



# KENTUCKY BARIATRIC INSTITUTE

## SUMMER 2025 NEWSLETTER

### Message from Dr. Hayek



As summer unfolds across Kentucky, we're reminded of the power of transformation—just like the journeys so many of our patients begin here at Kentucky Bariatric Institute. Whether you're just starting to explore bariatric surgery or

well on your way to achieving your goals, this season is a wonderful time to reflect on your progress and recommit to your health.

Summer brings opportunities to move more, eat fresh and spend time outdoors. Take advantage of local farmers' markets, longer daylight hours and the energy of the season to stay active and make nourishing choices. And remember, small, consistent steps add up—whether it's increasing your protein intake, hitting a walking goal or simply practicing mindfulness around meals.

At KBI, we're here to support you every step of the way. From pre-op education to lifelong follow-up care, our team is dedicated to helping you live the healthy, fulfilling life you deserve. I'm continually inspired by the strength, courage and resilience of our patients. Your stories are proof that change is possible and that it's never too late to invest in yourself.



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## Patient Spotlight: James Strunk



If you or someone you know is thinking about bariatric surgery, or even just on the fence, DO IT!! It was hands down the best decision I've ever made. I started this journey at 623 pounds, carrying not just the physical weight, but the emotional burden that came with it. Today, I'm down to 350 pounds. Every pound lost has brought me closer to freedom, freedom to move, to breathe, to live without constant pain and exhaustion.

I was type 2 diabetic, had sleep apnea, high blood pressure... I was a mess health-wise. But with God, Dr. Eric Smith, and bariatric surgery, I got a second chance at life. I'm no longer diabetic. I'm off all my medications. And my bloodwork? Near perfect. To say I'm grateful is an understatement. This journey isn't just about what the scale says—it's about rediscovering who I am underneath it all.

I'm far from finished, but for the first time in a long time, I see a future I want to fight for. It hasn't been easy, but it's saving my life—one day, and one pound at a time. Huge shout out to Dr. Eric Smith and the entire team at Kentucky Bariatric Institute! This past year, I've learned so much about myself. I tried out for, and made, a semi-pro football team (decided it's not for me anymore). I went to Disney World and rode EVERYTHING. I completed my first 5K. And through it all, the team at KBI has been nothing short of incredible. Some of the most amazing people I've ever met. The world better get ready... because I'm just getting started.

To read more success stories of real patients, visit us online at  
[Kentuckybariatricinstitute.com/weight-loss-success-stories](https://Kentuckybariatricinstitute.com/weight-loss-success-stories)

## Bariatric-Friendly Summer Activities

*Make the most of the season while supporting your health goals*

Summer is the perfect time to enjoy the outdoors, soak up some sunshine and stay active—especially after bariatric surgery, when gentle movement and healthy habits play a big role in long-term success. Here are a few bariatric-friendly ways to stay moving and feel your best this season:



### Early Morning or Evening Walks

Take advantage of the cooler parts of the day by heading outside for a light walk. Whether it's around your neighborhood, at a park, or on a shaded trail, walking is low-impact, heart-healthy and great for mental clarity.



### Water Aerobics or Swimming

Water-based activities are ideal for bariatric patients, especially in the early stages of recovery. Swimming or water aerobics provide resistance for muscle tone with minimal joint strain—and it feels great on a hot day.



### Farmers Market Visits

Exploring local farmers markets not only gets you moving, but also helps you make healthier food choices. Pick up fresh, in-season fruits and vegetables that fit into your post-op meal plan.



### Outdoor Yoga or Stretching

Bring your yoga mat to a shady spot in your yard or at the park. Gentle stretching, deep breathing, and mindfulness exercises help improve flexibility and reduce stress—both important after surgery.



### Mini Fitness Challenges

Set small, realistic goals like 15 minutes of activity a day or 5,000 steps. Track your progress and celebrate the wins, no matter how small. Every step counts.

Remember, staying active doesn't have to be intense or overwhelming. Listen to your body, stay hydrated and talk to your care team if you need ideas tailored to your recovery stage.

Let this summer be one of movement, progress, and continued transformation!

## Now Offering Virtual Program

*From the screen to the scale – making weight loss surgery possible from anywhere!*

We've made it easy for patients across the region and beyond to access world-class bariatric care. With virtual consultations, remote education and a dedicated concierge team, you can complete most of the process from the comfort of your home—until it's time for surgery.

Our team coordinates everything you need, from medical clearances to insurance paperwork, so your experience is smooth and stress-free. You'll receive personalized guidance every step of the way, and when it's time for your procedure, you'll arrive prepared and supported.

### How It Works: Your Bariatric Journey in 5 Simple Steps

1

Call to learn more  
and schedule your  
first appointment

4

Complete medical  
clearances

2

Call to learn more  
and schedule your  
first appointment

5

Travel to Georgetown,  
Kentucky for surgery

3

Meet your surgeons  
and care team  
virtually

*Start your journey—  
no matter where you're  
starting from.*

Visit us online to learn more about our virtual program:  
**[Kentuckybariatricinstitute.com/screentoscale](https://Kentuckybariatricinstitute.com/screentoscale)**





KENTUCKY BARIATRIC INSTITUTE

# August 2025 Support Group

*Featuring:*

**Dr. Eric Smith**  
**Board-certified General, Bariatric and  
Robotic Surgeon**

**MONDAY, AUGUST 18 | 5 PM**

Dr. Smith will be discussing revisional surgery after bariatric surgery — what it involves, when it's considered, and what to expect. He'll also be available to answer any questions you may have on the topic.

This is a great opportunity to learn more and connect with others on a similar journey.

**WHO'S INVITED? OPEN TO THE PUBLIC!**

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

OR

**SCAN HERE TO  
WATCH VIRTUALLY:**



**RSVP TO**

**LYNDSAY DIXON RD, LD | 502.735.4579 | LYNDSAY.DIXON@LPNT.NET**