**Editorial Notice**

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Items for the newsletter must be submitted by the 1st of the month for consideration for publication in the upcoming issue!
submit items to: melissa@morasurgicalclinic.com

If you no longer wish to Receive *Bariatric Bulletin*, contact:
melissa@morasurgicalclinic.com
Tighten Up Loose Skin after Weight Loss Surgery

Studies confirm quality of life and health improve after skin removal surgery.

Weight-loss surgery can be life-changing and potentially life-saving. At a healthy weight, you feel better, look better and can better enjoy everyday activities. But along with the positive aspects of substantial weight loss comes a problem that affects many individuals: excess skin.

Skin’s natural elasticity—the ability to shrink back after being stretched—is partly determined by genetics. Advancing age, sun exposure and smoking decrease elasticity. There is also likely less elasticity in areas of greatest weight loss—the abdomen, for example.

Q. Is cosmetic surgery necessary after bariatric surgery?

Loose, hanging skin can cause rash and irritation, may limit physical activity, and is an ever-present reminder of a long and personal struggle with obesity. It is a problem so prevalent that, according to the American Society of Plastic Surgeons, about a quarter of all weight loss surgery patients have had plastic surgery to remove excess skin—and that number is growing.

In 2014, almost 45,000 body-contouring procedures—tummy tuck, breast lift, thigh lift, upper arm lift and lower body lift—were performed on people in the U.S. who had achieved massive weight loss following weight-loss surgery. This is a reflection of both the increase in the number of patients undergoing weight loss surgery and awareness of the benefits of follow-up plastic surgery.

Q. When is the best time to have a skin removal surgery?

Plan for your surgery well in advance and consider these factors:

- **Consider** cosmetic surgery 12 to 18 months after weight loss surgery, when your weight-loss goal is near and your weight is stable.
- **Choose** a plastic surgeon experienced in these procedures.
- **Discuss** personal goals and expectations with your surgeon.
- **Plan** for ample recovery time.

Q. What are the long-term benefits?

Two recent medical studies shed light on some of these benefits. One study reported significant improvement in quality of life for patients who underwent body contouring after gastric bypass. Another revealed that seven years after gastric bypass, individuals who had had excess skin removed had regained about 4 percent of their weight, compared to 11 percent in the gastric bypass-only group.

For more and more people, achieving and maintaining a healthy weight means taking a step beyond weight loss surgery. For them, plastic surgery is a step in the right direction.

https://mynewselfbariatrics.com/recipes/?action=getItem&itemId=14032
Reshape Your Body after Weight Loss Surgery

Four cosmetic surgery procedures give patients tighter, smoother skin after dramatic weight loss.

Bariatric or weight loss surgery can transform bodies and lives. For many people, the resulting weight loss may leave behind loose, sagging skin in the stomach, chest, arms, back and thighs.

Four plastic surgery options will smooth and tighten skin after dramatic weight loss or bariatric weight-loss surgery. These include:

- Removal of excess fat, or panniculectomy
- Breast lifts, or mastopexy
- Arm lifts or brachioplasty
- Thigh and buttocks lifts, or thighplasty

Smother Abs and a Healthier Lifestyle

Panniculectomy, or removal of excess hanging fat and skin, differs from a tummy tuck procedure because it does not tighten or strengthen the abdominal wall. Instead, panniculectomy focuses solely on the pannus, which is the fat and skin that hangs from the lower abdomen that is left behind after a massive weight loss. It is sometimes performed in conjunction with other abdominal surgeries, such as a hernia repair or hysterectomy.*

Many panniculectomy patients have had a major weight loss that resulted in excess, hanging fat over the hips and around the back. Some have excess fat that extends as low as their knees. This kind of excess fat can cause back programs, rashes and other skin issues and can also interfere with walking, sitting or standing.

After the excess fat is removed, weight loss patients look better. They feel better, too.

A Boost for Sagging Breasts

Women who have had weight loss surgery may also choose to receive a breast lift, or mastopexy. The breasts may sometimes look deflated after a massive weight loss. A breast lift raises and firms each breast by removing excess skin. The procedure uses the patient’s own fat to create a fuller look. If desired, the areola or nipple can also be resized.

A Fix for Flabby Arms and Thighs

An arm lift, called brachioplasty, can reduce excess skin from the underarm to the elbow and removes localized pockets of fat. Thighplasty works in a similar way to reduce excess skin and fat from the legs and lower body.

Results to Last a Lifetime

Many weight loss surgery patients choose more than one cosmetic option. The end result will last your entire lifetime. Your weight loss surgeon can recommend a cosmetic surgeon. When you are ready to shed excess skin, start with a consultation and examination.

https://mynewselfbariatrics.com/recipes/?action=getItem&itemId=1803
Pump Up Your Energy Levels Naturally

Want to boost your energy naturally? What you eat can directly affect your energy levels.

What and when you eat can directly affect your energy levels. Pump up your energy levels with these diet strategies.

**Don’t rely on “energy” drinks.** They are not only filled with sugar, caffeine and other stimulants, but they mask the symptoms of fatigue and dehydrate the body. Although they provide a temporary high, they can cause us to crash and can be harmful to your health.

**Drink water.** It’s an easy and inexpensive way to increase energy. Forget fancy vitamin waters and sports drinks; they add calories. Avoid seltzer or carbonated water if you’ve had bariatric surgery, as the carbonation can expand in your stomach, causing discomfort.

**Bring on a healthy breakfast.** It can help keep you alert and jump-start your metabolism. Choose whole grains, fruits and lean proteins instead of pastries and bagels. Other good choices include scrambled eggs, oatmeal with fruit or a whole grain pita with a small amount of natural peanut butter.

**Get enough protein.** Protein-packed foods provide the body with fuel to repair and build muscle and keep you satisfied for longer. But watch your portions as they are often high in calories. Good protein choices for bariatric diets include poultry, fish and tofu, as well as lean red meat – as long as it is six months after your surgery and you find you can tolerate it.

**Be snack savvy.** If you get too hungry between meals, your blood sugar will fall, leaving you tired. Look to combine complex carbs with a protein and/or fat for lasting energy. Veggies with hummus, an apple with almond butter, a whey protein shake or a pear with no more than an ounce of cheese are all good examples.

https://mynewselfbariatrics.com/recipes/?action=getItem&itemId=1737

Belly Fat: You Got to Move It to Lose It

Carry your weight around the middle? This action plan will help you to lose belly fat and win the battle of the bulge.

Distribution of body fat may have more impact on your overall health than total body fat. That’s why it’s important to know if you are an apple or a pear.

To determine if you are an apple or a pear, you first need to understand the difference between the two types of body fat.

**Subcutaneous fat** is the type found just underneath the skin—the fat you can “see.” **Visceral fat** lives deep within the torso, wrapping itself around your heart, liver and other major organs. Visceral fat is especially dangerous because it releases certain substances that are linked to heart disease, hypertension, diabetes, stroke and even some types of cancer.
Measure Your Risk

Men whose waists are wider than 40 inches and women whose waists are wider than 35 inches are at the greatest risk for developing health problems.

Though men tend to collect more visceral fat around their middles (apple shape), women typically store fat around the hips, butt and thighs (pear shape). But women are prone to develop an apple shape, and hence more visceral fat, after menopause.

Are You a TOFI?

Studies are finding that seemingly “thin” people can have high amounts of visceral fat too. Researchers have coined them TOFI, which means, “Thin on the Outside, Fat on the Inside.”

If you are sedentary, you can expect to accumulate a steady amount of hidden visceral fat year after year, even if your weight remains stable. And studies are finding that there are more health risks linked with thinner people who are sedentary than slightly heavier people who exercise regularly.

If you are visibly overweight, with a large amount of subcutaneous fat, you most likely have a high amount of visceral fat too. But if you are thin, it can be hard to tell just by looking.

You Got to Move It to Lose It

Exercise is the best way to prevent and reduce belly fat, but you also have to watch your portion sizes and eat a healthy diet.

- **Exercise 30 minutes most days of the week to help to prevent an increase in visceral fat.**
- **If you already have excess visceral fat, shoot for 60 minutes of exercise most days of the week.**
- **Work some strength training into your routine at least two days a week.**
- **Spot exercising, such as doing sit-ups, can tighten abdominal muscles, but it won’t get at visceral fat.**

Remember that staying trim is only half the job of keeping healthy. If you’re inactive, it’s time to start an exercise program.

https://mynewselfbariatrics.com/recipes/?action=getItem&itemId=2257
Life After Bariatric Surgery

Bariatric surgery is not a magical cure. While surgery can be a powerful tool for helping you lose weight, it is not the only tool that you will need. You have to take care of your body and follow the rules in the months and years after surgery if you're going to keep the weight off and regain your quality of life.

But that's why our team is here. We're absolutely dedicated to helping you on your weight loss journey. Our support groups and talented team will be there for you one hundred percent both pre- and post-bariatric surgery.

Diet After Bariatric Surgery

After surgery, you'll have to make important changes in your diet in order to keep your weight off. Most of the patients who regain their weight do so because they slip into old dietary patterns like grazing and eating large or sugary meals.

We typically recommend that patients eat 5 very small meals per day as part of life after bariatric surgery. Initially these should only be ¼ cup of food each, but they should be high in protein to avoid nutritional deficiencies. You should aim for 60-90 grams of protein per day post-bariatric surgery, depending on your surgery and your individual needs.

Additionally, because of the changes to your stomach, you'll need to change how you eat. Here are some dietary guidelines to help you with life after bariatric surgery:

• When you start eating solid food, eat very slowly. Chew each bite thoroughly, and wait two to three minutes between bites to give your stomach time to adjust.

• Don't drink fluids while eating. Drinking fluids—even water—with your meals can cause dumping syndrome and vomiting, and can leave you feeling hungry sooner after a meal.

• Don't eat desserts or other items with sugar if they have more than 3 to 5 grams per serving size.

• Don't drink your calories! Avoid carbonated beverages, high-calorie nutritional supplements, milk shakes, and drinks that have no nutritional value.

• Avoid alcohol.

• Limit snacking between meals.

If you stick to these tips and prepare healthy recipes, you'll maximize your chances to keep your weight off post-bariatric surgery and feel great.

Going Back to Work After Bariatric Surgery

Everyone who gets bariatric surgery ends up taking time off of work to recuperate. Expect this, and build it in to your schedule. Your body undergoes massive changes in surgery, and you can’t rush your recovery.
How long should you wait before returning to work post-bariatric surgery? It varies from person to person. Some patients who have desk jobs returned after as little as 5 days. Others, whose jobs require more activity, have taken 3-4 weeks off to recover. Most patients take around 2 weeks post-bariatric surgery before they go back to work.

The important thing is to discuss this with your practitioner and to not go back before your body is ready.

**Pregnancy After Bariatric Surgery**

One of the benefits of weight loss surgery is that it can often help previously infertile women to become pregnant. High weight can often cause infertility, and weight loss can cure this problem. Life after bariatric surgery can often include having children.

However, it is important to wait a full two years after surgery before becoming pregnant. This may seem like a long time, but it is crucial to avoid severe risks of birth defects and medical issues for the child. Rapid weight loss during pregnancy can deprive a growing baby of vital nutrients. Conceiving before two years have passed can lead to problems such as neural tube defects, malnutrition, low birth weight, prolonged neonatal ICU stay, and even autism.

If you do become pregnant, it is vital to ensure that your surgeon or practitioner knows about your pregnancy. Labs should be monitored regularly to ensure that vitamin or mineral deficiencies do not occur. You will also need to take a prenatal vitamin along with 1500 mg of calcium citrate every day to prevent neurological or skeletal defects to the fetus. Other vitamins may also be required, although this varies from person to person.

**Birth Control**

Both men and women who were infertile prior to bariatric surgery may regain their fertility. Therefore, if you are not planning a pregnancy, you need to consider taking proper precautions.

The malabsorptive element of bypass surgery (note: not LAP-BAND® or gastric sleeve surgery) can interfere with absorption of oral birth control. Therefore, if you are taking oral birth control, talk to your OB/GYN about changing to a patch, shot, vaginal ring or IUD for birth control. You can read more about different kinds of birth control for bariatric patients here. Given the risks of pregnancy before 2 years have passed, you may even consider applying 2 forms of birth control at once.

**Following Up After Weight Loss Surgery**

After surgery it is vital to your success to follow up with our office. We have a wealth of resources to help you live a fulfilling life after bariatric surgery. Those who follow up regularly tend to do the best in losing weight, keeping it off, and regaining their quality of life.

Bariatric surgery is not a quick fix, and our office is there to guide you on your journey. After surgery you are at risk for complications such as nutritional deficiencies as well as weight regain. The best way to prevent these from occurring is to follow up with our office and get your required labs and check ups. Of course, we also love having patients check in so we can see your success and take part in your transformation!

Even after bariatric surgery, maintaining a healthy weight is a journey. We’ll help hold you accountable, but you need to be the key player. Schedule regular appointments with your surgeon, practitioner, dietitian, and social worker. Attend support groups. Weigh yourself regularly. Keep food and exercise logs.
**Support Groups**

Unhealthy weight can often have a brutal impact on your emotional well-being. Bariatric surgery can alleviate the physical problems, but we've found that patients thrive when they're able to talk to other patients about common issues. Support groups will be held once a month post-bariatric surgery, in person and by phone (conference call) if you live far away.

These meetings are a way for you to share your successes and struggles about life after bariatric surgery with others. You can also receive good advice from other patients.


**TODAY’S INSPIRATION**

Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. –Mark Twain
Elizabeth Parrish- RNY Gastric Bypass

What an exciting time! I am at my 1 year post-op gastric bypass anniversary. Wow, what a fast year! I followed Dr. Mora’s plan and have had great success. Beginning weight 361 pounds. Currently weighing in at 190 pounds. That is a loss of 171 pounds!!!! I have lost over 100 inches over all. I have gone from a 3 XL to a Large, 28 pant to a 12/14. At my 1 year appointment all my blood work numbers were on point. Vitamins!!! Vitamins!!! Take your vitamins! I have had little to no hair loss. It thinned out some during month 3 and 4, but looks and feels great now. This road hasn’t always been easy, but it has been worth it. If I can give any advice it would be 1. Stick to Dr. Mora’s plan for your procedure and 2. Start your vitamins early. It will be so worth it in the end. Here’s to wishing you all the best!!!!
Arms of Steel

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets

10 push-ups
20 punches
10 thigh taps
10 shoulder taps
20 overhead punches
10 tricep push-ups

2 minutes rotating punches
aka speed bag punches
instead of complete rest after every set,
at any speed
Slow Cooker Momma’s Roadhouse Chili

Yields: 8 servings | Serving size: 1-1/2 cup | Calories: 253 | Total Fat: 6 g | Saturated Fats: 2 g | Trans Fats: 0 g | Cholesterol: 49 mg | Sodium: 671 mg | Carbohydrates: 32 g | Dietary Fiber: 11 g | Sugars: 7 g | Protein: 20 g | SmartPoints: 7 |

Ingredients

- 1 small sweet onion
- 2 cans (15 ounce) **can kidney beans**, drain
- 1 (15 ounce) can black beans, drain
- 1 (14.5 ounce) diced tomatoes
- 1 (6 ounce) can tomato paste
- 2 1/2 tablespoons chili powder
- 1/2 teaspoon black pepper
- 1 teaspoon Kosher or sea salt
- 1/2 teaspoon crushed red pepper flakes
- 1 cup tomato juice or veggie juice
- 3 cups water (for a thicker chili, use 2 1/2 cups)

Directions

Cook turkey and onion in a skillet on medium heat, breaking up into small chunks. Cook until no longer pink. Drain off fat and discard.

Add cooked meat and all other ingredients to slow cooker, cook on low 6-8 hours. 4-6 quart slow cooker recommended. Add diced onions and cheddar cheese, if desired.

Note: If you prefer spicier chili use our recipe for **Turkey Sausage** in place of using just ground turkey.

https://skinnyms.com/slow-cooker-mommas-roadhouse-chili/
Melissa’s Corner

Well, happy fall y’all. It sure doesn’t feel like fall outside. I am glad that it’s football time but the weather needs to be a little cooler before I can go watch a game. I’m ready to sit outside and listen to the bugs, smell the campfires, roast marshmallows and to leave the windows open to air out the house. Maybe by end of next month it’ll be cool enough.

Ok now on to business, if you have a change in insurance, I need to know A.S.A.P. This will effect the approval process which could delay you having surgery. If there is any change in any of your information I need to know right away.

This is very important for those that are in the process of working up for surgery. Dr. Mora is a very thorough Doctor. He checks from head to toe to make sure there is no reason why you should not succeeded with weight loss surgery. This may be a bit costly with copays and all but, we’d rather make sure you are completely healthy to withstand this life changing surgery. If you see one of the Doctor’s we refer you to and they want to run more tests than we order, it’s for your own good. We will not perform any surgery without all the appropriate clearances. I hope you all understand we have your best interest at heart and want to see you succeed. Thanks everyone until next time.....
1. Maintain a healthy, low calorie diet that is low in carbs and fat, but rich in protein. Your water intake should be at least 64 oz. per day.

2. Exercise (walking, jogging, swimming, biking, cardio, etc.) 1 hour per day, 5 days a week.

3. Take vitamins and prescribed minerals without fail.

4. Seek out help from a mental health care individual (psychiatrist, psychologist) to learn new ways of coping with stress as needed.

5. If you are a lap band patient and you have had an adjustment to your band, and start having problems keeping foods or liquids down that day, that night, or the next day, **CALL US IMMEDIATELY** and let us know. Adjustments are usually done on Mondays and Wednesdays when Dr. Mora is in clinic. You **MUST** let us know by Friday if you are experiencing problems so Dr. Mora can evaluate you before the weekend. Do not go over 24 hours without reporting problems to us or you can damage your band.

6. If you are a gastric bypass patient, 3 months or more out from surgery, have your lab-work done one week prior to your follow-up appointments.

7. Regularly attend support group meetings.
WE NEED YOUR WEIGHT LOSS STORY!

Please write a story of YOUR weight loss story with pictures and submit to Melissa @ Dr. Mora’s office for publication in the newsletter. Submit to melissa@morasurgicalclinic.com or call the office @ 361-6126

WANT TO SUGGEST A TOPIC?

IS THERE A TOPIC YOU WANT TO SUGGEST FOR OUR NEWSLETTER OR SUPPORT GROUP MEETING? IT’S A GREAT TIME TO LET US KNOW!!! WE WANT TO HEAR FROM YOU! The support group meetings and newsletters are for you, our patients. We want to make sure you’re getting the information you want from both the meetings and the monthly newsletters. Send your suggestions to Melissa at Melissa@morasurgicalclinic.com or call the office 361-6126
UPCOMING SUPPORT GROUP MEETINGS

**PLEASE NOTE! We have the dates listed below for seminars through September 2015 now, so mark your calendars to attend!**

LOCATION:

Prattville Doster Community Center

424 South Northington Street, Prattville, AL.

TIME: 6:00 P.M. -7:00 P.M.

DATE: 2017 September 25, October 23, November 20, December 18

2018: January 22, February 26, March 26, April 23, May 21, June 25, July 23, August 27, September 24

PLEASE note all dates are subject to change due to availability of Dr. Mora or other extenuating circumstances. We encourage you to call to check that the date has not been moved ahead of time each month, especially if you live out of town.
GUIDELINES FOR SUPPORT GROUP MEETINGS

- Everything said and heard in the group will be treated with respect for the participants’ privacy. What is said in the group stays in the group.

- Silence is acceptable. No one needs to say anything she/he does not wish to say. The group is supportive rather than judgmental.

- The group offers respect for individual choices and experiences.

- **Only one person talks at a time.**

- **Turn off all mobile phones and pagers.**

- **No one is allowed to dominate the conversation.**

- The group facilitators’ roles must be respected.

- Begin and end meetings on time.

- The group is a safe place to share feelings, and to obtain and provide support, information, reassurance and encouragement.

- The group is broadly defined. It is flexible; flowing with the participants’ needs and interests, and provides an opportunity to reduce feelings of isolation.

- Bariatric surgery support groups are open to all persons going through the surgery process, including family members and others in a supporting role.

- Although the results of going to the group can be therapeutic, the group is not meant to replace individual behavior therapy.

- Every effort should be made within the group to resolve conflict arising from or during group interaction.

*If you have any concerns or questions after attending one of our meetings, please feel free to contact Melissa confidentially by email at Melissa@morasurgicalclinic.com*