



# KENTUCKY BARIATRIC INSTITUTE

## FEBRUARY 2023 NEWSLETTER

### Message from Dr. Smith



Roughly 50% of patients who undergo bariatric surgery are able to maintain their success long-term. In my professional opinion, I think it is no coincidence that the number of patients who maintain long term follow up with their surgery providers is also 50%. A major emphasis throughout our patient education here at Kentucky Bariatric Institute is that bariatric surgery is a tool.

Tools are super helpful—they get the job done more efficiently and sometimes even make the finished product better than it could have been if done by hand.

Let's pretend the tool we're giving you is a shovel. First, you need to choose the right type of shovel for the job. To use it correctly, you'll also need gloves and a good sturdy pair of shoes. The first time you use a shovel it'll take a few tries to get the right leverage and be efficient. If you don't take care of your shovel, the handle will rot, the blade will rust, and the shovel will be nowhere near as useful as it once was.

Weight loss surgery is your shovel. The staff and I here at KBI are your gloves and boots, here to protect you, keep you safe throughout the process and support you as best we can. At the end of the day, you must choose to wear the gloves and boots, care for your tool, and do the digging! We all have times where we drop the ball or other things in life take precedence over our own self-care but don't let that become your normal.

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27<sup>th</sup>

Upcoming Support Group:

Overcoming Weight Plateaus

February 27  
6 - 7 pm

## Loving your Journey

In honor of Valentine's Day and celebrating the month of love, let's all remember to love our journey beyond the scale. Be proud of your accomplishments that don't appear in the mirror or show up on lab results.

- ♥ You have found a grocery shopping routine that has made your diet easier
- ♥ You have been consistently reaching your protein or fluids goals
- ♥ You can breathe easier during exercise
- ♥ You are forming better sleep habits
- ♥ You went to your follow up appointment even if you didn't feel like it
- ♥ You found a new recipe that both you and your family can enjoy

Weight loss surgery is a lifelong commitment, and like anything that is long-term, there will be ebb and flow. It won't always be time to buy a smaller size shirt or stop taking a medication but remember there are still small victories to found in every day!

## Overcoming Weight Loss Plateaus

Whether you have had weight loss surgery or are just plain dieting, weight plateaus are something you will likely encounter. They are normal, yet annoying, and sometimes hard to understand. Let's talk about common causes and how you can work through them.

First, before assuming you've hit a plateau, ensure you are thoroughly self-monitoring. This is done by weighing yourself at least weekly, tracking your diet intake, and monitoring your physical activity. In the first year after a weight loss surgery, a weight that has been stalled for one month may be considered a plateau. For someone whose several years post-op or who is pursuing nonsurgical weight loss, it may be necessary to closely monitor your diet and exercises changes for up to 8 weeks before results begin to show on the scale.

If you are confident it is time for a change to get the scale moving, consider the list below to troubleshoot your plateau!

### *Not enough or inconsistent calorie intake*

Your basal metabolic rate (BMR), which determines the number of calories you burn at rest, and heavily influences your ability to lose weight, will adjust itself in response to your diet. Not eating enough calories or prolonged inconsistent intake of calories (i.e., 900 calories one day, 1700 the next) will cause your metabolism to respond unpredictably. This can lead to weight fluctuations and difficulty losing weight because your body is trying to conserve energy.

## Overcoming Weight Loss Plateaus Continued

The key to long-term weight loss is a calorie goal that hovers just under your BMR. 200-400 calories below your BMR is adequate for most individuals. Keep in mind that the amount of calories you burn during exercise should also be accounted for when setting a calorie goal. Your total deficit should never exceed 700 calories.

### *You've already lost weight*

In most healthy individuals, the less a person weighs, the fewer calories they need to function. If you have been successfully losing weight for some time and suddenly that weight loss stops—but you're also not experiencing any regain—it is more than likely time for a new calorie goal that is better suited to your new body size.

An alternative to solely adjusting your calories would be to increase your physical activity. Increased activity will not only burn more calories during the exercise but will lead to a higher BMR as your body builds muscle.

### *Not enough protein*

Adequate protein in the diet does two really important things; prevents muscle loss and supports your BMR. Both are essential to sustainable weight loss.

If your weight has plateaued, the solution may be as simple including more protein in your diet.

High quality proteins come from foods that provide ample protein, vitamins and minerals without excess fat, carbs, sodium, or sugars. Examples include lean beef, eggs, fish, poultry, low fat dairy, edamame, lentils, seeds, or tofu.

If you begin to experience weight regain or are struggling with navigating your weight plateau on your own then rest assured that your Registered Dietitian and care team at Kentucky Bariatric Institute are here to help at any time! If you are currently battling a weight plateau or wanting to prepare to handle one in the future, join us at our next support group on February 27th from 6-7pm.

### **Do you have ideas for future support group activities, recipes, and newsletter topics?**

Send us your feedback - you may see your topic or recipe in our next edition!

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# Recipes

## Sweet Treat French Toast

Makes: 2 slices of toast or 8 sticks

### Ingredients:

- 1 Large egg
- 2 slices thick cut whole wheat bread
- ¼ cup all-purpose flour
- 1 tsp cinnamon
- 1 tsp vanilla extract

### Instructions:

1. In a shallow dish, combine all ingredients except the bread and whisk

### For Traditional French Toast

2. Preheat griddle to 350 degrees F or heat a skillet over medium
3. Dip bread slices into the batter, dredge well on both sides and allow them to absorb the mixture
4. Place slices onto griddle or skillet, cook until bottom turns golden brown and then flip and cook until other side is also golden brown
5. Move to a plate and top as desired

### For Crispy French Toast Fries

2. Cut bread into slices approximately 1 inch wide (1 piece of bread should make about 4 slices).
3. Dip individual bread slices into the batter, dredge well on both sides and allow them to absorb the mixture
4. Cook 3-4 slices at a time in the air fryer for 3-4 minutes on each side at 350 degrees F
5. Remove from air fryer and top as desired

### Nutrition Facts

Servings: 2	
Amount per serving	
<b>Calories</b>	<b>184</b>
	% Daily Value*
<b>Total Fat</b> 3.8g	5%
Saturated Fat 1g	5%
<b>Cholesterol</b> 94mg	31%
<b>Sodium</b> 257mg	11%
<b>Total Carbohydrate</b> 25.9g	9%
Dietary Fiber 2.8g	10%
Total Sugars 3g	
<b>Protein</b> 9.5g	
Vitamin D 9mcg	45%
Calcium 84mg	6%
Iron 2mg	13%
Potassium 172mg	4%

*\*Nutrition information is based on 1 slice of French toast or 4 French toast sticks*

## Fruit with Life Whipped Cream

Makes: 3 servings, 1/3 cup each

### Ingredients:

- ¼ cup strawberries
- ¼ cups blueberries
- ¼ cup blackberries
- ¼ cup cherries
- 6 tbsp sugar free cool whip

### Instructions:

1. Wash all fruit immediately before use (allowing fruit to rest after washing can result in fruit becoming mushy)
2. Combine or top fruit with whipped topping
3. Add to French toast if desired

### Nutrition Facts

Serving size: 1/3 cup	
Servings: 3	
Amount per serving	
<b>Calories</b>	<b>59</b>
	% Daily Value*
<b>Total Fat</b> 1.6g	2%
Saturated Fat 0.7g	3%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 11.2g	4%
Dietary Fiber 2.2g	8%
Total Sugars 8.7g	
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 0mg	2%
Potassium 147mg	3%



## Welcome Our Newest KBI Team Member: Deborah Harris



Our Kentucky Bariatric Institute crew has expanded again, and we are pleased to introduce you to our new office clerk, Deborah Harris. Deborah has a degree in elementary education which she used during her work in a head-start program in southeastern Kentucky for 17 years.

After relocating to Georgetown, Deborah pursued a job with KBI because she knows first-hand how much of an impact, she could make on patients pursuing bariatric surgery. On August 28th of 2022, Deborah had her own bariatric procedure, a SADI-S.

"I felt like this would be a good place for me because I really understand what patients are going through," explained Deborah. Outside of work, Deborah enjoys sewing, working puzzles, camping, and being a grandmother.

When asked what her favorite part of the job has been, Deborah offered, "Talking with patients and getting to hear all about their victories."



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## Patient Spotlight: Robert Branham

Being an outdoorsman was always a point of pride in Robert Branham's life. Hunting, fishing, and enjoying time with his Labrador retriever were some of his favorite ways to spend the day. Although Branham had been "heavy" his entire life, after reaching his highest weight of 356 pounds his obesity eventually prevented him from enjoying the outdoors like he used to.



After seeing how successful one of his coworkers had been with weight loss surgery (WLS), Branham, who has worked as a machine operator at Leggett & Platt for over 30 years, decided to pursue WLS himself. "I reached out to Georgetown Bariatrics because my friend had real good things to say and I was not ready to give up on being an outdoorsman," recalled Branham of his choice to begin his journey with Georgetown Bariatrics.

On December 10th, 2021, Branham underwent a vertical sleeve gastrectomy. Now, over one year later, Robert has lost over 170 pounds and is back to enjoying the great outdoors. "I ventured farther into the woods this year than I have been able to in over 20 years," bragged Branham. Push mowing his lawn, loading his boat by himself, and going on much longer hikes are just a few of the accomplishments that Branham has made since choosing to have WLS.

When asked what it takes to be successful after WLS, Branham offered, "Do it whole heartedly and don't listen to any reason you may have to stop." Branham said he would also encourage anyone interested in surgery to do plenty of personal research and ask all the questions you can to get prepared.

"One mistake is not the end of the world, so don't be afraid to admit you messed up but always work to get back on track," shared Branham.

Branham says taking a bow hunting trip to Colorado has always been a dream of his and now thanks to his weight loss journey he can see himself planning one in the future.