

The Bariatric Scoop



FACEBOOK SUPPORT GROUP NOW ACTIVE

Sarah Bush Lincoln is excited to launch a private Facebook group just for you! The Sarah Bush Lincoln Bariatric Support Group was created to bring together people in the program, whether they are just starting their journey, somewhere in the middle, or nearing the end. Everyone has valuable insights to share and we can all learn from one another.

The group is open ONLY to Sarah Bush Lincoln bariatric patients and is a place to share ideas, information and support one another. This group is private so only people in the group can see posts and content. However, use caution about what information you share and respect the privacy of other members. The group is intended to be a supportive resource. Treat each other with respect, despite differences in opinion. Since the group was created in mid-October, there have already been several great topics and comments posted.

An invitation email has been sent to you from Danyll Cox, dcox@sblhs.org. If you want to join, you will need to accept the invitation to the group. You will be asked to review and accept the group rules.

One of the group administrators will enter you into the group. Depending on what time of the day you accept, this may not happen immediately, so please be patient. If you have questions, please feel free to contact Danyll via email or by phone at 217-238-4961.



Starting in November we are suspending the in-person and Zoom support group meetings. We hope you'll join us online in the Facebook support group.

SBL WELCOMES JULIE KIM, DO TO THE BARIATRIC TEAM

We are excited to announce General Surgeon, Julie Kim, DO, will offer the sleeve gastrectomy **and** gastric bypass surgery at Sarah Bush Lincoln. With Dr. Kim's expertise, people have two options for bariatric surgery. A gastric bypass reduces the size of the stomach to roughly the size of an egg and the small intestine is divided. The bottom end of the divided small intestine is brought up and



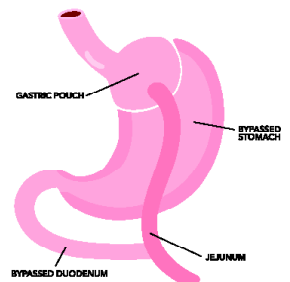
connected to the newly created stomach pouch. This surgery is reversible, unlike the sleeve gastrectomy, and for those with acid reflux, it can be a better option.

In addition to bariatric surgery, Dr. Kim also performs surgeries of the gallbladder, appendix, colon, and others.

Dr. Kim emigrated to the U.S. from South Korea when she was nine years old, explaining her parents had the typical "American dream." She grew up in California where her family still resides. "My parents are the most loving, kind, hard working people I know, and they're my role models. I'm a first generation college grad and the only person in my family who works in healthcare," Kim said.

In her free time, Dr. Kim enjoys reading, cooking and staying active. She has a dog named Bovie, and they both enjoy hiking and taking advantage of the trails around Lake Charleston.

GASTRIC BYPASS SURGERY



10 HEALTHY HOLIDAY NUTRITION TIPS

Holidays are usually enjoyable, however, unhealthy habits can be attached to the parties and gatherings. Here are 10 tips to help you have a healthier holiday season.

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snacks such as fruit, string cheese, yogurt or a small handful of nuts, to help to curb your appetite and prevent overeating.
2. Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by bringing a healthy dish.
3. Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. Choose drinks wisely. Stick to calorie-free drinks such as water, tea or seltzer instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. Say no to food pushers.
8. Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
9. Eat until you are satisfied, not stuffed. Eat slowly, and check your fullness levels while you're eating. Remember, there are always leftovers!
10. Don't feel guilty. If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

<https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>



Join Sarah Bush Lincoln from 5 to 7 pm, Thursday, November 14, for **Night of Lights**. View the light displays, take a photo, and then stop in the Heart Center lobby at Entrance H

for a visit with Santa, cookies, hot chocolate and more. The SBL therapy dogs will be there too. This **free** event is a great way for the entire family to get in the holiday spirit. The light displays will be on throughout the holiday season.

Holiday Festival returns November 13 to 18 with an online auction, Friends' Night out, Gala and Live Auction. Beautiful holiday displays will be available to view in the SBL Education Center, from 10 am to 8 pm, November 15. Proceeds from this annual event benefit projects and services at Sarah Bush Lincoln. For more details visit www.sarahbush.org/holidayfestival.

Holiday Festival

The Bariatric Team would like to wish everyone a Happy Thanksgiving!

NOVEMBER DATES TO REMEMBER

November 1: All Saints' Day

November 3: End of Daylight Saving Time

November 4: Will Rogers Day

November 5: Election Day

November 11: Veterans Day

November 28: Thanksgiving Day



HEALTHY SWEET POTATO CHEDDAR BITES

12 servings

12 medium sweet potatoes, scrubbed and sliced in 1/4-inch-thick rounds
1/2 tsp ground cumin
1/2 tsp paprika
1 1/2 tsp olive oil
1/8 tsp salt
1 large avocado, pitted, peeled and smashed
1 Tbsp fresh lime juice
1/2 tsp garlic powder
1 Tbsp chopped fresh cilantro
7 cherry tomatoes, sliced
2 Tbsp shredded cheddar cheese
2 slices cooked turkey bacon, crumbled
1 jalapeño pepper, sliced
2 scallions, chopped

Directions:

Preheat oven to 400°. Line a large baking sheet with parchment paper. In a large bowl, add the sliced sweet potatoes, cumin, paprika, olive oil and salt. Toss gently to coat. Arrange the sweet potato slices on the baking sheet in a single layer. Bake for 15 minutes, or until tender. In another bowl, combine the avocado, lime juice, garlic powder and cilantro. On a serving platter, arrange the roasted sweet potato slices. Top each slice with a dollop of smashed avocado, tomato slice, cheddar, bacon, jalapeño and scallions. Serve immediately.

Each serving contains 55 Calories, 3 g Fat, 3 mg, Cholesterol 55 mg Sodium

<https://healthcooks.com/recipe/heart-healthy-sweet-potato-cheddar-bites>



Michelle Schultz, RD
SBL Registered Dietitian

The holiday season is here, and so are holiday events, celebrations with friends and family, and don't forget, a time change too! While these changes in your typical, every day routine might present some challenges, it's important not to allow the focus on your health to stop.

Remember, consistency in what you do is key. You've worked hard to establish your health habits and behaviors. Allow them to support you in maintaining your health focus, even during the holidays. If you're looking for a few reminders, keep these tips in mind.

- Keep your daily routines in place as best as you can. The fewer the disruptions, the easier it will be to follow through with actions you'll feel good about.
- Watch portions. Don't deprive yourself, but stay focused on mindful portions of all food selections. Make it a goal to consume protein first.
- Eat at a slow pace. Spend at least 20 minutes on meals. This will not only encourage taking small bites for tolerance, but rushing can lead to overeating.
- Avoid socializing around food. This will cut down on unnecessary nibbling.
- Stay up on your water. Hydration is important year-round, and this will lessen consumption of holiday beverages that are likely high in calories you don't need.
- Schedule time to exercise. Find ways to stay activity, even during the holiday season.