



The newsletter for employees and friends of McLaren Flint | Spring 2017



BARIATRIC weigh of LIFE

 **McLaren**
BARIATRIC AND
METABOLIC INSTITUTE



The Effects of Exercise on Obesity

By Dr. Michael Kia

For years, researchers have studied the effects of exercise on obesity. Unfortunately, most studies show that the biochemical response of the morbidly obese body to exercise may result in worsening the obesity. For patients who are morbidly obese, exercise has been shown to slow the metabolic rate and increase appetite. However, there is good news. Studies show that exercise plays a major role in preventing obesity. Recent work done in the animal model shows that even mild to moderate exercise results in a much lower incidence of developing obesity. The researchers conclude that exercise's primary role is in the prevention of obesity.

As a bariatric center of excellence, our surgery offers patients a reset in the biochemical and metabolic disease of obesity. With a fresh start, patients can set new pathways and models of behavior. That is why our programs after surgery are so important. We focus on encouraging our patients to engage in exercise after surgery. Our CRIM program is a highlight of our dedication to preventing this disease from returning while also reinforcing our desire to give back to our community. For many of our patients, now unencumbered by the disease of obesity, the CRIM is an exciting and wonderful event. We know that battling the disease of morbid obesity is a lifelong endeavor and we value the new opportunities opened to our patients.



Bariatric patient goes the distance for personal success

In 2014, after working two jobs and going to school full time, all of Alayna Partaka's hard work was paying off. Following graduation, she married and landed a position as a creative director.

"In my life everything was perfect, except for me," she says. "I didn't ever take time for me."

That's when she focused her attention on tackling her weight. At more than 300 pounds, obesity proved to be one of her most difficult challenges.

"I started doing crazy things like working out two hours in the morning, being at work all day, then exercising two hours again at night," Alayna recalls.

She was feeling better and seeing results, losing as much as 90 pounds. Then she suffered an injury to her foot that kept her away from the gym. At the same time she began a new job and the extra weight soon came back, gaining an additional 10-20 pounds. This wasn't her first setback relating to weight loss. She had given up refined sugars for a year, dropping almost 100 pounds only to gain it all back. She felt like she had tried everything and she was failing.

"Professionally I was at the top of my career, but personally I was failing and it was really hard on me."

Right at the point when she was her heaviest, she and her husband gained custody of her 8-year-old nephew. This change, followed by the death of her sister and Alayna's own unsuccessful fertility treatments,

Whatever Alayna Partaka sets her mind to, she pursues with a passionate determination to succeed. This drive has helped the Saginaw resident overcome many obstacles. But when it came to finding a lasting solution to her obesity, she found the extra tools and support she needed by reaching out to McLaren Bariatric and Metabolic Institute for professional medical help.

led her to do some soul searching and make a lasting change for her health.

"I didn't want something to happen to me and have (my nephew) lose me, or have my parents go through the heartache of losing a child again," she shared. "I called a bunch of places and decided to make an appointment with Dr. Kia (at McLaren Bariatric and Metabolic Institute). I met the criteria for bariatric surgery. Before he would schedule the surgery, he challenged me to lose 25 pounds. I probably sounded cocky when I told him that wouldn't be a problem. But I had lost bigger amounts than that several times over. Twenty-five pounds was easy for me."

She lost closer to 35 pounds in the three months before her sleeve gastrectomy procedure in June 2014.

Deciding on McLaren Bariatric and Metabolic Institute was initially for financial reasons. She had to cover some of the expenses with her insurance and McLaren offered the best pricing. As she got to know the staff and the process of preparing for surgery, she found



the team's professionalism and compassion to be a great comfort.

"The entire support staff was very kind and easy to work with" said Alayna. "The process seemed quick and it was a very good experience overall."

There were some lifestyle changes that took some getting

lofty goal to set her sights on.

What followed was the Tinkerbell Marathon in California followed by marathons in Detroit, Traverse City, New Orleans, Pittsburgh, and Arlington, Virginia.

"Something I heard from several of the older adults in the support group class that had bariatric

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used to, like learning how to stay on track in social situations. At gatherings, she had to stay away from drinking alcohol and eating typical party food for twenty-somethings, like pizza. She made two friends before surgery through McLaren's bariatric support group classes who understood many of these challenges and helped her in the recovery and maintenance period that followed.

Just weeks after the surgery, Alayna was ready to get moving again. She found an app online called *Couch to 5K* and gave running a try. In September, less than six months after surgery, she completed the Bay Driathalon, a unique event that substitutes the typical triathlon with canoeing instead of swimming. It was a very emotional moment for her, realizing the monumental change in herself. After that, she looked for another

surgery was they wished they had done it sooner because you regain so much energy, self-confidence and happiness. It has completely changed my life for the better and I would recommend this procedure over and over and over again," Alayna said with confidence.



“Success is the sum of small efforts, repeated day in and day out.”

– Robert Collier

Getting in the Right Frame of Mind to Dominate Your Training

By Dr. Nicole Franklin

Successful runners achieve their goals by setting themselves up to thrive.

They create a mental framework that allows them to get in better shape and run faster. Most of us who achieve our running goals actively work toward them in a very structured manner.

Set the right goals.

First, you must determine why you are challenging yourself to complete your selected race. What is your goal? Is it to finish in a certain time, or is it on your schedule because a co-worker wanted you to do it? No matter your reason, it is important to define why you are taking on this challenge. In fact, if you cannot define what motivates you, then when the going gets tough you may be more susceptible to quitting.

Remember motivation is more than will power.

Maintain a positive mindset.

Negativity destroys performance. For example, if you consistently tell your body that you are not good enough, eventually your body will begin to believe you. Instead of thinking negatively, energize your mind with positive thoughts. Creating mantras can help. One of mine is, “I don’t stop when I’m tired. I stop when I’m done.” I say this over and over in my mind while running because it has meaning for me. What is your mantra? If you do not have one, I encourage you to create one that has meaning for you. Some examples are:

- I can and I will.
- I am capable of more than I realize.
- Stay calm and power on.

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Gain control over your breathing.

When training for a race, you begin to place physical stress on your body that increases throughout the training sessions. When done properly, breathing can help mute and manage that stress. However, when your breathing is out of control it is easy to slip into negative thoughts like, "I'm falling behind," "I can't do this," "I hurt," or "This sucks." To breathe correctly and work to avert negative thinking it helps to breathe in through your nose and out through your mouth. This method of breathing takes time and training to learn to do while running but it has a calming effect

on the body and mind that is worth the effort involved to learn this technique.

Thus, when training, try to slow your breathing and sync it to your steps while you run—breathe in through your nose for three steps, then out through your mouth for three. This form of breathing can help you remain calm and focused. Many runners dream big. In fact, most runners envision achieving their race goal in their mind before they get to race day. When saying their mantra in their mind, runners are seeing themselves as champions full of energy and vitality. They see themselves dominating and eventually — their body starts to believe their mind.



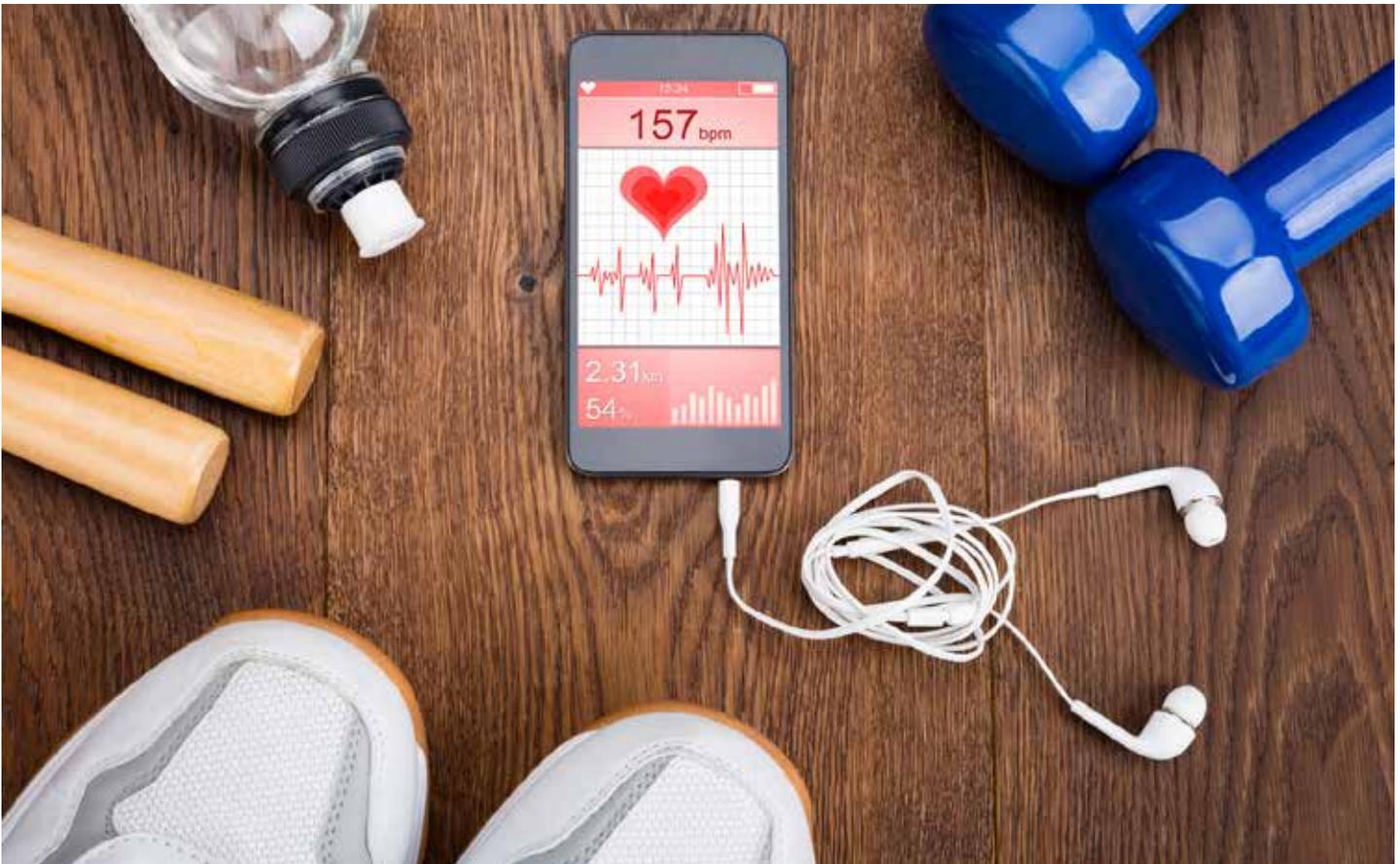
Connect to Spring and Summer Energy

By Kelly Smiley, RD

Spring is the season of re-birth, new beginnings, and new opportunities. Watching the robins return, buds start to form on the tree branches and little patches of green grass pop up, it's easy to be enthusiastic. Use that enthusiasm to kick start a new clean eating program, exercise routine, stress management exercises, or training for a summer 5K run. Use these tips to get you connected to spring's high energy. Get out and experience nature up close. Take a walk in a park, relax on a fallen log, bird watch or sit on your deck and watch a sunrise, sunset or puffy clouds roll across a blue sky. Feel and watch the earth's renewal and use that as an inspiration to move forward with your own personal renewal. Shop the produce aisle and stock up on a variety of fresh vegetables and fruits. Add these to your lean protein sources as a basis for your diet. Eliminate highly processed foods and minimize meals eaten out. Keep this goodness going all day by packing your lunch and snacks and taking them with you. Let your energy bloom as you take advantage of the warmer springtime air to get outdoors and start a purposeful exercise program.

Are you looking for more energy, preparing for summer activities, wanting to shape up or get your weight loss back

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Using Technology for Weight loss There's an App for that!

By Tanya Brooks, Certified Bariatric Nurse Practitioner

The McLaren Flint Bariatric support group Facebook members will share their success stories, recipes and some fun YouTube videos...

There are so many websites, gadgets, and apps to assist with weight loss. Computers, watches and smartphones are very helpful with helping to digitally track your weight loss, calories, steps and heart rate during exercise. My favorite apps and websites are myfitnesspal.com, Fitbit app (I have the watch), Bariatric foodie recipes on Facebook, and of course, the Facebook support group for the McLaren Flint Bariatric and Metabolic Center. The McLaren Flint Bariatric support group Facebook members will share their success stories, recipes and some fun YouTube videos that can explain why a Bariatric patient should not eat and drink during a meal. These fun and educational tools can help

assist with weight loss.

So where do you start?

Self-monitoring both calories and food choices is important to losing weight and helping to maintain weight loss. Some of these apps have an entry for exercise and water intake. These apps are user friendly because some will add your favorite foods in a list, making them easy to find and track daily. Some apps such as myfitnesspal.com, track not only your calories, but the nutritional facts such as: Total Fat, Sodium, Total Carbs, Dietary Fiber, Sugars, and Protein; all of which are important if you are trying to maintain 1,200 calories, 40-60gm of carbs, 40 gm or less of sugar, and 60-80gms of protein.



Food Tracking and Journals:

- MyfitnessPal or www.myfitnesspal.com
- ControlMyWeight by Calorie King or www.calorieking.com
- Calorie Tracker by Livestrong or www.livestrong.com/myplate
- Lose It! or www.loseit.com
- Baritastic or www.baritastic.com

Websites for Bariatric Recipes:

- bariatriccooking.com
- Bariatric Living & Recipes
- sparkrecipes.com/
- pinterest.com
- livingafterwls.com/Recipes
- chefdave.org/recipes/
- froedtert.com/SpecialtyAreas/BariatricSurgeryProgram/Recipes/

Exercise:

There is a couch to 5k app to help assist with training for the Crim. You can even personalize a training program if you want to do a longer race such the ten mile Crim. There are so many options google couch to 5k.

- C25Kfree.com
- Active.com
- Walkjogrun
- Full Fitness (cross training)

Youtube has lots of Free Exercise Videos:

Here are just two examples:

- Chris Powell Level 1 Beginners Workout 15 Minute Exercise Routine
- Chris Powell Level 2 Intermediate Workout 30 Minute Exercise Routine

Upcoming Bariatric Support Group Meetings

Flint Morning Group:

Meets last Tuesday of the month, 9:30 a.m. - 10:30 a.m.

May 30

June 27

July 25

August 29

September 26

October 24

The **morning group** meets at:

Hospitality House at McLaren
3170 Beecher Road
Flint, MI 48532

Flint Evening Group:

Meets the first Wednesday of the month, 6:00 p.m. - 7:00 p.m.

June 7

July 5

August 2

September 6

October 4

The **evening group** meets at:

McLaren Bariatric
and Metabolic Institute
3200 Beecher Road
Flint, MI 48532

Contact: (810) 342-5470

Clarkston Group:

Meets fourth Tuesday, 5:00 p.m. - 6:00 p.m.

May 23

June 27

July 25

August 22

September 26

October 24

5701 Bow Pointe Drive, Suite 280
Clarkston, MI 48346

Contact: (248) 922-6830

Recipe Corner

Breakfast Mini Quiche

From Splenda.com

INGREDIENTS

6 green onions, diced
¼ pound lean ham, diced
¼ cup Colby Jack cheese, shredded
2 Tbsp. Parmesan cheese, grated
1 ¼ cup egg substitute, beaten
½ tsp salt
1 tsp marjoram
dash of black pepper

Preheat oven to 350 degrees. Mix all ingredients together. Spray mini muffin tins with cooking spray. Spoon mixture into muffin tins (makes 24). Bake for 30 minutes. Cool for 5 minutes. Remove from muffin tin and enjoy. This recipe makes 6 servings.

Nutrition information per serving: 101 calories, 17 grams protein, 5 grams fat, 1 gram carbohydrate, 599 mg sodium



Connect to Spring and Summer Energy

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on track? Set some easy goals first to build your confidence and then go from there. Plant seeds of positivity to change the way you think and behave. There are problems and negativity all around us of which we should be aware. You cannot have a POSITIVE LIFE and a negative mind. To start, look for the positive in each person you meet today—yep, the negative will jump out at you first, but choose to focus on the positive aspects of that person and then take it a step further and make the decision to accept them for who they are (not who you'd like them to be) at this moment in time (flaws and all). Cold weather has a tendency to make us bunch our shoulders up—it's time to help those shoulders slide down where they belong.

Yoga, deep breathing, meditating, and mindfulness (being fully present in each moment) can help relax them back into place. Renew your mind by taking a class, researching something of interest, playing a new game, reading a thought-provoking book, or doing something brand new—stretching your capacities. Connect with the energy of the season to springboard your health and wellness initiatives. You'll be well on your way to a healthier you before you know it.

Reference: Barix Clinics

Take a walk in a park,
relax on a fallen log,
bird watch or sit on
your deck and watch
a sunrise, sunset
or puffy clouds roll
across a blue sky.



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Mission statement: McLaren Health Care, through its subsidiaries, will be the best value in health care as defined by outcomes and cost.