



KENTUCKY BARIATRIC INSTITUTE

DECEMBER 2023 NEWSLETTER

Message from Dr. Smith



Back in January (almost an entire year ago!), I challenged you all to make patience and determination the themes of 2023. As the year is winding down, I sincerely hope you were able to spend some time practicing these qualities and acknowledging their role in your life.

We don't just say that patience is a virtue because it sounds good. Patience is an invaluable tool that can provide us humility and self-control. In my experience, the wait tends to make the reward that much sweeter. Keep that in mind as you reflect on this past year—luckily, there is a whole new year of opportunity still ahead.

To be determined often takes passion and grit—or if nothing else, a little stubbornness. I hope that some of you were able to find, or continue the pursuit of, your purpose this year. If not, I hope it's something you seek out in the year to come.

Our patience and determination at KBI has resulted in a lot of expansion and welcoming of new faces—both staff and patients alike. I look forward to seeing what lies ahead of us in 2024 and I have no doubt it will be worth the wait to see.

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Ending the Year With New Beginnings

Kentucky Bariatric Institute (KBI) is pleased to welcome Sarah Hayek, MD, Susan Nutter, PMHNP-BC and Anne-Margaret Brown, NP to Georgetown and central Kentucky communities.



Sarah Hayek, MD

Bariatrics & General Surgery

Dr. Hayek will expand the bariatric program's availability by offering robotic bariatric surgery, as well as a number of general surgery procedures. Dr. Hayek completed medical school at Geisinger Commonwealth in Scranton, Pennsylvania and completed residency in general surgery with an additional year in surgical education research at Geisinger Medical Center in Danville, Pennsylvania. She has been a practicing surgeon for over two years with experience and training in general and bariatric robotic surgeries.



Susan Nutter, PMHNP-BC

Psychiatry

Susan Nutter, MPHNP-BC is a board-certified psychiatric nurse practitioner. She completed her Master of Science in Nursing at Northern Kentucky University in Highland Heights, KY. She will expand our mental health services by offering counseling, medication management, diagnostic psychiatric assessments, psychotherapy, crisis intervention and preventative mental health care.



Anne-Margaret Brown, NP

Bariatrics & Medical Weight Loss

Anne-Margaret will focus on the medical weight loss program at the clinic. She specializes in medication management, personalized plans, medical assessment, nutritional guidance, physical activity recommendations, monitoring and follow-up and education and empowerment.

Understanding How Mental Health Can Affect Your Weight Loss Journey

Mental health plays a big role in weight loss journeys, intertwining with physical well-being in many ways. Emotional well-being affects lifestyle choices, impacting diet, exercise, and self-care habits. Stress, anxiety, or depression can trigger emotional eating, leading to overconsumption of comfort foods as a coping mechanism. It's also good to note mental health struggles might result in appetite loss or disinterest in maintaining a healthy routine.

Addressing mental health can enhance weight loss efforts. Building resilience through stress management techniques, therapy, or mindfulness practices can reduce emotional eating patterns. Additionally, a positive mindset can foster commitment to healthy habits, promoting consistency in exercise and balanced nutrition. Alternatively, successful weight loss often boosts self-esteem and confidence, positively impacting mental health.

Understanding this relationship is key. Supportive environments that include mental health care alongside diet and exercise training are crucial for sustainable weight loss. Adding mental health support into weight management programs can lead to long-term success.

exercising



self-care



diet



positive mindset



Recipe

Gingerbread Pancakes

Adapted from: www.countryhillcottage.com

Makes: 12 pancakes

Ingredients:

- 2 cups Almond Flour
- 2 tablespoons Coconut Flour
- 1 cup Unsweetened Almond Milk
- 2 tablespoons Coconut Sugar
- 3 Eggs (separated)
- 2 tablespoons Avocado Oil
- 2 teaspoons Baking Powder
- 1 tablespoon Gingerbread Spice

Instructions:

1. In a large bowl, mix the almond flour, coconut flour, coconut sugar, baking powder, and gingerbread spice
2. In a separate mixing bowl, whisk together the almond milk, egg yolks, and avocado oil
3. Combine dry and wet ingredients into one bowl
4. Whip the egg whites until peaks form
5. Gently fold in the egg whites into the batter
6. Heat a griddle or non-stick pan over medium heat. Pour $\frac{1}{4}$ cup batter onto pan
7. Cook for 2 minutes, until edges are set then turn and repeat on the other side
8. Repeat until desired number of pancakes are made



Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	162.4	
% Daily Value*		
Total Fat	13.4 g	17 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	46.6 mg	16 %
Sodium	111.8 mg	5 %
Total Carbohydrate	6.8 g	2 %
Dietary Fiber	2.4 g	9 %
Total Sugars	3.2 g	
Added Sugars	0 g	0 %
Protein	5.9 g	
Vitamin D	0.5 mcg	2 %
Calcium	132.6 mg	10 %
Iron	1 mg	6 %
Potassium	184 mg	4 %

Notes: Consider adding an unflavored or complimentary flavored protein powder to your batter if you need to up the protein in your meal!

Recipe

Shrimp Stir Fry

Adapted from: [Healthy Shrimp and Vegetable Stir Fry](https://www.ifoodreal.com/healthy-shrimp-and-vegetable-stir-fry-recipe/) - iFoodReal.com

Makes: 6 servings

Ingredients:

- 1 cup cold water
- 6 cups Firm Stir Fry Vegetables (chopped)
- 4 Garlic Cloves (minced)
- 1 tablespoon Fresh Ginger (minced)
- ¼ cup low sodium Soy Sauce
- 1 ½ pounds Shrimp (raw or cooked, peeled & deveined)
- 2 tablespoons Maple Syrup (or honey)
- 1 tablespoon White Vinegar (or rice)
- 3 tablespoons Cornstarch
- 1 Green Onion Sprig (finely chopped)
- 1 tablespoon Sesame Seeds
- 2 tablespoons Avocado Oil

Instructions:

1. Make sure vegetables are chopped into even-sized pieces before cooking the stir fry.
2. In a medium bowl, whisk together water, soy sauce, maple syrup, vinegar and cornstarch. Set aside.
3. Preheat large ceramic non-stick skillet or wok on medium-high heat and add 1 tbsp of oil.
4. Add half amount of garlic and ginger and cook for 30 seconds, stirring frequently.
5. Add shrimp and cook for 3-5 minutes or until not opaque and pink, stirring occasionally. Remove onto a plate and set aside.
6. Add remaining 1 tbsp of oil, garlic and ginger. Cook for 30 seconds, stirring frequently.
7. Add vegetables and cook for another 3 minutes.
8. Whisk sauce well (cornstarch settles fast at the bottom) and add to the wok. Stir and let sauce come to a boil, then cook for a few minutes until it has thickened.
9. Add shrimp back, stir and garnish with green onion and sesame seeds.



Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	339.5	
% Daily Value*		
Total Fat	13.3 g	17 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
Cholesterol	214.3 mg	71 %
Sodium	976.1 mg	42 %
Total Carbohydrate	25.8 g	9 %
Dietary Fiber	4.8 g	17 %
Total Sugars	12.2 g	
Added Sugars	6 g	12 %
Protein	32.1 g	
Vitamin D	0 mcg	0 %
Calcium	148 mg	11 %
Iron	1.8 mg	10 %
Potassium	732.3 mg	16 %

Support Group Reminder



December Support Group

Featuring

Eric Smith, DO

Catching Up With Dr. Smith

6-7 PM MONDAY, DECEMBER 18TH

**JOIN US AS WE CATCH UP WITH DR. SMITH AND ASK ALL
YOUR UNANSWERED QUESTIONS!**

in person at

1002 LEXINGTON RD. STE. 25B

GEORGETOWN, KY 40324

or

watch and ask questions

VIA Zoom at <https://zoom.us/j/8825410775>

RSVP TO

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