

## Message from Dr. Kerlakian



*"Which diet is the best?"*

This is a question that patients ask frequently. Ideally, a good diet should include a low calorie intake of less than 1,200

calories per day and low fat intake of less than 40 grams per day. The choice of which carbs to include is also crucial. Specifically, high-fiber carbs are slow to digest and make you feel full much longer, thus keeping you from getting hungry again. Low-fiber carbs (sugary drinks, desserts, candy bars, etc.) are probably the most to blame for the obesity epidemic worldwide.

For those patients who carry their weight in their midsection, a Mediterranean diet seems to offer the most benefit. The diet includes vegetables, nuts, and legumes, which are rich in monounsaturated fat. This diet seems to decrease the amount of visceral fat and improves insulin resistance.

Often patients do not pay enough attention to where the calories are coming from. Ideally, they should primarily come from protein and high-fiber carbs. Choose your foods carefully!

**Thanks to everyone who attended the June support group! Over a dozen canned goods were donated to Matthew 25 ministries. We had fun using them as resistance for our strength-training segment of the support group. Each participant benefited from the exercise and helped others in need as well!**

## Weight-Loss Classes

### HealthOne® & LIFESTEPS® Info Sessions

Join the TriHealth Pavilion Dietitians for an information session to find out more about the fall weight-loss classes. No registration required. For more information, call 513 246 2606.

TriHealth Fitness & Health Pavilion  
6200 Pfeiffer Road  
Cincinnati, OH 45242

*Tuesday, August 11, 10 a.m. & 6 p.m.*  
*Tuesday, September 1, 10 a.m. & 6 p.m.*  
*Cost: FREE*

## Keep It Cool During Your Summer Workout!

By Annie Allen, TriHealth Fitness & Health Pavilion Fitness Intern

The warmer days of summer have arrived! This means longer days and hotter and more humid weather. Whether you are continuing or just starting your physical activity routine, here are four keys to keeping cool and motivated during your daily workout.

**Keep Hydrated.** Be sure to carry a water bottle with you and drink H<sub>2</sub>O throughout the day, as well as before and after you exercise.

**Perfect Timing.** If the summer weather motivates you to take your workout outside, choose either early morning or late evening times to beat the heat!

**Seek Shade.** Keep cool and locate your nearest neighborhood park or walking trail. Trees provide shade overhead to help keep you cooler than direct sunlight.

**Just Add Water.** Aquatic fitness classes such as water aerobics and aqua Zumba, and warm water pool workouts are a great way to ease into exercise while still receiving a full-body workout!

**Don't Forget!** Water and land classes are offered at the TriHealth Fitness & Health Pavilion. Contact Tracy Littellmann at 513 246 2625.

## News You Can Use

Bariatric Support Group Meetings are the 3rd Wednesday of each month from 5:30–7 p.m. at Good Samaritan Hospital 4th floor Conference Center, Rooms B & C. We require our patients to attend at least one meeting prior to surgery. The feedback we have received is that the Support Group meetings are tremendously valuable to patients for both the information and fellowship offered. We provide a meaningful component to the meeting; nutrition, behavioral health, exercise, or physician speakers. The second half of the meeting involves networking and allows the members to share their experiences, offer support, or ask questions. Family members and/or support persons are encouraged to attend the meetings. Patients are welcome to attend the monthly meetings as often as they like. This support group is for you.

### Bariatric Support Group Meeting—2015 Schedule

Good Samaritan Hospital  
4th Floor Conference Room C  
5:30–7 p.m.

*Wednesdays, August 19, September 16,  
October 21, November 18*  
*Thursday, December 17*  
*(Christmas/Holiday Party)*

# Light Bites

## Cold Noodle Salad with Peanut Sauce and Vegetables

Nutritional Information	
Servings	6 small servings
Amount per Serving	
Calories	276
Total Fat	12 g
Total Carbs	36.2 g
Sugar	3.9 g
Sodium	252 mg
Fiber	6.6 g
Protein	9.9 g

### Ingredients

- 8 oz of thin pasta, cooked per box instructions
- 1/2 cucumber, peeled, seeded and thinly sliced
- 1 carrot, peeled and thinly sliced
- 1 small red pepper, seeded and thinly sliced
- 1 cup of shelled edamame beans
- 3 thin scallions (green part only), thinly sliced
- 2 tbsp peanut butter (chunky or smooth)
- 2 tbsp dark sesame oil
- 1 tbsp light soy sauce
- 1 tbsp rice wine vinegar
- 1 tsp honey
- 1/8 tsp red pepper flakes
- 1 tbsp water
- 1/4 cup peanuts (dry roasted or blistered peanuts)

### Directions

1. Cook pasta according to package instructions. Drain in a colander and rinse under cold water; set aside.
2. Slice the cucumber, carrot and red pepper into thin matchstick shapes, all roughly the same size; set aside.
3. Slice scallions thinly and set aside.
4. Measure out edamame and set aside.
5. Add peanut butter, dark sesame oil, soy sauce, rice wine vinegar, honey, red pepper flakes and water to a small jar. Shake vigorously until combined.
6. Pulse 1/4 cup of peanuts in a food processor until they are finely chopped.
7. In a large bowl, add cold pasta. Toss with peanut sauce—a bit at a time—until combined. Add all veggies to the pasta with peanut sauce and toss to combine.
8. For each serving, sprinkle a little bit of chopped peanuts on top.

Source: [Greenvallkitchen.com](http://Greenvallkitchen.com)

# Patient Spotlight

## Amanda Carter



Weight was not a problem during Amanda Carter's teen years. After two pregnancies in her 20s, however, she put weight on and couldn't get it off. "I gained 50 pounds with my first baby and only lost 10. I gained 30 pounds with the second baby and had gestational diabetes. That was scary," Amanda recalls.

Soon after she delivered her second son, she worked

hard at doing the right things: going to the gym, watching her calorie count, walking more. None of it helped. "Every season, I had to buy bigger pants. It took me hours to get ready to go out, trying to find something to wear that didn't make me look bigger than I already was," she says. At 281 pounds, "I was considered morbidly obese."

Amanda's weight began affecting her life and her family. It was difficult to get down on the floor to play with her kids. She didn't fit well into seats at concerts and plays. Favorite activities such as going to the zoo or Kings Island became a chore, with hips and knees hurting and energy quickly exhausted.

### A New Direction

While driving down the highway, Amanda noticed a billboard for weight-loss surgery. She began researching possibilities and learned that being overweight could cut her life short by 10 years.

Amanda knew it was time to change. "I wanted to be mobile and around longer for my kids," she says. She checked her insurance and learned that it would cover surgery at Good Samaritan Hospital. "I had my kids at Good Samaritan, and I was so glad I could go to a place that I trust."

### Making the Commitment

Over four months, Amanda met multiple times with bariatric surgeon Kevin Tymitz, MD, and a nutritionist at TriHealth Weight Management. "I like that Dr. Tymitz didn't sugarcoat it. He told me this isn't the easy way out," Amanda recalls. They decided a laparoscopic sleeve gastrectomy to remove part of Amanda's stomach would be the best option for her.

A self-proclaimed picky eater, she changed the focus of her diet from bread, potatoes and French fries—"carbs were my weakness"—to protein, carrots, grapes and apples. She was concerned about sticking to the two-week diet before the surgery, but found it to be easy.

### A New Life

Following surgery, Amanda gradually started working out at home, using an exercise tape. She swims, walks and keeps up with her active six-year-old and two-year-old boys. She looks younger, and her body doesn't ache anymore.

Her job in store management for a local grocer keeps her on her feet and puts her in front of food all the time. "I was a stress eater before. I'd just grab something from the bakery with icing. Now if I get stressed, I go to the gym and get on the elliptical machine. "I don't have one regret about the surgery. I lost 100 pounds in eight months, and I've lost 112 pounds altogether. "

She picked up her 50-pound son recently and thought, "I've lost more than two of him. I have energy, mobility. I'm not self-conscious when I go places. I'm not the fat mom at my son's school," Amanda says with satisfaction. For her 30th birthday, she traveled to Las Vegas—and lost 5 pounds. She has fun shopping for new clothes, and she's the first one to say, "What do you want to do this weekend?"

She's ready for anything.