

Weight Loss Success Striders

A newsletter from the Center for Bariatric Surgery

July 2022

HOT TOPICS AT UPCOMING MEETINGS

August 9, 2022

Weight Regain After Bariatric Surgery

September 13, 2022

Reconstructive Plastic Surgery after Bariatric Surgery

October 11, 2022

"Ask the Doc!" Night

November 8, 2022

Patient Panel Meeting

December 13, 2022

Medications for Obesity

To receive the link to join the virtual support group, please call 401-793-3922.



SPECIAL ANNOUNCEMENTS

- All support groups will remain virtual until further notice. To receive the link to join the virtual support groups, please call 401-793-3922 or check our Facebook page.
- Please join our private Facebook group page, *Center for Bariatric Surgery*. This is a safe space to share feelings, thoughts, triumphs and challenges as you continue your wellness journey.
- Can't make a support group? No worries! All meetings will be recorded and posted to our Facebook group page.

UPCOMING VIRTUAL SUPPORT GROUP MEETINGS

Weight Regain After Bariatric Surgery	Reconstructive Plastic Surgery after Bariatric Surgery	"Ask the Doc": Q&A with a Bariatric Surgeon	Medications for Obesity	Patient Panel Meeting
Guest Speaker: Dr. Sheenagh Bodkin	Guest Speaker: Dr. Rachel Sullivan		Guest Speaker: Dr. Sheenagh Bodkin	
August 9, 2022	September 13, 2022	October 11, 2022	November 8, 2022	December 13, 2022
5:30 – 6:30 pm Join us online using Microsoft Teams	5:30 – 6:30 pm Virtual Support Group via Microsoft Team	5:30 – 6:30 pm Virtual Support Group via Microsoft Team	5:30 – 6:30 pm Virtual Support Group via Microsoft Team	5:30 – 6:30 pm Virtual Support Group via Microsoft Team
ALL PATIENTS, FAMILY & FRIENDS WELCOME!	ALL PATIENTS, FAMILY & FRIENDS WELCOME!	ALL PATIENTS, FAMILY & FRIENDS WELCOME!	ALL PATIENTS, FAMILY & FRIENDS WELCOME!	ALL PATIENTS, FAMILY & FRIENDS WELCOME!

Less weight. More health.

For more information on weight loss surgery, call 401-793-3922.



Center for Bariatric Surgery
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Reactive Hypoglycemia after Bariatric Surgery

After bariatric surgery, you may experience hypoglycemia, which means low blood sugar that occurs after a long period of time without eating. *Reactive* hypoglycemia is different and refers to low blood sugar that occurs after eating foods that are high in sugar or simple carbohydrates— usually within four hours after eating. Dumping syndrome can cause reactive hypoglycemia after Roux-en-Y gastric bypass or duodenal switch surgery. This complication of the surgery happens when food passes through the digestive tract so quickly that not enough glucose is derived from food. Usually, a blood sugar level that falls below 70 mg/dL would indicate hypoglycemia.

It is not always known what exactly causes hypoglycemia as sometimes it can be due to physiological responses with how the body releases insulin or even from lifestyle/dietary habits. Each person's body can respond and react to low blood sugar differently, but it is very common to suddenly experience uncomfortable symptoms (mild or even more severe) when it happens. Symptoms include feeling shaky, dizziness, increased heart rate, slurred speech and double vision. These symptoms occur 30 minutes to 2 hours or more after eating. Hypoglycemia can be dangerous if untreated. To learn how to prevent and treat reactive hypoglycemia, please speak with your Registered Dietitian.

MONTHLY WELLNESS TIPS

1. Focus more on improving your overall health and wellness instead of weight loss.
2. Aim to eat a balanced meal or snack every 3 hours. This means eating fiber-rich healthy carbohydrates paired with a protein and/or healthy fat..
 3. Move your body daily.
 4. Pay attention to your hunger and fullness cues.
 5. Remember that small changes can really add up and lead to big results!

Want to speak to a weight loss surgery mentor for additional support throughout your journey?

Already had weight loss surgery and want to "pay it forward" by becoming a mentor?

If so, please send a request to our CBS email at CBStmh@lifespan.org

FEATURED RECIPE OF THE MONTH

Quinoa & Feta Chickpea Salad

Adapted from <https://everything-delish.com/>

Ingredients:

- 1 cup quinoa
- 1 cup lite feta, crumbled
- 2 baby cucumbers, chopped
- 1 can chickpeas, rinsed and drained
- ½ cup mint, chopped
- 1/3 cup parsley, chopped
- ½ red onion diced
- ½ cup walnuts, chopped

Dressing:

- ½ cup olive oil
- 1 lemon, juiced
- 1 garlic clove, grated
- Salt & pepper to taste



Instructions:

1. Cook quinoa and let fully cool.
2. Make the dressing by mixing all dressing ingredients together. Set aside.
3. In a large bowl, combine all salad ingredients and dressing then mix well.
4. Optional: Finish with more black pepper and fresh mint. Enjoy!

Nutrition Focus: *This salad is a rich source of protein, fiber, healthy fats and a variety of vitamins and minerals.*



FACEBOOK

To join the Facebook group, search the Facebook Groups page for Center for Bariatric Surgery. Then, click 'Join Group' to request access to the group page.

Please note this is a private group operated by the Miriam Hospital for CBS patients only. You will be asked to confirm that you are a CBS patient and your surgeon's name before joining.

**Less weight.
More health.**

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