



Georgetown Bariatrics & Advanced Surgical Services

is now...



**KENTUCKY
BARIATRIC
INSTITUTE**

We are excited to inform you that Georgetown Bariatrics and Advanced Surgical Services is currently undergoing a name change and rebrand to better encapsulate the comprehensive services available to patients and expertise of Dr. Eric Smith, robotically trained bariatric surgeon.

In January 2023, our practice began the transition to the new name and logo. This clinic's name is now: Kentucky Bariatric Institute.

As a result of this change, you will see changes to signage, forms, billing statements, practice communications and advertising. You should experience little to no interruption in service and can continue to see the same providers and staff at the same locations. For a comprehensive list of name changes and frequently asked questions, please ask your receptionist.

Thank you for your support of our services and for including us in your healthcare journey. Should you have any questions or concerns, please do not hesitate to reach out to us.

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Message from Dr. Smith

If there is one thing I know for sure, it's that time is never going to slow down! Welcome to 2023 everyone! Whether you worked diligently to plan resolutions or decided to just sit back and see what the new year brings, I want to encourage everyone to remember one thing; we are all unique and wonderful individuals. This means we all have different wants, needs, and abilities. Never let another person's goals or success dictate your own.

It can be easy to get caught up in comparatives. Babies are ranked on growth charts, our kids take standardized exams, we shop for clothes that separate us by size. Don't get me wrong, I understand that there is necessity and value in some of these rank systems. My point is that the direction you're moving in is more important than a number you're classified as or the category you may still fall into.

Let's make patience and determination the themes of 2023. Take the time you need to prepare and set yourself up for success while still keeping your destination in mind. One day you may take a leap, other days may only be baby steps, but either way, that's progress!



Support Group Announcement

Planning for our 2023 Support Groups has begun! Please see the list below of the topics planned for each month. Some dates and details are still under construction, but we hope you are able to plan ahead to join us for the meetings that interest you most! Be on the lookout for updated information in future newsletters and emails.



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2023 SUPPORT GROUP LINEUP

JANUARY 24TH	SAFE AND EFFECTIVE PHYSICAL ACTIVITY <i>SPECIAL GUEST: JORDAN MARSHALL, PT</i>
FEBRUARY 27TH	OVERCOMING WEIGHT PLATEAUS
MARCH 27TH	LOVING YOUR JOURNEY <i>SPECIAL GUEST: PATIENT SPOTLIGHT PANEL</i>
APRIL 24TH	READING NUTRITION LABELS
MAY (TBA)	EMBRACING YOUR COMMUNITY <i>SPECIAL GUEST: TBA</i>
JUNE 26TH	UNDERSTANDING CARBOHYDRATES
JULY (TBA)	FARM FRESH FOODS <i>SPECIAL GUEST: TBA</i>
AUGUST 28TH	GROCERY SHOPPING GUIDANCE
SEPTEMBER (TBA)	BEING PREPARED AS PARENTS <i>SPECIAL GUEST: TBA</i>
OCTOBER 23RD	HEALTHY COOKING BASICS
NOVEMBER (TBA)	INFOSESSION ON SKIN REMOVAL SURGERY <i>SPECIAL GUEST: TBA</i>
DECEMBER 18TH	LEARNING TO EAT INTUITIVELY

Reducing Food Waste

The Food and Drug Administration estimates that one-third of all food produced in the United States goes to waste, making it the largest volume of materials placed in landfills each year. When we think about mass food waste, we often discuss issues such as environmental harm and hunger prevalence. Less often, we discuss the personal impact of wasting food—increased spending and missing out on high quality nutrients.



The three most wasted foods in the United States are reported to be fresh fruits, fresh vegetables, and dairy products where approximately half of these foods purchased are eventually thrown away. This is because these food groups are the most perishable. Unfortunately, these foods are also some of the most nutrient dense. Here are some tips for helping you reduce waste, save money, and eat healthy!

1. As you toss out foods, write them down! You can use this list to adjust your grocery lists and identify foods you could buy in smaller quantities. This way you only buy the amount you will use.
2. Find recipes for foods you tend to trash! The key to good waste-reducing recipes is for them to be versatile with the ingredient list. This can also help increase the diversity of your meals.
 - Vegetables near ruin? Chop them up and throw them in a chicken potpie or vegetable soup! There is no limit to the types or amounts of vegetables you can use to make these dishes.
 - Fruits getting less than fresh? Freeze them for smoothies or slice them to top a fruit pizza! Fruits are easy to mix and match for assorted flavors and styles.
3. Swap the sale book for a shopping list! Discounts and coupons can make you buy food with the idea you are getting a good deal. But if that food goes to waste, then it is money thrown away. Creating a shopping list based off planned recipes can help you avoid being tricked by flashy price labels.



Recipes

Since we just “wrapped up” the year 2022 here are some healthy wrap combinations to have in your recipe bank for 2023! Making wraps as opposed to sandwiches can help cut some calories and be less bulky in your stomach which leaves extra room for meats and vegetables.

Remember the basics of wrap building are to choose are a whole grain tortilla, a lean protein, and including vegetables or greens!



Buffalo wing wrap: One-half cup hot shredded chicken breast coated with Buffalo Wing sauce, chopped celery, lots of lettuce, and a tablespoon or two of blue cheese dressing

Chicken caesar wrap: One-half cup cold cooked chicken breast meat, lots of Romaine lettuce, a tablespoon or two of Caesar salad dressing, and a few shavings of Parmesan cheese

Dill salmon & avocado wrap: 2 to 3 ounces of salmon (perfect for leftover salmon), fresh dill, two or three avocado slices, and a tablespoon or two of cream cheese

Garden veggie wrap: Your favorite garden salad blend—like sliced tomato, onions, shredded carrots, and cucumbers—mixed with raw spinach and a little Italian dressing

Roasted pepper and mozzarella: A mix of roasted red peppers and onions with sliced tomatoes and fresh mozzarella cheese; top with balsamic vinegar

Scrambled eggs & feta wrap: Two eggs scrambled with chopped sun-dried tomatoes and a light sprinkle of feta cheese

Tuna salad wrap: Half a small can of drained albacore tuna, a tablespoon of mayo, and shredded iceberg or green lettuce

Turkey bacon ranch wrap: One-half cup cold cooked turkey breast, one slice of cooked bacon, lots of green bib lettuce, and a dab of ranch dressing

Turkey & hummus wrap: Sliced or shredded cold turkey meat, 2 tablespoons of hummus, and sliced cucumber and tomato

Wraps are versatile foods that require little preparation, minimal utensils and are great for breakfast, lunch, and dinner!

Wrap combinations were retrieved from [Healthy Wraps: Nutrition, Recipes, and Tips \(verywellfit.com\)](https://www.verywellfit.com).

Patient Spotlight: Lucy Wagers

At her grandson's birthday party in July of 2021, Lucy Wagers realized she was not able to fully enjoy the festivities due to her obesity. She was uncomfortable, out of breath, and upset with the way she appeared on camera.

Wager's, who had pushed pause on the weight loss surgery process the previous year, decided it was time to get serious. At 302 pounds, her heaviest recorded weight, and a BMI exceeding 50, Wagers underwent a vertical sleeve gastrectomy on December 13th, 2021.

Now, only one year after surgery, Wagers has lost 139 pounds. She has surpassed her initial goal of weighing 175 pounds and is now working towards a weight of 155 pounds before beginning to maintain her weight loss. Wagers plans to pursue skin removal surgery after reaching her goal weight is helping to keep her motivated.



"My only regret is not doing this sooner," said Wagers when asked if there was anything she would change about her surgical experience.

Weight loss surgery has given Wagers, who currently works as a medical assistant, a new-found confidence in herself, improved her ability to be physically active, and has given her significant relief from knee and back pain.

Wagers explained that she initially came to Georgetown Bariatrics because it was recommended by a friend. After being a patient for over a year, Wagers says she believes that Dr. Smith and the Georgetown staff have real compassion for their patients.

When asked what advice she would pass on to others pursuing surgery, Wager's said, "Be committed from the very beginning, you have to be willing to make the changes if you want to succeed." Wagers would also encourage others to, "build a village" elaborating that she had several friends who has been through the process in the past and it was helpful to always have someone to turn to with questions or for encouragement.