



**KENTUCKY  
BARIATRIC  
INSTITUTE**

# FALL 2024 NEWSLETTER

## Message from Dr. Hayek



As we approach the end of another year, it's easy to get caught up in the hustle and bustle of the holidays. With so much going on, it's important to remind ourselves to take time for what truly matters—our well-being. Whether you're preparing for holiday

gatherings, shopping for loved ones, or finishing up year-end tasks, I encourage each of you to carve out moments for self-care.

Your health journey doesn't pause during the holidays, and neither should your commitment to feeling your best, both physically and mentally. Remember, taking even small steps to prioritize your wellness can make a big difference. Whether it's enjoying a brisk walk, focusing on mindful eating, or simply relaxing with a good book, make time for yourself amidst the festivities.

As always, we at Kentucky Bariatric Institute are here to support you every step of the way. Wishing you a joyful holiday season and a healthy start to the new year!

### Friendly reminder from Insurance Coordinator, Jennifer Morris:

With the end of the year in sight, it's a great time to review your health benefits. Many insurance plans reset in the new year, so now is the perfect time to take advantage of any remaining coverage for bariatric services before your deductible resets. Whether you're scheduling a consultation, follow-up, or procedure, we're here to help you navigate your benefits and make the most of them. Don't hesitate to reach out with any questions—we're here to assist you!

**Patient Spotlights: Cherie and Zantonia Jones.....2**

**Recipe.....3**

**Meet Our Staff Spotlights....4**

**Support Group Reminder....5**

## Patient Spotlights: Cherie and Zantonia Jones



### Cherie Jones:

My youngest daughter decided to have weight loss surgery. I was very afraid that she would not be successful or have complications during the surgery. I try my best not to project my fears onto my adult children, so I decided to tag along with her to the orientation so I could meet the doctor that would perform her surgery, so he understood I expected him to take excellent care of my baby.

When Dr. Smith came in to speak to the class, he started telling us if we suffer from high blood pressure, sleep apnea, diabetes, etc., that these diseases take years off our lives. Imagine my surprise when I started doing the math?! He basically just snuffed almost 20 years from me, and I was 51 years old. The staff was so patient and kind and answered every single question I had. While there, I met a lady who was 5 years post op and she had finally convinced her mom to consider having surgery. She seemed so relieved that her mom was finally taking her health seriously. All week, I kept asking myself how it

would make my daughter feel if it took her 5 years to convince me to get healthy. I watched so many videos of Dr. Smith's work and researched robotic surgery.

After only 4 days I completed my inquiry on their website. The most amazing thing was due to my medical diagnosis, my timeline was much shorter than my daughters and we were both cleared for surgery at the same time. Her only request was that we have surgery the same day. Our surgery date was October 2023.

I am down 100 pounds from my highest weight of 313. I have not been this small in over 25 years. My only regret is not conquering my fears and getting the surgery sooner. I am so grateful for my daughter being brave enough to choose bariatric surgery and for Dr. Smith and his team who has given me a new lease on life. I finally get to experience things I've only dreamed about!

### Zantonia Jones:

The reason I opted for bariatric surgery was because I wanted to get healthy for my daughter. My turning point was when I realized that I was 368 pounds at 20 years old. I knew I wanted to better my life and get my health together so I could be more active with my daughter.

One of my big motivations was losing my father. He unfortunately was never able to recover from some of the addictions he had. I couldn't understand how a parent could put addiction before their kids but then I realized that I was addicted to food, and it was affecting my everyday health and would ultimately take me away from my daughter. I decided to take control of my life and change my relationship with food.

I am currently down 106 pounds from my highest weight, and I have no regrets!



# Recipe

## Creamy Deviled Eggs

Adapted from: [bariatricfoodcoach.com](https://bariatricfoodcoach.com)

One serving is two deviled egg halves

### Ingredients:

- 8 hard cooked eggs, cut in half
- 1/2 cup low-fat mayo or miracle whip
- 2 tsp. yellow mustard
- splash pickle juice
- 1/4 tsp. salt
- dash pepper
- dash paprika

### Instructions:

1. Cut eggs lengthwise and in half. Remove yolks and mash in a bowl.
2. Add dressing, pickle juice, mustard and seasonings. Mix well.
3. Spoon (or pipe) mixture evenly into centers of egg whites. Sprinkle a dash of paprika for visual appeal.

### Nutrition:

Serving: 2 egg halves | Calories: 72kcal | Protein: 6g | Fat: 5g | Saturated Fat: 2g | Trans Fat: 1g | Cholesterol: 189mg | Sodium: 253mg | Potassium: 69mg | Fiber: 1g | Sugar: 1g | Vitamin A: 271IU | Vitamin C: 1mg | Calcium: 27mg | Iron: 1mg





## Meet Our Staff Spotlights:



*Rachel  
Reeves, LPN*

I have been an LPN for 13 years and with KBI for 9 months. I absolutely love working with this team and all my coworkers. It is amazing the compassion that everyone has for all of the patients and making sure we provide the absolute best care in meeting each patient's needs.

I am the assistant to Edward Allen Sizemore, DNP, APRN, NP-C and absolutely love working with him. I also help assist all of the provider's when needed as well. I love the positivity that each staff member has throughout each day and the smiles that each person brings to everyone's faces! There is no better feeling than helping a patient reach their goals, feel better about themselves and take control of their health!

Fun Facts about me: I have 3 wonderful son's and one grandson that I love beyond measure! I love animals and have 4 cats. I enjoy gardening, nature, swimming, boating, fishing, anything outdoors, and spending time with family and friends!



*Dianna Vance, CMA*

Hi, I'm Diana. I've been a Certified Medical Assistant (CMA) for the past 13 years. Outside of work, I'm a proud parent to a daughter and a son, and I also have two granddaughters and two grandsons who keep me busy and bring me so much joy.

I am Heather Pile's assistant, and one of the things I love most about my role is witnessing the incredible transformations our patients experience. It's truly rewarding to see their excitement as they make progress and see results on the scale. I've gained a lot of valuable knowledge about bariatrics since joining the team, and I'm continuously impressed by the dedication and expertise of our staff.



*Marilyn Florence*

Hello, my name is Marilyn Florence. I have had the pleasure to be with KBI for two years. I am one of the first faces you will see when you come in for an appointment at the front desk in registration. I have lived in Georgetown, KY for over 25 years. I have three beautiful daughters and four grandchildren, two boys and two girls. I love spending time with my family in my free time. My hobbies are decorating, fishing, camping and going to church!



# October 2024 Support Group

*Subject:*

**Mindful Eating for the Holidays**

**5 PM EST. | TUESDAY, OCTOBER 29**

AS THE HOLIDAYS ARE APPROACHING, JOIN INTO OUR CONVERSATION TO LEARN HOW YOU CAN ENJOY EATING WHILE MAINTAINING A HEALTHY DIET.

IN PERSON AT

1002 LEXINGTON RD. STE. 25B

GEORGETOWN, KY 40324

OR

WATCH AND ASK QUESTIONS

VIA TEAMS AT [HTTPS://LOOM.LY/NYWAKQ8](https://loom.ly/nywakq8)

**RSVP TO**

LYNDSAY DIXON RD, LD | 502.735.4579 | [LYNDSAY.DIXON@LPNT.NET](mailto:LYNDSAY.DIXON@LPNT.NET)