit your favorite mouthwash.

Rene’ is selected to be a contributor for BariatricPal.com!

Rene’ Norman RD/LD was asked to be a contributor to Bariatric Pal’s online newsletter. She is one of two dietitians in the United States selected to offer advice in the magazine. Her tips have been featured in the past on Bariatric Pal’s facebook and twitter accounts. Both of these pages have over 100,000 followers. We have always known how valuable Rene’s advice was to our patients and program. She now gets to offer this advice to the rest of the Bariatric Community. Congratulations Rene’!

Click here to view the Bariatric Pal Monthly Magazine
Multi-Supplements Right After Surgery

Right after surgery, it’s a struggle to just get enough water, much less think about getting back on your multi-supplement. Remember to choose a chewable or liquid multi-supplement after surgery. Your stomach pouch is now much smaller due to being surgically altered and swelling that happens after surgery. A solid tablet will not break down very well or move through your new stomach pouch.

We encourage you to start your multi-supplement as soon as you can tolerate them. Sometimes, a full dose of your multi-supplement is more than your stomach pouch may be able to handle due to the concentration of nutrients. Consider starting with a partial dose. If your liquid supplement serving is 1 tablespoon, try 1 teaspoon instead.

Dilute the liquid multi-supplement in water or other clear liquid you are drinking. If you chose a chewable multi-supplement, break that into 2 or 3 pieces and start with one of the smaller pieces. Gradually increase this to a full dose. You need to push yourself to get adequate nutrition, but not so much that you start throwing everything up. By taking baby steps in your nutrition, you will eventually be able get in all your nutrition.

It’s a Date!

When can I have . . . ? It’s a frequent question we hear. The last appointment you have with the dietitian before surgery is when we review the pre-surgery liquid diet and the post-surgery diet progression. You will leave with a printed version of the post-surgery nutrition guidelines. You will also hear about the post-surgery diet again from the bariatric nurses when you are discharged.

Still having some trouble remembering? You are not alone. Some of our most successful patients use a calendar to mark the date they could have certain foods after surgery. This can be done when you get your surgery date. Foods are introduced in the order of when most people can tolerate them. Our post-surgery follow up plan includes seeing a dietitian every 3 months after surgery.

So, when you are marking your calendar with the post-surgery diet progression dates, mark down calling for an appointment with the dietitian. Call the bariatric office at 918-376-8410 about two months after surgery to make that appointment.
Several of our patients participated with their kids in the Bailey Medical Center Strong Kids Triathlon. Bring your family and support team and join the Bailey Bariatric Race for the Cure Team!!

Click here to register for the Race for the Cure. Select “Join An Existing Team” and our team name is Bailey Bariatrics

New FREE Service!

Would you like an easy way to stay up to date on support group meetings, new events and team Bailey Bariatrics' next race? Get connected and stay involved with text messaging from Bailey Bariatrics.

Text "BMC" to 313131.
Which Support Group do you attend? Successful patients are engaged in the program.

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Employee Spotlight

Dawn Lesicka

Dawn is a Bariatric Navigator and has been at Bailey Medical Center since 2007 in a variety of departments. She has been working in hospitals since 1990 and exclusively in Bariatrics since 2010. She is a seasoned expert at navigating the scheduling process and assisting you through your journey. Dawn moved from San Diego, CA to Owasso in 2003 with her husband and 2 kids.

We use Facebook as our primary communication tool. Please go to Facebook and like the Bailey Bariatrics Facebook page to keep up-to-date on program events and