



THE CENTER
FOR BARIATRICS
AT BAILEY MEDICAL CENTER

Accredited Bariatric Surgery Center

Center for Bariatrics Newsletter

October 2016

Support Groups are critical to patients success!

Our patient-led Support Groups continue to be one of the most important aspects of the program. We offer 7 different support groups across the state to help patients in those areas. All patients are encouraged to attend Support Groups several times prior to surgery to develop relationships with other patients who are experiencing the same struggles and successes. Many of the groups are also active on social media and support each other throughout the month. We have found those patients who regularly attend Support Groups before and after surgery have a greater opportunity for long-term success.

"Support Group helps me be accountable to myself and it makes me feel good to reach out and help someone else"

- Janet Bustos



Every 1st Thursday, 7pm
Coffeyville Medical Center
Coffeyville, Kansas



Every 2nd Monday, 6pm
Bailey Medical Center



Every 2nd Wednesday, 6pm
2641 Huntington Drive
Bartlesville, OK 74006



Every 3rd Monday, 6:30pm
Integris Mayes County Medical Center
Small Conference Room



Every 3rd Thursday, 6:30pm
Muskogee Creek Nation Casino
Bingo Room



Every 4th Thursday, 7pm
104 W. 3rd St., City Hall
Grove, Oklahoma

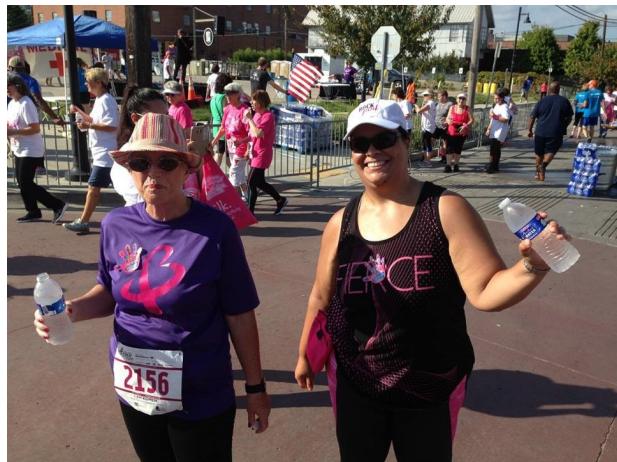


Every 4th Thursday, 7pm
Trinity Baptist Church
110 West Main Street • Stigler, OK

[Click here](#) to find out more information about support groups.

The Bailey Bariatric team ran together on September 24 at the Race for the Cure. The next team race is the St. Patrick's Day 5K in March. Join us!!







We are challenging our Facebook followers and Bailey Bariatric staff to 1000 minutes of exercise again in October! This is a voluntary challenge and every person needs to listen to their body and understand their own limitations. The challenge is from October 1st through October 31. Post your workouts on the Facebook 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.

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!

Here is a post last month...



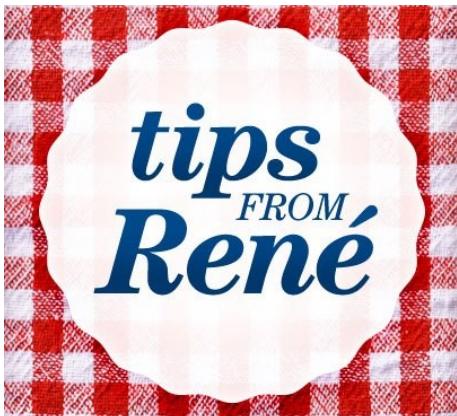
Tracy Sharp McClendon

September 21 at 7:44pm ·

60 minutes crossfit . MTD: 803 minutes

Today was a reminder of how far I have come and how far I have to go. Lots of firsts. Push presses were new, ring dips were new, and I can say although they were not pretty, I did my best. Those around me were patient with my banded pull ups

So many things change in life. I can't control them. I can take control of me by exercising. This is my outlet. I never realized the amount of confidence working on myself could bring. May sound crazy because that is logically what should happen. I am better than no one, but I am better than who I was yesterday. I am only in competition with myself.

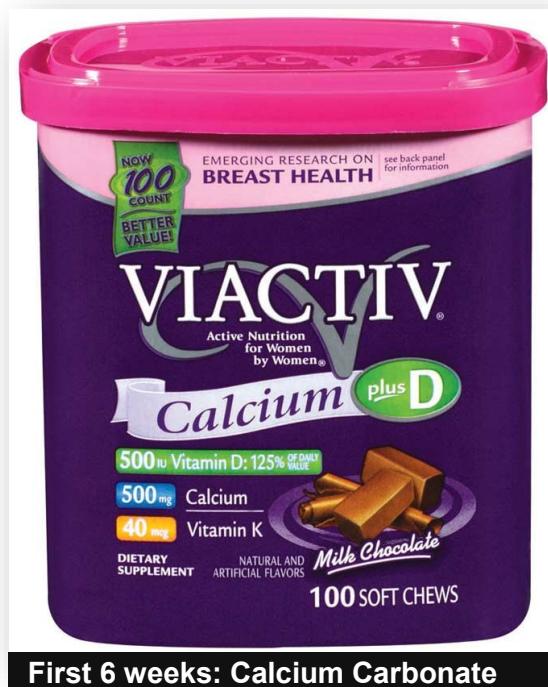


Tips from René'

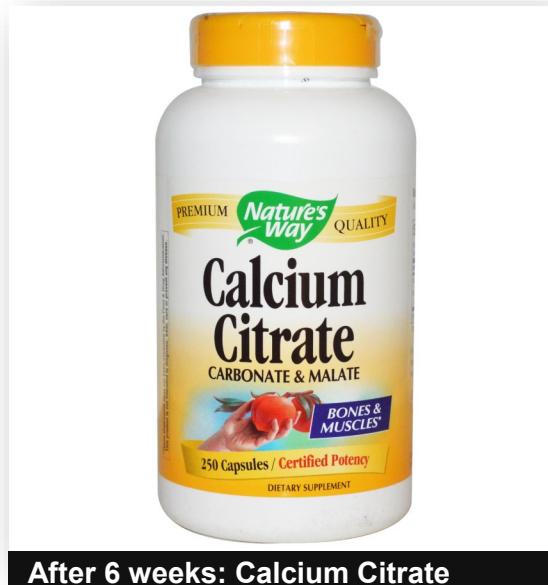
Tips from René' can be found on Facebook throughout the month. René' Norman RD/LD is one of our Bariatric Dietitians and provides information and tips regarding nutrition. René' is one of two dietitians in the United States that contribute articles to BariatricPal.com.

The Calcium Connection

Most people know calcium is essential to healthy bones and teeth. Calcium is also essential for healthy muscle contraction and relaxation, nerve function, blood clotting and blood pressure. If you don't have enough calcium in your blood, your body will release calcium from your bones and teeth. Loss of bone mass, increased blood pressure and muscle cramps will happen. Chewable calcium carbonate is used in the first 6 weeks after surgery to buffer your stomach from stomach acid. Tums and Viactiv are types of chewable calcium carbonate you can also use. After 6 weeks, you can switch to calcium citrate. Calcium citrate comes in chewable, powder, liquid and tablet forms. Other forms of calcium that does your body good include dairy foods, almond and soy milk, and ready to drink protein shakes. Even vegetables and fruits will provide a little calcium, but these will never be a major source of calcium for bariatric patients. You will need between 1200-1500 mg calcium per day. Limit doses to 500-600 mg for best absorption. Many of the electronic food journals (smart phone apps or online) provide a daily total of your calcium intake. Your dietitian can also help you find a calcium plan that works for you.



First 6 weeks: Calcium Carbonate



After 6 weeks: Calcium Citrate

"I had gastric sleeve surgery in November, 2013. Since then, I have lost 105 pounds and am now a size 8. I can't remember ever being a single digit size. I joined a weight and strength training program, and fell in love with weight training and running. I've completed nine 5Ks and also ran over seven miles in the relay race at the Oklahoma City Marathon last year. My kids are teenagers and young adults and I thought they would be more resistant to change in the way we prepare and eat meals and our activity level, but they have accepted it. They choose to eat healthier now. Three of my kids have joined the gym and my youngest has run one of the 5Ks with me." - Christy Pruss, Bailey Bariatric Patient



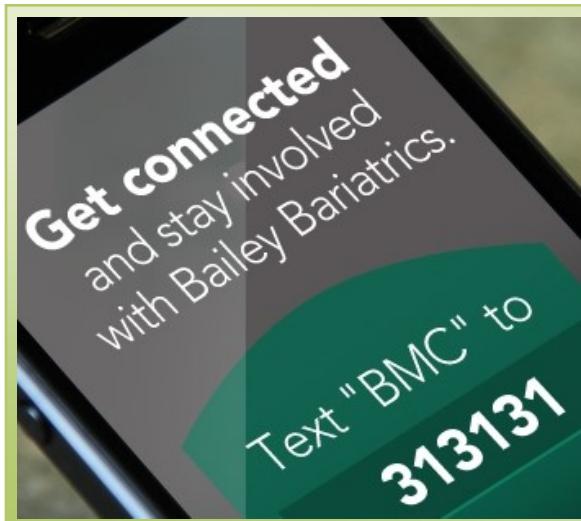
We Celebrate Your Success!



At 64 years old, Charlie Groom feels younger and better than ever. "I used to not be able to walk up a flight of stairs without stopping, resting and trying to catch my breath. Now, I have no problems with my breathing. I got rid of the sleep apnea, high blood pressure, and the insulin intake," says Charlie. "I am a really active person. I do a lot of blacksmith work, I mow five acres and I dance a lot."

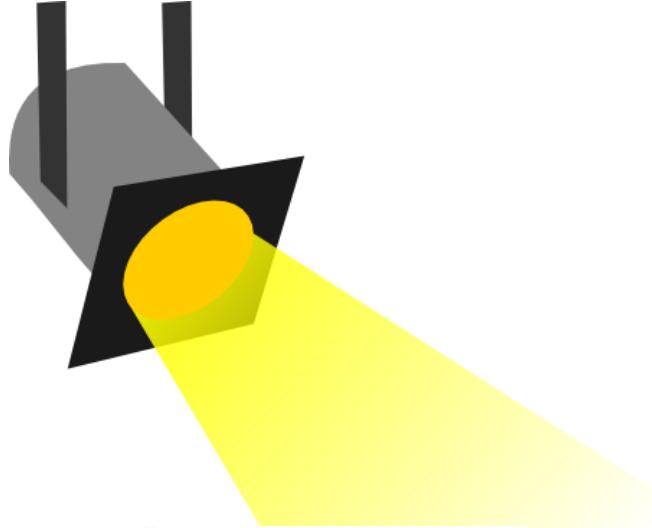
[Click here to read more about Charlie's story](#)

| ◀ September | | October 2016 | | | | | ▶ November ► | |
|-------------|---|---------------|--|---|-----------|---|--------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
| | | | | | | | 1 | |
| 2 | 3 Seminar at Bailey Medical Center - 6:00 | 4 | 5 Seminar in Bartlesville - 6:00 | 6 Coffeyville Support Group - 7:00 | 7 | 8 | | |
| 9 | 10 Owasso Support Group - 6:00 | 11 | 12 Bartlesville Support Group - 6:00 | 13 Seminar at Hillcrest South - 6:00 | 14 | 15 | | |
| 16 | 17 Pryor Support Group - 7:00 | 18 | 19 Seminar in Muskogee - 6:00 | 20 Muskogee Support Group - 6:30 | 21 | 22 Seminar at Hillcrest South - 10:00 | | |
| 23 | 24 | 25 | 26 | 27 Grove Support Group - 7:00 Stigler Support Group - 7:00 | 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.



Employee Spotlight



Rene' Norman, RD/LD

René is a registered and licensed dietitian. René has provided medical nutrition therapy for cardiovascular, diabetes, obesity, celiac disease, wellness and disease prevention in a variety of settings. While working in a private practice, René enjoyed counseling individuals and families and delivering presentations to schools, community groups and corporations. Guided by evidence based practices, emerging research, non-diet approaches

to weight management and nearly a decade of experience with bariatric patients, René works with bariatric patients to educate them about nutrition before and after surgery.

Rene' graduated from the University of Tulsa and completed her dietitian internship through Oklahoma State University. Rene' is a member of the Academy of Nutrition and Dietetics, Oklahoma Academy of Nutrition and Dietetics and has served in leadership positions in local and state dietetics associations.

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
10512 N 110th E Ave.
Owasso, OK 74055
918-376-8410

Website:
Bailey Bariatrics.com

Social Media:
Facebook
Pinterest
YouTube