



# KENTUCKY BARIATRIC INSTITUTE

## JULY 2023 NEWSLETTER

### Message from Dr. Smith



In my years of experience as a healthcare provider, something I have learned is important, yet equally challenging for patients to do, is accept support. I won't lie, despite the incredible strides we have made, health bias still exists—it surrounds obesity, mental health, rural medicine, and many other areas of practice. So, it is not surprising

that some people find it hard to be trusting and commit to a treatment plan.

Our goal when you walk in our office is for you to feel welcomed, heard, and understood. While we work every day to eliminate this bias and offer a safe place to receive care, let me offer some advice on how you can ensure you receive quality care, no matter where you are.

1. Be honest with your provider – we have to know the full picture to treat the full picture.
2. Don't be ashamed – mistakes are human nature—no matter how big or small, we are here to help you overcome them.
3. Be your own advocate – you are the only person able to lead your journey, don't settle for less than you deserve and encourage others to do the same.

Come to your next visit with an open mind and determined attitude and let us help you meet your health goals!

### Support Group Reminder:

**6-7 PM TUESDAY, JULY 25th**

in person at

**1002 LEXINGTON RD., STE. 25B  
GEORGETOWN, KY 40324**

or

watch and ask questions  
VIA ZOOM at [zoom.us/j/8825410775](https://zoom.us/j/8825410775)

RSVP TO

AUDREY.LEWIS@LPNT.NET OR JAEANA.TOOSON@LPNT.NET

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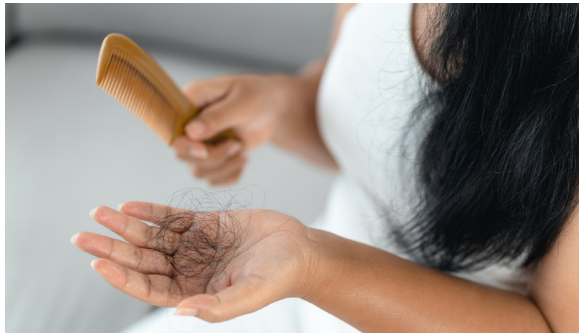
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# Navigating Hair Loss After Bariatric Surgery

Adapted from [Hair Loss After Bariatric Surgery \(Why it happens & how to prevent it\)](#) - Bari Life

If you're worried about hair loss after bariatric surgery and want to know why it's happening, how to fix it, and when it will end – keep reading.



## What causes hair loss after bariatric surgery?

The hair loss associated with weight loss surgery is called [telogen effluvium](#) and has to do with disruption during the normal hair growth cycle.

This type of hair loss occurs when large numbers of follicles on the scalp enter the resting phase of the hair growth cycle, called [telogen](#), but the next growth phase doesn't begin. This causes hair to fall out all over the scalp without new hair coming in to grow behind it.

Basically, what happens with [Telogen Effluvium](#) is that hair continues to enter into the resting stage, but the new growth cycle doesn't start up again like usual. This leads to a progressive loss of hair because no new hair is coming in.

Human hair has a two-stage growth cycle. The growth phase is called anagen and 90% of our hair follicles are in this phase at any given time.

Then, after the hair follicle is done with the growth stage it will naturally enter [telogen](#).

For a scalp that is not experiencing hair loss about 5-15% of our hair is in the resting phase at any given time.

When it comes to [Telogen Effluvium](#) research suggests that there are five factors that primarily contribute to this phenomenon:

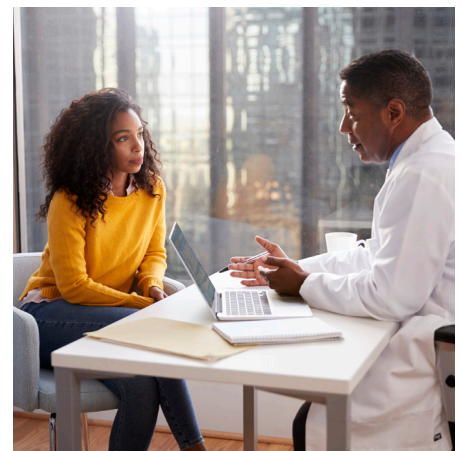
1. External and Emotional Stress
2. Major surgery
3. Nutritional deficiencies
4. Medications
5. Rapid Weight Loss

# Navigating Hair Loss After Bariatric Surgery Continued

## How to prevent hair loss after bariatric surgery

Admittedly, hair loss is not entirely understood; however, there are things that you can do to proactively help yourself maintain a healthy head of hair after bariatric surgery.

- 1. Take all of your vitamins every day** - vitamins and minerals support all bodily functions, including the hair growth process.
- 2. Get enough protein every day** - 60 grams for women; 80 grams for men; over 100g for Duodenal Switch patient [KBI recommends a minimum of 70g of protein per day regardless of procedure type]
- 3. Avoid stressful situations** - emotional stress can trigger Telogen Effluvium hair loss, your body is going through enough stress after surgery and during weight loss. Try not to add more emotional stress – stay calm and relaxed as much as you can.
- 4. Discuss your medications with your surgeon** – certain medications can negatively impact your natural hair growth cycle if you are experiencing hair loss speak with your surgeon or health care provider about the medications you are taking to see if there are alternatives.
- 5. Supplement with Hair, Skin & Nails Supplements** – there is evidence that some supplements can help promote healthy hair, skin and nails. Bari Life's Hair, Skin & Nails Supplement has clinically proven ingredients to support hair growth. When you're doing everything else right but need an extra boost, these supplements can help greatly.



# Top 10 Foods for Healthier Hair

By Shereen Lehman, MS

Updated on June 30, 2021

Medically reviewed by Ayana Habtemariam, MSW, RDN, LDN

Beautiful, shiny hair requires more than a good shampoo and conditioner. It starts on the inside—with a balanced diet. Healthy hair relies on certain essential nutrients, including protein, omega-3 fatty acids, iron, zinc, calcium, biotin and vitamins A, C, E, and D.

**Fish** such as salmon and tuna are rich in protein, omega-3 fatty acids, and vitamin D. Add salmon or tuna to a fresh green salad or enjoy either as a sushi entree. Keep canned tuna and salmon on hand to use in a number of recipes. Herring, sardines, and trout are also omega-3-rich choices.

**Nuts** including almonds, pecans, and walnuts are rich in plant proteins, biotin, minerals, and vitamin E. Walnuts are also a good source of omega-3 fatty acids. Eat raw walnuts as a snack, top your salads with toasted pecans, or sprinkle some almonds on green beans or other cooked veggies.

**Eggs** are an excellent source of protein and biotin, and they contain vitamins A and E, plus some iron and calcium. “Omega eggs,” produced by hens fed special diets, are also good sources of omega-3 fatty acids.

**Milk and Dairy** products are high in protein, vitamin D, and calcium. Serve Greek yogurt with honey, berries, and nuts for a delicious breakfast or healthy dessert. Alternatively, milk made from almonds, soy or rice is also a good choice.

**Lean Beef** is an excellent source of protein and zinc. If calories are a concern, choose a leaner cut like a filet mignon if that is an accessible option for you. Add thin slices of steak to a salad or use lean cuts of beef in a stir-fry.

**Dark Leafy Greens** like spinach, Swiss chard, and kale are excellent sources of vitamin A, iron, calcium and vitamin C. Use raw greens as a base for salads or sauté them with a little olive oil and garlic and serve as a tasty side dish.

**Sweet Potatoes and Yams** are packed with vitamin A, vitamin C, iron, and calcium. Serve whipped sweet potatoes as a side dish or bake sweet potatoes and top them with a bit of molasses to add even more calcium.

**Legumes** such as beans, lentils, and soy are all rich in protein, zinc, iron and biotin. Baked beans can be used as a topping for baked white or sweet potatoes. Lentil soup pairs perfectly with a fresh green salad.

**Oysters** are extremely high in zinc, plus they're a rich source of protein. Enjoy raw oysters on the half shell, prepared as Oysters Rockefeller, or make oyster stew for dinner.

**Red Bell Peppers** are high in vitamins A and C. Top a salad with raw red pepper slices, roast them with an assortment of veggies or add them to a stir-fry.



# Recipes

For many of us, summertime brings a fast-paced schedule with jam-packed weekends that probably consist of a cookout or two. You may find yourself going through the social withdrawal of feeling that you aren't participating in these events the way you used to because of your new diet. Luckily, with a little creativity and modification you can enjoy a good old-fashioned cookout where a burger is guaranteed to be on the menu—all while minding your diet!

## Hamburger Salad

adapted from Dinner FAST - Hamburger Salad | ([bariatricfoodcoach.com](http://bariatricfoodcoach.com))

Author: Steph Wagner

Makes: 4 servings

### Ingredients:

- 1lb 93% lean ground beef
- pinch each salt & pepper
- 1 tbsp burger seasoning of choice
- 8 oz mixed greens
- 4 slices turkey bacon, cooked and diced
- 1 tbsp diced pickle slices as desired
- 1 tsp each mustard & low sugar ketchup as desired

### Instructions:

1. Heat a grill pan to medium high on the stovetop. Cover lightly with cooking spray.
2. Form ground beef into four patties, sprinkling both sides with salt and pepper.
3. Brown both sides of patties, about 3 minutes per side. Use a spatula to break the burger to smaller chunks to continue cooking faster. Sprinkle generously with seasoning of choice for added flavor.
4. Meanwhile, layer chopped lettuce on a plate or in a bowl. Add turkey bacon. Squirt mustard and ketchup as desired. Dice pickle slices up if desired. Once ground beef is cooked, add to salad.



### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **233**

% Daily Value\*

**Total Fat** 9.9g **13%**

Saturated Fat 3.7g **18%**

**Cholesterol** 79mg **26%**

**Sodium** 235mg **10%**

**Total Carbohydrate** 7.3g **3%**

Dietary Fiber 2.5g **9%**

Total Sugars 1.8g

**Protein** 26.5g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 3mg **16%**

Potassium 427mg **9%**

## Recipes Continued

### California Burger Wraps

adapted from California Burger Wraps Recipe: How to Make It ([tasteofhome.com](https://tasteofhome.com))

Makes: 4 burger wraps

#### Ingredients:

- 1-pound lean ground beef (90% lean)
- ½ tsp salt
- ¼ tsp pepper
- 8 bibb lettuce leaves
- 1/3 cup crumbled feta cheese
- ½ medium ripe avocado
- ¼ cup chopped red onion
- ¼ cup chopped cherry tomatoes

#### Instructions:

1. In a large bowl, combine beef, salt and pepper, mixing lightly but thoroughly. Shape into eight 1/2-in.-thick patties.
2. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160°, 3-4 minutes on each side. Place burgers in lettuce leaves. Combine feta and Miracle Whip; spread over burgers. Top with avocado, red onion and, if desired, tomatoes.



**Notes:** to cut even more fat consider replacing the ground beef with ground turkey.

2 wraps: 252 calories, 15g fat (5g saturated fat), 78mg cholesterol, 518mg sodium, 5g carbohydrate (2g sugars, 2g fiber), 24g protein