



**KENTUCKY
BARIATRIC
INSTITUTE**

WINTER 2025 NEWSLETTER

Message from Dr. Hayek



As the winter months set in, it can be tempting to retreat indoors, avoid activity, and reach for heavy, comforting foods. However, it's during these colder months that staying active and on track with your diet becomes even more critical. Maintaining

healthy habits is not just about reaching your weight loss goals—it's about creating a lifestyle that supports your long-term health and well-being.

While the weather may limit outdoor activities, there are still plenty of ways to stay active indoors, such as home workouts, walking in a mall, or joining a fitness class. Consistency is key, even if it's just 15-20 minutes of movement each day.

When it comes to your diet, focus on preparing meals that are both warming and nutrient-rich. Soups and stews with lean protein and plenty of vegetables can be a comforting yet healthy choice. Planning your meals ahead of time can also help you avoid the temptation of less nutritious options. Remember, every small step you take to care for your body during the winter months will make a big difference in your journey to better health.



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Patient Spotlight: Tricia Wise



When you are morbidly obese and have been since childhood, it affects all aspects of your life. Daily tasks, working, any activity is painful. The damage the weight does to your joints is horrible. Joint pain keeps you from being active. Simply moving isn't easy with all the excess weight. I had high blood pressure, diabetes, and was taking pain meds for joint pain from the damage my weight had caused over the years from all the excess weight.

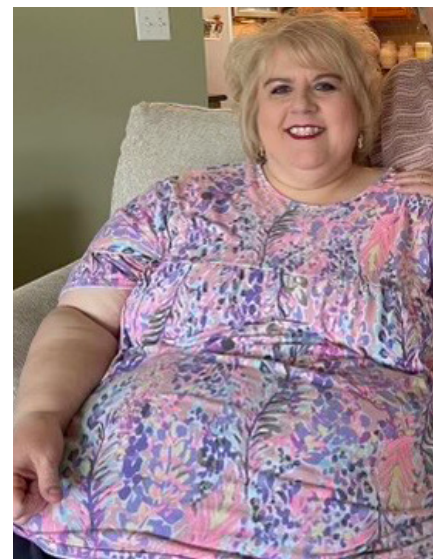
I reached out to KBI and it was the best decision. The staff is welcoming, non-judgmental, friendly and genuinely want to help you and see you succeed.

I chose to have the gastric bypass. It was the best choice for me and my long term success. I had my surgery on May 9, 2023. I had no issues, pain or complications from the surgery. I'm asked all the time would you have the surgery again? Yes. Yes. Yes. I would do it again, and would tell those that are struggling with obesity to do it. It's been the best choice I've made for me.

Fifteen months from my surgery date and I'm down 225 pounds. I am able to move, walk and be more active than I believe I ever have. The changes in how I live, how I feel and my physical ability to do everything I want to do is my victory. I no longer have high blood pressure. I no longer have diabetes. I no longer take pain medication for joint pain.

It's not about the scale for me. Although the weight loss is great and I love seeing that number go down, it's about so much more for me. It's about the little things you notice day to day. Like having to move your car seat forward when you drive. It doesn't have to be all the way back anymore. Or seeing how much room you have in a seat when you sit down. Your hips/belly no longer hang over the sides. You can walk and talk at the same time, without getting short of breath. I can have a conversation while climbing the stairs and not huff and puff trying to catch my breath. I can stand for a long period of time without have to sit down because I can't stand from the joint pain. I can go to a concert or a festival and enjoy my time with family and friends. I am active and enjoying life. That means more than any number on a scale.

Surgery is not the easy way out and anyone who says that has no knowledge of what it's like to be obese and fight the battle of trying to lose weight. They have no idea what surgery actually entails for the person making the decision. Surgery is a tool to get you on the right track and helps keep you there. It's different for everyone. I do what works for me. I follow the advice and have support and accountability with KBI. For me that's what works. That's what I need. The weight loss I see on the scale is great, but I've gotten SO MUCH more out of the surgery than weight loss.



Recipe

This warming soup is packed with lean protein, fiber, and flavor—perfect for a cozy winter meal while staying on track with your goals.

Hearty Turkey and Vegetable Soup

Ingredients:

- 1 lb ground turkey (93% lean or leaner)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 medium zucchini, diced
- 1 cup green beans, chopped
- 1 (14.5 oz) can diced tomatoes (no added salt)
- 4 cups low-sodium chicken or vegetable broth
- 1 tsp olive oil
- 1 tsp dried Italian seasoning
- 1/2 tsp paprika (optional)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the ground turkey and cook until browned, breaking it into small pieces as it cooks. Remove and set aside.
2. In the same pot, sauté the onion, garlic, carrots, and celery until softened, about 5 minutes.
3. Add the zucchini and green beans, cooking for another 3 minutes.
4. Stir in the diced tomatoes, broth, and cooked turkey. Add Italian seasoning, paprika (if using), salt, and pepper.
5. Bring the soup to a gentle boil, then reduce the heat to low. Cover and simmer for 20-25 minutes, allowing the flavors to meld.
6. Taste and adjust seasoning as needed. Serve warm.

Tips:

- Start with smaller portions to ensure it aligns with your meal plan.
- Blend or puree the soup for a smoother consistency, if needed.
- Store leftovers in single-serving containers for quick, healthy meals throughout the week.



BariNation Information



Podcast, Community, and Support

The **Kentucky Bariatric Institute** has teamed up with **BariNation** to ensure you have what you need to be successful before and after your surgery.

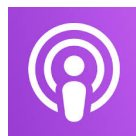


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The BariNation Podcast

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January 2025 Support Group

Featuring:

Dr. Edward Sizemore

4:30 PM EST. | MONDAY, JANUARY 20

JOIN US AS WE HAVE SPECIAL GUEST, DR. EDWARD SIZEMORE DISCUSS
WEIGHT REGAIN AFTER SURGERY AND HOW TO OVERCOME IT.

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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