



**KENTUCKY
BARIATRIC
INSTITUTE**

SPRING 2025 NEWSLETTER

Message from Dr. Hayek



Spring is finally here, and with it comes warmer weather, longer days, and a great opportunity to refresh your routine. After a long winter, it's the perfect time to step outside, soak up some sunshine, and get moving.

Even something simple like a walk around the block, a trip to the park, or just enjoying your backyard can make a big difference. Moving more and getting some fresh air is great for both your body and your mindset—and spring makes it feel a little easier.

Here are a few quick tips to make the most of it:

- Stay hydrated – Warmer temps mean you'll need more water, especially if you're moving around.
- Wear comfy shoes – Supportive footwear makes all the difference.
- Start slow – A little movement every day adds up. Listen to your body and build up at your own pace.
- Find what you enjoy – Whether it's walking, biking, gardening, or dancing in the kitchen, movement should feel good!

No matter where you are in your journey, this season is a great time to get out there and take the next step.



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Patient Spotlight: Brittany Brown



It's so hard to write a success story when success means so many different things to different people.

I will start with introducing myself. I'm Brittany a proud (and super busy) mom to 3 sweet kids. You name the sport, and they do it. I'm also a wife and a sister. I'm a friend and a coworker. I'm a daughter and I am a 2 year post vertical sleeve gastrectomy patient, that has maintained a 110 pound weight loss!!

Choosing Dr. Smith was a no brainer. After lots of research I chose Dr. Smith based off of the minimally invasive robotic surgery. Those results spoke for themselves. But once I found out about all the support you receive before during and after surgery, the fate was sealed.

I decided to have surgery as my one last Hail Mary to get my life and health together. I was so tired of being exhausted, embarrassed, not able to keep up with my kids, and on more medicine than I could count at only 31 years old! Not being able to fit on rollercoasters, or having to tell my kids we couldn't ride down the water slide together, because we were over the weight limit, was mortifying. I wanted more for my kids and I wanted more for myself. I want to be around for a long time for my family. I want to be able to enjoy my time with my family and I wanted them to be able to enjoy their time with me!

Back to the success, the whole reason we are here! The hard truth, what has lead to my success is hard work! There is no magic potion. Motivation is a scam and will not keep you going. Just determination, hard work and good habits. A friend of mine said they couldn't believe it had been 2 years, and I told them I couldn't believe how much hard work I have put into this.

Surgery, just like medication or shots or hypno therapy or whatever tik tok is telling you to do, is only a tool. At the end of the day the success comes from the choices you make. Sounds so simple right? It has been anything but simple and easy.

Trust me I know it's hard. But in life we have to choose our hard. You know what else is hard, not being able to walk up the stairs without getting short of breath. That's really hard. Worrying about fitting in a seat is hard. Choose the hard. Instead of hoping for the life we want, we have to choose to make it happen.

I'm sure I make it sound terrible and people are probably thinking "why on earth would I do this, you said you cried almost everyday for a month (true story, those liquid days were rough)" but it has nothing to do with what you lose. Having this surgery has to do with everything I have gained. This new life I have gained. The happiness I feel. I now workout because I love it. I love seeing the changes in my body. I love seeing how strong I can get. I eat foods that I choose to eat. To fuel my body to get the results I want.

Welcome Ashley Haugrud-Graves, BSN, RN

Ashley is our new Service Line Manager for Kentucky Bariatric Institute!



Ashley Haugrud-Graves, BSN, RN, is the Service Line Manager for the Kentucky Bariatric Institute in Georgetown, KY. Originally from Houston, Texas, she earned her Bachelor of Science in Nursing from Lindsey Wilson College and brings over 15 years of healthcare experience, including 11 years as a Registered Nurse. A proud U.S. Army veteran with 8 years of service as a Sergeant, Ashley has held numerous leadership roles in nursing and project management over the past decade.

As a bariatric patient herself—now three years into her own weight loss journey—Ashley offers a unique perspective that bridges both the patient and healthcare provider experience. Her personal success fuels her passion for supporting others through their transformative journeys. She has presented at Vizient and is currently pursuing her Master's Degree in Nursing, continuing her commitment to lifelong learning and improving patient outcomes. Joining the KBI team was a natural next step in her mission to help others achieve a healthier, more empowered life.

Fun Facts about Ashley

She likes traveling, swimming and family time.

Ashley enjoys fine dining and visiting different restaurants.

She is currently training for her first 5K!



April 2025 Support Group

Featuring:

Tracey Weber-Dominick, Owner of Full Circle Wellness

5 PM EST. | TUESDAY, APRIL 22

Get the chance to meet Tracey Weber-Dominick, owner of Full Circle Wellness in Georgetown, KY. She will be talking about the services they offer and will provide all in person attendees with an aromatherapy gift!

WHO'S INVITED? PRE AND POST-OP PATIENTS.

IN PERSON AT
1002 LEXINGTON RD. STE. 25B
GEORGETOWN, KY 40324

**SCAN HERE
TO WATCH
VIRTUALLY:**



RSVP TO

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