

Light for Life

Vol. 11, Issue 34

Editor: Becki Mudgett, RN,CBN

SEND RECIPES

We now have a place on our website specifically for recipes.

If you have a recipe that you love, and it meets the sugar requirements, please email it to me and I will post it on our website.

Make sure that you have personally tried the recipe. If you have any comments about it, feel free to include them as well.

Please send your recipes to me at nurses-ncsa@hotmail.com.

MEETING YOUR GOAL

75% of the patients who incorporate exercise into their lives get to their weight loss goal and stay there. The winning combination is calorie restriction that comes along with surgery and exercise. Exercise is a long-term lifestyle change that will allow you to keep fit, mobile, and healthy. But do not expect it to give you instant weight loss results. It takes time and patience.

Think of it as a long-term building project to keep you healthy for years to come.

Gas? Who Me?

Everyone has gas. The average person generates one to three pints of gas a day. The majority of gas comes from swallowed air, the rest from bacteria in the colon. Patients can have increased gas and odor issues after bariatric surgery due to lactose intolerance, bacterial overgrowth, decrease in the bowel motility, and/or maldigestion of foods. Gas is not considered a serious medical problem but it can become a serious social issue. Some of the problems foods include dairy products, beans, apples, citrus, broccoli, onions, cabbage, fatty meats, cheese and carbonated beverages. Habits such as drinking from straws and gum chewing can also cause increased gas. Foods that can help control odors include cranberry, orange and tomato juice, buttermilk, yogurt, spinach, lettuce and parsley. Remember, that juices high in sugar must be diluted with water.

If one suspects that a particular food is the "gas culprit", eliminate it from your diet for awhile and reintroduce it slowly. Some patients do better with cooked forms of foods rather than raw. Over the counter products such as Gas-X can be helpful. Lactaid can be helpful for people who have lactose intolerance.

Tips for gas reduction include the following: limit air swallowing, eat slowly, have loose dentures refitted, treat post nasal drip, increase physical activity, slowly increase fiber in your diet. Avoid skipping meals, talking while you eat, and eating when you are upset. Do not smoke, chew tobacco, use a straw, chew gum or suck on candy. If you continue to have increased gas after trying these things you may need to see a Gastro-Enterologist.

WALK FROM OBESITY

The Walk From Obesity is the only event that brings together the individuals affected by obesity and those who support them. This event is the nation's largest gathering that draws national attention on obesity and the need for increased education, research, advocacy, prevention and treatment. The Walk from Obesity invites all individuals who are affected by the disease to participate, in addition to friends, family, colleagues and supporters. This national event takes place in the months of September and October in more than 70 cities across the country. We hope to participate in this event that will be held in Denver. You can keep updated to date, time and place by visiting the web site www.walkfromobesity.com or call our office for more information. Join thousands of people across the country and WALK.

HEALTHY LEGS, HEALTHY YOU!

Do you notice that your legs ache, burn, cramp or feel heavy and fatigued, especially by the end of the day? Or maybe your legs itch, flake, or you have an open wound that doesn't want to heal. You may have been told that your leg problems are secondary to being overweight. You are on the road to better health. You are exercising, eating right and losing weight, but your legs still cause you problems and you wonder why. Consider this....

The veins in your legs have to work hard against gravity to get the blood back to your heart using one-way valves to prevent the blood from flowing the wrong way. Varicose veins are the bulging, twisting, purplish cords that can appear on your legs anywhere from your groin to your ankle. They form when veins become elastic and the valves weaken and are unable to completely close, resulting in increased vein pressure. It is this increased pressure that causes all of the problems.

Some factors that lead to varicose veins are heredity, gender, prolonged periods of standing or sitting and being overweight. Conservative methods of treatment include avoidance of sitting or standing for long periods of time, the use of compression stockings, regular exercise and weight control.

In the past, if the patient did not improve with preventative measures, "Vein Stripping" surgery was usually

required. Now there is a less invasive, less painful alternative to surgery called *Endo Venous Laser Treatment*, or EVLT.

EVLT is performed in an out-patient setting and can be completed in about one hour, requiring only a local anesthetic. This procedure is currently being performed at The Vein and Laser Center of Northern Colorado, which is a partnership between NCSA and the Fort Collins Radiology group. This group of comprehensive vein specialists use their unique medical expertise to create a comfortable, customized treatment for each individual.

You have already committed yourself to changing your life by having bariatric surgery, so why not give yourself the gift of healthier legs? Complimentary screenings with a limited ultrasound are offered to see if you are a candidate for EVLT.

The Vein and Laser Center invites you to call them with your questions or schedule a consultation at 970-267-2661. Both Drs. Quaid and Roller perform the EVLT. Susan Smith, a former NCSA nurse, who is very familiar with bariatric patients assists them and will help take care of you.