

Message from Kevin Tymitz, MD

Weight Gain and COVID-19



You're not alone. We are seeing more people reporting weight gain during this pandemic. Forget the freshman 15; this is the

COVID-19! There are many reasons for this weight gain: difficulty finding healthy foods in stores; increased snacking while bored; eating in response to stress and anxiety; inability to sleep; and less time spent exercising due to decreased access to gyms or fear of going to gyms. This pandemic has us all off our routines, which, as you know, is so important to maintaining your weight loss.

Don't feel like you are alone. Please know that we are here for you. This pandemic has created more obstacles than ever for continued weight loss success. Realize that you actually have more control during this time than you think you do. This includes not missing your follow-up appointments with us. Feel free to request a virtual visit if you can't make it to the office or are afraid to come to the office. Please know that our team of dietitians and mental health care provider understand what you are going through and can develop a specialized plan for you to help keep you on track.

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.

Vitamin and Mineral Supplementation Before and After Bariatric Surgery

By Jo Schenkel, RD, LD

Weight loss surgery requires lifelong vitamin and mineral supplementation. For those who have not had bariatric surgery yet, we recommend you take a complete multivitamin and a calcium citrate supplement daily. After surgery, the vitamin routine involves a bit more planning. Your body is only able to some of the nutrients from the food you eat daily. Taking a complete multivitamin, calcium citrate and B12, as well as vitamin D and iron, if advised, helps to meet the gap created by bariatric surgery.

The American Society for Metabolic and Bariatric Surgery has the following recommendations after surgery:

- A complete multivitamin supplement (bariatric specific such as Bariatric Fusion, Bariatric Advantage, Barimelts, Optisource or Celebrate brands), taken as indicated per label instructions, or a comparable complete multivitamin such as a Centrum Adult Multivitamin or Centrum Fresh and Fruity Chewable taken twice a day.
- Calcium citrate supplements to provide 1200-1500 mg daily, usually 400-500 mg to be taken three times a day. Again, a bariatric specific product like Fusion, Bariatric Advantage, Barimelts, Optisource or Celebrate brands are acceptable.
- A sublingual (under the tongue) or dissolvable tab form of B12, either 500 or 1000 mcg, as recommended by the dietician.
- Some patients may need additional vitamin D3, iron or other vitamins/minerals as determined by nutrition labs and with the recommendation of the dietician and/or surgeon.

Chewable vitamins will be necessary for at least the first few months after bariatric surgery for optimal digestion and absorption. Initially, some patients might have difficulty with swallowing large tablets due to post surgery swelling. We do not recommend the use of "gummy" products as they are often too high in sugar and do not digest as well as the other products. There are a variety of bariatric vitamin supplements available for purchase as well as supplements that can be purchased over the counter in grocery and drug stores such as Walgreens, CVS, Kroger, Target and Walmart.

Some patients have had difficulty finding chewable calcium citrate in the grocery and/or drug stores. The Clifton location of the Group Health Pharmacy, attached to Good Samaritan Hospital, offers both hard and soft chewable calcium citrate products for sale as well as complete bariatric multivitamins, B12, vitamin D3 and iron supplement products. The recommendation of the TriHealth Weight Management program surgeons and dietitians are to **not** use vitamin and mineral supplementation patches. The delivery method of these types of products can sometimes be inconsistent, resulting in low values and deficiencies.

Please ask your dietician at your next visit any vitamin and mineral questions that you may have.

Bariatric Support Group Meetings

These meetings take place as a Facebook Live on the TriHealth Weight Management Facebook page. Patients are welcome to attend the monthly meetings as often as they like. This support group is for you!

Dates:

Jan. 20, 2021

Feb. 17, 2021

Mar. 17, 2021





Light Bites Crockpot White Bean Chili

| Nutritional Information | |
|-------------------------|--------|
| Amount per serving | |
| Calories | 312 |
| Total Fat | 3.0 g |
| Cholesterol | 15 mg |
| Protein | 24 g |
| Total Carbs | 46.4 g |
| Sodium | 993 mg |
| Dietary Fiber | 15.2 g |

Serving size: Yields 8 servings

Ingredients

- 4 (15 oz) cans white beans, drained and rinsed
- 3 cups chicken broth
- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 2 (4 oz) cans diced green chiles
- 2 teaspoons ground cumin
- Salt and pepper to taste
- Sour cream for garnish
- Chopped fresh cilantro for garnish

Directions

- Place beans, broth, whole chicken breasts and diced chiles in a slow cooker.
- Stir in cumin, salt and pepper.
- Cover and set slow cooker to low.
- Meanwhile, warm oil in skillet over medium-high heat.
- Add onions and garlic and cook until softened (about 5 minutes).
- Add garlic mixture to slow cooker.
- Cook on low for 6 hours, stirring occasionally.
- About 1 hour before serving, remove chicken breasts from slow cooker, shred the chicken with a fork and set aside.
- Remove 2 cups of beans and liquids; puree in a blender.
- Return pureed beans and shredded chicken to slow cooker.
- Serve with sour cream and fresh cilantro, if desired.

Source: Sparkpeople.com/recipes

Shannon's Life-Changing Surgery

Following her gastric bypass surgery, Shannon McGinnis lost 240 pounds and has said goodbye to her physical and mental weight. At 50, Shannon feels younger, happier and healthier than she has in her entire life.

"I spent most of my time at home. In 2011, my medical issues, though not weight-related, they were made worse by the excess weight and caused me to be unable to work," Shannon says. "As time went on, I did less and less. I did not go out with friends—unless I knew I would be able to sit down. I did little to no traveling, even though it's something I enjoy doing. Just doing household chores was difficult."



BEFORE



AFTER

Steps to A New Life

In early 2016, Shannon started taking steps to take control of her life. "I had started to try to increase my activity level—like doing a 'Sit and Be Fit' program on a local TV station and walking, with mobility assistance, to the mailboxes in my apartment complex," Shannon explains.

In September 2016, after a few conversations with a friend, she realized that if she wanted to change and improve her life, she needed medical assistance to lose weight. "I could not do it alone. After looking at my options, I chose to schedule a consultation for weight loss surgery, though I wasn't completely certain it was what I wanted to do," Shannon says.

Choosing Weight Loss Surgery

Shannon knew she wanted to go through the TriHealth Weight Management program due to the continuity of care. "TriHealth as an organization has been wonderful to me for many years," Shannon says.

In April 2017, George Kerlakian, MD, TriHealth Weight Management surgeon, performed gastric bypass surgery. "The Weight Management team was a great support to me throughout my whole entire journey. The monthly support group had speakers who addressed issues relevant to those who had had surgery already rather than only focusing on those who hadn't had surgery yet," Shannon explains.

Life After Surgery

Today, Shannon feels she is truly living her life. "My life has dramatically changed. I went from struggling to walk 100 feet to being able to walk a 5K. I am engaged with my community, doing things that I enjoy—like going to amusement parks and concerts. I'm trying new things like hiking, kayaking and just being active," she says.

Shannon's advice to those considering weight loss surgery: "Weight loss surgery is a tool that when used wisely can be beneficial. It is not a magic wand. Take seriously the instructions given and do what is advised—do not wait until the day before surgery to do it."