



KENTUCKY BARIATRIC INSTITUTE

FALL 2025 NEWSLETTER

Message from Dr. Hayek



As the leaves turn and Kentucky settles into the beauty of Fall, I'm reminded how much this season reflects the incredible journeys within our bariatric community. Change can feel daunting, yet nature shows us every year how powerful

transformation can be. You are doing the same through every mindful meal, every appointment, every goal reached one step at a time.

For many, Fall is filled with gatherings, comfort foods, and new challenges. I encourage you to embrace this season with the same courage that brought you to bariatric care in the first place. Lean into the routines and habits that help you feel strong. Celebrate victories both big and small. Stay connected with our team and with one another, because support is one of the most valuable tools you carry.

Thank you for trusting us to walk beside you in your health journey. Watching you reclaim confidence, mobility and joy is the greatest reward in our work. I wish each of you a healthy, cozy and uplifting Fall season. Together, we continue to grow, evolve and rise stronger with every season that passes.



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Patient Spotlight: Karen Lawson



After battling weight issues for many years, I began to develop serious health issues as a result. The weight gain and health issues began to slowly prevent me from doing all the things I enjoyed, especially with my family, and eventually began to affect my mental health. After the suggestion by my PCP that I consider weight loss surgery I began the process at the age of 53 with Dr. Eric Smith at Kentucky Bariatric Institute. KBI made the process straightforward and provided all the education on how to use bariatric surgery as the tool I needed to be successful.

In December of 2020 (in the midst of a pandemic) Dr. Smith performed my gastric sleeve at Georgetown Community Hospital. I was determined not to fail because I wanted my life back. I knew I had to trust the process and immediately when discharged I began to apply the changes that I'd been taught. Now 4 years and 9 months later, I've lost 130 pounds exceeding the 100-pound goal that I had and along the way lost the health issues caused by the excessive weight. Thanks to Dr. Smith and Kentucky Bariatric Institute, I have my life back. I'm living my best life with my family and friends while doing all of the things I enjoy.

To read more success stories of real patients, visit us online at
Kentuckybariatricinstitute.com/weight-loss-success-stories

Tips for Exercising in Cooler Temperatures

Sweater weather feels different when you are moving your body.

Kentucky's fall doesn't just bring pretty leaves. The air practically invites you outside for a fresh start. Here are some KBI-approved tips to help patients enjoy those crisp-air workouts:



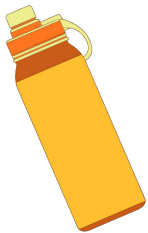
Try a Scenic Route

Kentucky trails are showing off right now. A stroll through falling leaves feels less like exercise and more like a mini-vacation.



Chase the Daylight

Shorter days mean scheduling outdoor workouts earlier. Sunlight boosts mood, energy and vitamin D. Triple win.



Hydrate Even When You Don't Feel Thirsty

Cool air can be sneaky. Your body still needs plenty of water to stay energized and healthy.



Wear Layers

Start with a breathable base, toss on a light jacket and keep gloves or ear warmers close. Too warm? Peel off a layer and keep going.



Celebrate Progress

Every movement is a milestone. Snap a leaf-crunching selfie if you want. You earned it.

Mental Health During the Holidays

The holidays can be joyful—but they can also be overwhelming. At Kentucky Bariatric Institute, we know that mental health is just as important as physical health, especially this time of year.

Here are a few ways to reduce stress before the season kicks into high gear:

- Plan ahead to avoid last-minute pressure
- Set realistic expectations (it's okay to say no!)
- Prioritize sleep, movement and mindful moments
- Lean on your support system—you're not alone

Food traditions are a cherished part of the holidays, but they can also create added pressure after bariatric surgery. Remember: you are allowed to make choices that support your health goals. Focus on protein first, stay hydrated and savor small portions without guilt. Listening to your body is a form of self-care.

If you find yourself feeling stressed or discouraged, check in with your care team or consider attending one of our support groups. Staying connected and celebrating progress — big or small — can help keep your mindset strong and positive throughout the season.

Your well-being matters. Let's make this season one of peace, not pressure.



Recipes

Bariatric-Friendly Turkey & Cauliflower Stuffing Bake

Servings: 6-8 | Protein per serving: 18-22g (depending on turkey portion)

Ingredients:

- 1 lb ground turkey (or finely chopped leftover turkey breast)
- 1 medium head cauliflower, finely chopped or "riced"
- 1 small onion, diced
- 2 celery stalks, diced
- 1 small carrot, diced (optional if watching carbs)
- 2 cloves garlic, minced
- 1 egg, lightly beaten
- ½ cup low-sodium chicken broth
- 1 tbsp olive oil or cooking spray
- 1 tsp poultry seasoning
- ½ tsp dried sage
- Salt & pepper to taste
- Optional garnish: chopped parsley

Directions:

1. Preheat oven to 375°F.
2. Heat olive oil in a large skillet. Cook onions, celery, and carrot until soft (about 5 minutes).
3. Add cauliflower and garlic; cook another 5 minutes until tender.
4. Add ground turkey and break into small pieces as it browns. Season with poultry seasoning, sage, salt & pepper.
5. Remove from heat, allow to cool slightly, then stir in the beaten egg and chicken broth.
6. Transfer mixture to a greased baking dish and bake 20–25 minutes, until set and lightly golden.
7. Let rest 5–10 minutes before serving so it holds together well.

Peppermint Protein Cheesecake Bites

Makes: 12 mini bites | Protein: 6g~ per bite

Ingredients:

- 8 oz light cream cheese, softened
- 1 scoop vanilla protein powder
- ½ cup plain Greek yogurt (non-fat or low-fat)
- 2–3 tbsp sugar-free sweetener (to taste)
- ½ tsp peppermint extract
- Optional: crushed sugar-free peppermint candy for topping

Directions:

1. In a bowl, blend cream cheese, protein powder, Greek yogurt, sweetener, and peppermint extract until smooth.
2. Spoon into a mini muffin tin lined with silicone or paper cups.
3. Chill in the refrigerator for at least 1 hour (or freeze 20–30 minutes for a firmer texture).
4. Sprinkle lightly with crushed sugar-free peppermint before serving.