

# Bariatric News

## March 2017

### Group Health Bariatric Surgery



### This Month's Topic

#### Body Image: Mind / Body Connection

A health body image is a big part of our well-being. This starts in the mind – not in the mirror.

Your body image can change the way you see your value and self-worth. A healthy body image is more than just tolerating or not “disliking” the way you look. A healthy body image means that you accept and like the way you look right now. You aren't trying to change your body to fit the way you think you *should* look. It means recognizing the individual and unique qualities and strengths that make you feel good about yourself beyond your weight, shape or appearance.

Body image and self-esteem directly influence each other. If you don't like your body or even a part of your body, it's hard to feel good about your whole self. It's also true that if you don't value yourself, it's hard to notice the good things and give your body the respect it deserves.

### Support Group Meetings

Bellevue	Wed	2-15-17	6:30–8:15
Central	Wed	2-8-17	6:15–8:15
Everett	Wed	2-22-17	6:15–8:00
Fed. Way	Wed	2-1-17	6:30–8:00
Olympia	Wed	2-8-17	6:30-8:00
Silverdale	Thurs	2-23-17	6:00–7:30
Tacoma	Tues	2-28-17	6:00–8:00

### Support Group Announcement

Bariatric Team Members to visit all support groups in the first six or seven months of the year.

### Guest Speakers

**March:** Bariatric Team: Olympia Support Group

**April:** Bariatric Team: Federal Way Support Group

### Upcoming Topics

**April:** What are the *Keys to Success?*

**May:** Protein Options

### Group Health Bariatric Web Page

**\*On the [GHC.org](http://www.ghc.org) Web Site \***

<http://www.ghc.org/bariatric-patients/>

Copy and paste this URL to your favorites for easy access.

Monthly newsletter posted the 1<sup>st</sup> of each month (if the 1<sup>st</sup> is a weekend/holiday, it will be posted the next business day). About 2 years of past newsletter issues are also available.

### Seeing Yourself through New Eyes

Patients most often seek bariatric surgery to significantly improve their health and with related health issues, such as type 2 diabetes or sleep apnea. While they may know that integrating healthy diet and lifestyle habits are required for lasting results, they may not realize they also need to change the way they view themselves and their body image.

Body dissatisfaction is pervasive in our society. Americans are obsessed with thinness and perfection and bariatric patients are no different. Although many patients are excited when they lose excess weight, not everyone is as happy as they thought they would be. Often patients reach a healthy weight but are frustrated because they can't seem to reach their "goal weight". They may be disappointed that they still aren't "perfect". Their excess weight is gone, their medical conditions are improved or resolved but they focus on their sagging skin or don't like their body shape. Some patients continue to carry an internal image or perception that they are still fat. The term "phantom fat" was coined to describe the phenomenon of feeling fat and unacceptable after weight loss.

As you lose weight, it is crucial that you integrate a new body image of yourself. Having a health body image can increase self-confidence, enrich your life, or having you explore new hobbies and travels that you may have been fearful to try. Body image is both mental and emotional. It is the mental picture of your physical body (including size, shape and appearance), and your attitude toward the physical self when you look in a mirror (i.e. feelings, thoughts, beliefs).

Having a positive body image is an inside job. The body and mind are connected through a network of messaging that informs every cell in your body of your thoughts, feelings, hopes, fears, beliefs, and expectations. This makes your body very sensitive to shifts in your mental state. By increasing the positive input the mind-body receives, the messaging to your cells can be improved and optimized.

As you increase more positivity about yourself, the mind-body feedback loop grows stronger; like building muscle. As wellbeing increases, a shift occurs in the brain, encouraging even more positivity and less negativity.

### Habits for a Health Body Image

Appreciate all the amazing things your body does for you every day.

- Take pictures of yourself before surgery and every couple of months after. Tape the photos to your mirror so you can see the transformation.
- Create a list of all the things you are able to do (or want to do) now that you have lost weight, i.e. comfortably travel, play with your kids, walk upstairs with energy to spare, etc.
- Participate in physical activities you enjoy. Think "recess!"
- Be mindful of social and media messages. Pay attention to images or attitudes that make you feel bad about yourself or your body. Recognize and challenge those stereotypes – talk back to them!
- Have a daily connection with positive people. Surround yourself with friends and family who recognize your uniqueness and like you just as you are.
- Get good sleep. It's harder to feel good about yourself when you are dragging all day.
- Fuel your body throughout the day with high protein foods that nourish and energize you.
- Create a list of things you like and appreciate about yourself that have nothing to do with weight. Read the list often!
- Quiet the "mean voice" in your head that criticizes you and says you are not enough. When the voice starts to tear yourself down, read your list of things you like about yourself.
- Spend time in nature. Fresh air and nature does wonders for the body.
- Wear comfortable clothes that fit you now and that make you feel good about yourself.
- When you notice you are having negative thoughts about your body or appearance, take a moment and reflect upon what's going on in your life. Are you feeling stressed or frustrated? Are you facing a challenge?? When negative thoughts pop up, think about what you'd tell a friend if they were in a similar situation and then take your own advice.
- Do something nice for yourself that lets your body know you appreciate it: Take a walk, ask for a hug, relax outside, read a book, soak in a bubble bath.

## The Emily Program

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. They understand the tangled complexities of eating disorders, often from personal experiences.

They treat:

- Anorexia
- Compulsive Overeating
- Binge Eating Disorder
- Bulimia
- Food and Body Image Issues
- Other Specified Eating and Feeding Disorders

In Washington, The Emily Program has three locations, Seattle, South Sound and Spokane. They are contracted with Group Health. If you suffer from one or more of the above disorders / issues, you can ask for a referral to The Emily Program for an assessment / treatment.

They offer several treatment options, to include:

- Group Therapy (several types)
- Intensive Inpatient Treatment
- Partial Hospitalize Program
- Partial Plus Lodging

Each locations offer differing options.

The Sound Sound program offers a free weekly support group for those suffering from an eating disorder and their families. They also offer a quarterly recovery group.

Seattle offers the *partial plus lodging*, so that you can be close to your treatment facility.

Eating disorders can interfere with every aspect of your life. Seeking treatment can be hard and possibly embarrassing. Please know that you can not recover without admitting that there is a problem. Sometimes this can be very difficult to do, without proper help, treatment and support.

This includes issues of body image. A poor or negative body image can have detrimental results,

to include sabotaging your efforts to lose weight and improve your health.

Often times eating disorders are what have led to the weight gain in the first place, but can also lead to weight re-gain following weight loss after bariatric surgery.

It can be very difficult to take that first step – it usually is. However, that first step may very well be the first step to attaining the health and weight that you look forward to.

If any of this sounds like you, please take that first step!

### The Emily Program

1-888-EMILY-77 (1-888-364-5977)

## Announcements

- The Bariatric Step's to a Healthier Future is available online. As we update the booklet, we will post the most recent version on the <http://www.ghc.org/bariatric-patients/> web page. Last update: 12-1-2016
- **Interested in a Walking Group:**  
Olympia:  
Contact: Carrie Hoelsing  
([eyesheawawa@yahoo.com](mailto:eyesheawawa@yahoo.com) / 360-402-5556)  
and Charlotte McLaughlin  
([mackie\\_doodle\\_dandy@yahoo.com](mailto:mackie_doodle_dandy@yahoo.com) / 360-451-3443. Join the fun!!
- **Facebook:**  
Group Health bariatric Facebook page,  
*Second Chancers* link:  
<https://www.facebook.com/groups/28525681501402/>
- **Support Groups:**  
Required prior to surgery, but so very important after surgery. Take the time to attend the group nearest you. This is one easy thing you can do for yourself to help stay the course – long term!!

## Program Updates

### Our Team:

We have hired a new bariatric nurse. Her name is Kate Quinn. She will start in early March and primarily be working with pre-op patients.

### Pre-Op Class:

In March we will be taking our pre-op class to the Tacoma Group Health. Our goal will be to try and have a class in Tacoma at least every couple of months. This should help with commutes and patient satisfaction. The bulk of the pre-op class dates will remain at the Bellevue Group Health location.

### Group Visits:

We are beginning to do the group follow up visits again. We did a few of these last spring and they were got good reviews by patients who attended.

How the group works:

All patients will be at least one year post op.

You will complete a questionnaire to return to us in advance of the group follow up meeting.

The group will include about 12 fellow patients.

It will last for two hours.

You will have your vitals taken with the medical assistant.

You will then meet with PA William Young for a brief (about 5 minute) physical exam.

Lisa (dietitian) will be facilitating the group, while the medical assistant and PA are filtering through all 12 patients. This will take up the first hour.

The PA will then facilitate the group for the second hour.

Topics covered will include things that Lisa and William feel are common questions or concerns, as well as things that may have come to our attention from your returned questionnaires.

What we have found from our previous group follow up visits is that patients get the benefit of the PA expertise, the dietitian expertise as well as the comradery of their fellow patients.

If you are at least one year post op and would like your next follow up to be in the group format, please email or give us a call (425-502-3454). We will provide details of the upcoming group visit options.

## Upcoming Event

### Making A Difference: Portland

May 19-21

[www.WLSFA.org](http://www.WLSFA.org)

(this is from their web page):

The Weight Loss Surgery Foundation of America (WLSFA.ORG) invites you to join us in Portland Oregon! Your participation at this annual fundraiser allows the WLSFA to make a difference in the lives of people with no access to the medical treatment they need to overcome the disease of obesity. Dollars raised at this event fund grants and saves lives! We anticipate the largest gathering of weight loss surgery patients ever assembled. Together we can look forward to an event that will be life changing for attendees and those that benefit from the gathering our grant recipients!

- Friday Night Opening Reception & MAD Hatters Weird Tea Party
- 2017 Grant Recipients Revealed and *\*Special Carnie Wilson Grant Awarded!*
- Saturday Sparkle & Shine Making Lives Brighter & 7th Annual BLING Off
- Full Slate of Speakers and Workshops
- Product and Services EXPO & Attendee Goody Bags
- Bariathlete® of the Year & Community Service Awards
- 2nd Annual WLSFA 5/10K Walk/Run
- 3rd Annual Bari-friendly CHOPPED competition hosted by Carnie Wilson
- Special Event Fundraisers to be announced!

## How to Contact the Bariatric Clinic

Bariatric Nurse: 425-502-3454

General Surgery Nurse: 425-502-3450

Routine Appointments: 425-502-3450

Bariatric Team Email: [bariatricpatients@ghc.org](mailto:bariatricpatients@ghc.org)

Patient Secure Messaging: Through My Group Health

Consulting Nurse: 1-800-297-6877

Please email any medical concerns, pre or post op questions through My Group Health or call the bariatric nurse. Call the Consulting Nurse line if after 4:30 and weekends, with any post op concerns.