

Message from Katie Meister, MD

The Importance of Exercise



These are definitely strange times, with children being home from school, many people working from home and all of us practicing social distancing. Just because the gyms are closed doesn't mean

you should abandon your exercise routines. Just modify them.

Multiple observational studies have shown that participating in regular physical activity after bariatric surgery is associated with improved weight loss and/or weight loss maintenance. One study compared two groups of patients after surgery—those who reported at least 150 minutes of moderate intensity exercise per week and those who reported less than 150 minutes. The weight loss at both 6 and 12 months after surgery was significantly greater in the individuals reporting at least 150 minutes per week. The difference was measured at about 6% greater excess weight loss. A separate study demonstrated the association of physical activity and improved weight loss up to 16 years after surgery.

The American Society of Metabolic and Bariatric Surgeons recommends 150 minutes of moderate intensity exercise each week. To break it down, that is an average of 30 minutes per day for five days a week. Moderate intensity activities can include brisk walking, Zumba and body weight exercises (squats, lunges, push ups, etc.). It is recommended to include a mix of aerobic (cardio), resistance (strength) and flexibility into your routine for best results. The ability to safely tolerate exercise differs from person to person, so be sure to choose an activity that is right for you. Although the gyms may be closed, there are a lot of options for you to get your exercise at home, or enjoy a nice spring day outside.

Evans RK, et al. (2007). Participation in 150 min/wk of moderate or higher intensity physical activity yields greater weight loss after gastric bypass surgery. *Surg Obes Relat Dis* 3: 526-530.

Herman KM, et al. (2014) Keeping the weight off: physical activity, sitting time, and weight loss maintenance in bariatric surgery patients 2 to 16 years postsurgery. *Obes Surg* 24: 1064-1072.

What Kind of Hungry Am I?

By Scott Reisinger, PsyD, HSP
TriHealth Weight Management psychologist

We've all been there—eating at a celebration, eating because we feel stressed, eating because we feel lonely or just eating because we are bored. Emotional eating is an attempt to soothe or change our mood, not in response to physical hunger. It is something that we all do from time to time because it works. Although often for only a short time, the food and even the act of eating itself brings comfort or distraction. However, emotional eating doesn't solve emotional problems, and if left unchecked, emotionally-driven eating can sabotage attempts at losing and maintaining weight loss.

How can I tell if I'm eating due to physical hunger or emotional hunger?

Physical Hunger	Emotional Hunger
Comes on gradually	Comes on suddenly
Can usually be postponed	Demands instant satisfaction
Can be satisfied with many different food options	Craves a specific food (i.e., sweet, salty, etc.)
Stops once physically full	Is not satisfied, even when physically full
Is independent of your mood	Is paired with an (usually upsetting) emotion
Involves deliberate choices and awareness of eating	Often involves automatic or mindless eating
Eating to satisfy physical hunger doesn't make you feel bad about yourself	Emotional eating often triggers feelings of guilt, shame and powerlessness

So, what can you do? In general, learn to recognize true physical hunger. Identify your emotional triggers and attempt to identify what you are feeling in the moment prior to eating. Eliminate the threat—don't keep unhealthy food around. Make sure you are eating a balanced diet throughout the day. Exercise regularly and make sure to get adequate rest.

If you feel that craving to eat, practice the rule of 5: Delay eating for 5 minutes and ask...

- Am I physically hungry?
- Where am I emotionally?
- Am I just tired?
- How am I likely to feel about myself after I eat this?
- Is there a healthier option?

If you continue to struggle with emotional/stress eating, it may be time to seek professional help.

To schedule an appointment, call **513 862 4957**.

COVID-19 Update

Our team is here for our patients during this time of social distancing and COVID-19. TriHealth Weight Management is available for telehealth visits for new consults and established visits in both our medical and surgical weight management programs. Please call **513 862 4957** to set up your appointment.





Light Bites

Tomato, Basil and Mozzarella Panini Sandwich

Nutritional Information	
Amount per serving	
Calories	148
Total Fat	4.5 g
Protein	10 g
Total Carbs	21 g
Sodium	310 mg
Dietary Fiber	5 g

Serving size: 1 sandwich;

Yields 1 serving

Ingredients

2 slices of whole wheat bread - 50 calories each slice

1/2 tomato sliced

1/4 cup or a pinch less of shredded mozzarella - Light

5 basil leaves

1/2 tbs of your favorite balsamic dressing

"I can't believe it's not butter" spray or butter

Preparation

Heat your panini maker or if you don't have one, use a skillet sprayed with cooking spray.

Put the sandwich together: Take bread and put dressing on each slice, add your cheese, then tomatoes and then basil. Place the dressing side on the basil. Spray top with I can't believe it's not butter spray and place buttered side on panini maker. Once on maker, spray the other side with butter.

Cook for about 3 minutes or until cheese is melted.

Source: SparkRecipes



Pam Brown: Living a New Life Seven Years Post Surgery

In her own words, Pam Brown is "Totally reinventing myself in my 40s. And I wouldn't have done any of it without gastric bypass surgery."

Overweight since childhood—She weighed 200 pounds in seventh grade—Pam grew to more than 400 pounds as an adult. She summoned the will to change in 2013 after enduring the pain and discomfort of sore knees and breathlessness as she climbed stairs to her concert seat, suffered through getting up and down to let people through and sat in a constricting chair. She called TriHealth Weight Management soon after and met with bariatric surgeon Kevin Tymitz, MD.

In the seven years since then, Pam has lost half her weight and gained energy and vitality. She has become a certified health and wellness coach who works with women striving to be healthier and more fit.

Pam also has written a book about gastric bypass surgery and her weight loss journey, revealing, "For decades, I allowed my weight to be a barrier between me and my life's assignment. I had no way of even getting to where I needed to be due to fear and shame."

A Transformed Life

As she conquered her weight, Pam took on other challenges. She earned her bachelor's degree in health information management and advanced from a billing technician to a hospital financial counselor. She is close to completing her master's degree.

With a flair for fashion, she searches for clothing bargains, homing in on vintage pieces and original styles. "People come down to my office just to see what I'm wearing," she says with a smile.

Her fitness regimen varies, depending on the day or season. "I love to swim, and walking is my favorite thing." She also enjoys stretching and yoga, doing free weights at home, taking the stairs at work and doing short workouts whenever she can.

Pam also sought a solution for knee joints that had paid the price of her excess weight. "I couldn't get out of the car or a chair without clicking, popping and pain. I was popping ibuprofen like peanuts.

"My previous weight had misshapen my legs and caused my knees to go inward," Pam explains. "Losing weight exposed the problem and allowed me to be a candidate for knee replacement surgery."

Pam underwent two knee replacements three months apart in 2018-2019. Since then, she has discovered a love for hiking. She recently attended a reggae concert and stood the entire time. She and her fiancée are planning a trip to Chicago. "I can go places now. I feel normal," she says.

Giving Back

Out of a sense of appreciation, Pam has maintained close contact with TriHealth Weight Management.

"They do amazing work and have a passion for it. They're so understanding and patient. You're not going to find a better crew," Pam says.

She shares that passion, investing time in a TriHealth Weight Management online support group. She also attends monthly support group meetings whenever she can. "I pop in because people want to see a post-op patient to tell them, 'This is what you have to look forward to.'"

Her mind is brimming with ideas, as she considers new ways to reach out to others battling weight issues. Pam's current focus is on researching how to help parents of overweight children. She sees the need to address obesity early, sparing both children and parents pain, embarrassment and potential serious health problems later in life.

"I feel like my purpose in life is to help people," Pam says. "I'm a cheerleader. I want to celebrate the small successes with people and help them to a healthy lifestyle."

A look in the mirror will convince her she's on the right track.



BEFORE AFTER