

NUTRITION WELLNESS COMMUNITY

The Center for Surgical Weight Loss
at Care New England

NOVEMBER 2020 ISSUE

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UPCOMING SUPPORT GROUPS (via Zoom)

December 9th @ 6pm

[Join the Zoom meeting](#)

Thank you, Jane!

As many of you are aware, Jane and our office have unfortunately parted ways. Jane has been an incredible asset to our team and she will be greatly missed, not only by our staff, but certainly our patients. Jane has dedicated so much of her time and efforts to this program and we are forever thankful for that as she moves on to the next chapter in her life. We are planning to maintain many of the programs that she pioneered with our office, including this newsletter, the bariatric boutique and monthly support group meetings. Jane wanted to reach out and let everyone know, "Thank you for a great two years. I really enjoyed working with the Center for Surgical Weight Loss. I will miss the dedicated office and practitioners as well as the patients. Our patients are a big part of what makes this practice a success. I wish you all the best in your journey and will miss you all!"



What's new? COVID-19 updates.

Dealing with a global pandemic has been an incredibly difficult time for all. Our office is doing everything in our power to make sure we provide a safe and healthy environment for everyone, especially our patients. Our staff has been dedicated to making sure the waiting and exam rooms are sanitized thoroughly between each patient and we are minimizing exposure to others by spacing out office visits. Hand sanitizer is readily available and face masks are required to enter the office. When checking in for appointments, patients, and any person accompanying them, are screened for any signs/symptoms exposures to COVID-19. Our office has returned to performing all procedures, including general and weight loss surgeries. If you're interested in a consultation with our office, please watch our webinar!

www.carenewengland.org/bariatric



Questions and answers with Dr. Giovanni.

1. I am interested in undergoing weight loss surgery. How do I start this process?

You can start by watching our webinar and learning more about the procedures we offer. Once you have watched the webinar you can make an appointment with one of our surgeons to discuss your options further.

2. How closely are patients followed after surgery?

It is recommended that patients complete a 5 year follow up with our surgical team at regular intervals. We typically see our patients at 2 weeks, 4 weeks, 3 months, 6 months, 1 year, 18 months, 2 years, 3 years, 4 years and 5 years after surgery. If any issues come up between appointments, we are always available for any questions or concerns.

3. Why are patients on Omeprazole or a similar medication after surgery?

These medications help to reduce acid in the stomach which allows it to heal properly and reduce post-operative reflux or ulcers.

4. When can I start my vitamins after surgery and how often do you check my levels?

Patients are encouraged to try vitamins before surgery to see which ones they can tolerate and to get into the habit of taking them. It is ideal if patients start vitamins as soon as they can post-operatively, but occasionally patients will delay this by two weeks and wait for their post-op appointment for a more in depth discussion with the physician assistant.

5. How often should I be seeing my nutritionist? Should I be seeing them after surgery?

Following with your nutritionist regularly is vital. Initially, more frequent visits with the nutritionist are recommended. This is not only to help you reach your weight loss and health goals, but more importantly to maintain them. In addition to seeing the nutritionist consider keeping a food log as this can be a very valuable tool to share with your nutritionist to get a better, more personalized, nutrition plan.

6. I am worried about weight re-gain. Are there any suggestions that you might have?

The most important thing is to recognize that obesity is a chronic disease. This is not something that can be treated with surgery alone, but requires a comprehensive program. The more you engage in the components of the program such as support groups, our mentoring program, ongoing nutrition counseling, and exercise, the more successful you will be with achieving and maintaining your goals.

7. I really do not go to the gym since I am not sure what exercises to do while I am there. Do you have any suggestions?

Most importantly, whatever someone chooses for exercise, it should be fun! Like anything else, in order to be successful, you should set realistic goals, do something you enjoy, and understand your physical limitations. It can be good to try different types of exercise to discover what you prefer and if you might need additional assistance. P.R.E.P. through Healthtrax is a great resource. It is done with a professional team in a safe environment to help you get started.

8. I previously had bariatric surgery and feel like some days I am struggling mentally and emotionally. Do you have any suggestions?

This is not an uncommon problem. You should never feel afraid to reach out. We work with a wonderful team of psychologists, psychiatrists and behavioral specialists dedicated to helping our bariatric patients. We feel it is important to work closely with these professionals because mental health is just as important as physical health.



Obesity & COVID by Dr. Tse

Hi everyone,

I would like to take this opportunity to briefly introduce myself to everyone I have not yet had the chance to meet. I am Dr. Lindsay Tse, a fellowship trained Minimally Invasive General and Bariatric Surgeon at Care New England Kent Hospital. I am very excited to be here in Rhode Island and a part of the Center for Surgical Weight Loss!

There is constantly new information being discovered about the new coronavirus that causes the disease COVID-19. As we continue to learn more about this new disease, multiple studies have shown that obesity alone is a risk factor for being hospitalized or placed in the ICU. In fact, obesity is the number one risk factor for developing severe disease in individuals under the age of 55. This statistic is particularly alarming because greater than 40 percent of people who live in the United States are considered obese.

Even though we are in the middle of a pandemic it is extremely important to make sure you are taking good care of yourself. Make sure to follow the safety precautions and guidelines in order to stay safe; practice social distancing, wear a cloth face mask, and frequently perform hand hygiene. Now is the time to either start your new journey, continue your healthy lifestyle, or get back on track. Remember the basics: focus on nutrition by eating small sensible portions, exercise regularly, and take your vitamins! Until we get a chance to meet, either virtually or in person, stay safe!

Sincerely,

Lindsay Tse



Appetizer: Healthy Guacamole

Guacamole has been around in one form or another for a while. Most recipes taste good, but you can often tell they are not made with avocados, the traditional primary ingredient. While I cannot promise that this recipe tastes just like the original version, this healthy alternative uses broccoli and edamame to fuel the taste buds just a little more. Serve this low-fat version of the very popular Mexican condiment wherever you would serve traditionally such as with enchiladas, burritos, or as a dip for vegetables.



Ingredients

- 1 cup edamame
- 1 cup broccoli florets
- Zest of 1 lime and juice of 2 limes
- 2 Roma tomatoes, diced
- 1/2 small red onion, peeled and diced small
- 1/4 cup finely chopped cilantro
- 1 clove garlic, peeled and minced
- Salt to Taste
- 1 pinch cayenne pepper, or to taste

1. Place the edamame in a medium sauce pan and add water to cover. Bring to a boil and cook for 5 minutes. Drain and rinse the edamame until cooled.
2. Steam the broccoli in a double boiler or steamer basket for about 8 minutes, or until very tender. Drain and rinse the broccoli until cooled.
3. Add the edamame and broccoli to a food processor and puree until smooth and creamy. Add water if needed to achieve a creamy texture. Put the pureed mixture into a bowl and add the lime zest and juice, tomatoes, onion, cilantro, garlic, salt, and cayenne. Mix well and chill until ready to serve.

Dinner: Chicken Parmesan Zucchini Boats

Prep time: 20 minutes
Cook time: 20 minutes

Ingredients

- 2 zucchini squash cut lengthwise and seeded
- 1 lb boneless skinless chicken breast
- 15 oz tomato sauce
- 2 tbsp. Italian Seasoning
- 1 tsp minced dried garlic
- 1/2 cup 2% mozzarella cheese shredded



Nutrition | Serving: 1 boat

Calories 223 kcal
Carbohydrates: 12g
Protein 31 g
Fat: 6g
Saturated fat: 2 g
Cholesterol: 80 mg
Sodium: 790 mg
Potassium: 1081 mg
Fiber: 4g
Sugar: 7g

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Mentor Program: Recruiting New Mentors!

Remember how scary it was to embark on this new journey? We want to provide you with another source of support—each other!

If you would like to be a mentor: We request that you are 1 year post surgery, doing well, had some struggles, willing to provide support (but not any medical advice), be an active member of a support group, attend quarterly mentor meetings, and be willing to share your contact information. We also ask that you are willing to commit to a minimum contact with your Mentee of once per month for 1 year.

If you would like to have a mentor: Please call our office as many of our patients are eager to share their story and be a source of support. They would love to help you and then some day you can "pay it back" and become a Mentor for another! Of course, you need to be willing to share contact info as well.

Contact suggestions for the mentor/mentee relationship: Text, email, phone, cards, visit in the hospital, or in person meet ups. You will find a way that works best for the 2 of you! To register, please reach out to one of our providers at your next appointment or call our office. You can also sign up at support groups.



Bariatric Boutique

Now accepting summer clothing! All sizes accepted, but we are certainly looking for sizes M, L and XL.

One request—if you are shopping, please put clothes back neatly in the places where you found them. We organize by size and keep this room up ourselves after work which can sometimes be time consuming! Thank you kindly.

We ask that any drop-offs be done at the front desk or outside. When shopping in the boutique please use hand sanitizer before and after as well as wear a mask.

We welcome any lightly used, clean, in season clothing. We have very little storage space for clothes not in season. Donations are much appreciated! Thank you.

Shop as you drop! Feel better in clothes that fit. Save money by shopping for free! Visit the bariatric boutique, which is within the Center for Surgical Weight Loss at Care New England.

Browse and take what ever you would like for free while waiting for your appointment or afterwards. Sizes ranges from 5X to small. We have both men's and women's clothing. Clothes come and go quickly, so feel free to shop on a regular basis.

Be a part of another patient's progress and donate clothes today! Returns or clothing donations can be dropped off to our office at any time: 227 Centerville Rd., Warwick, RI.

Any questions? Contact our office at 401-736-3731.

Physician Referred Exercise Program

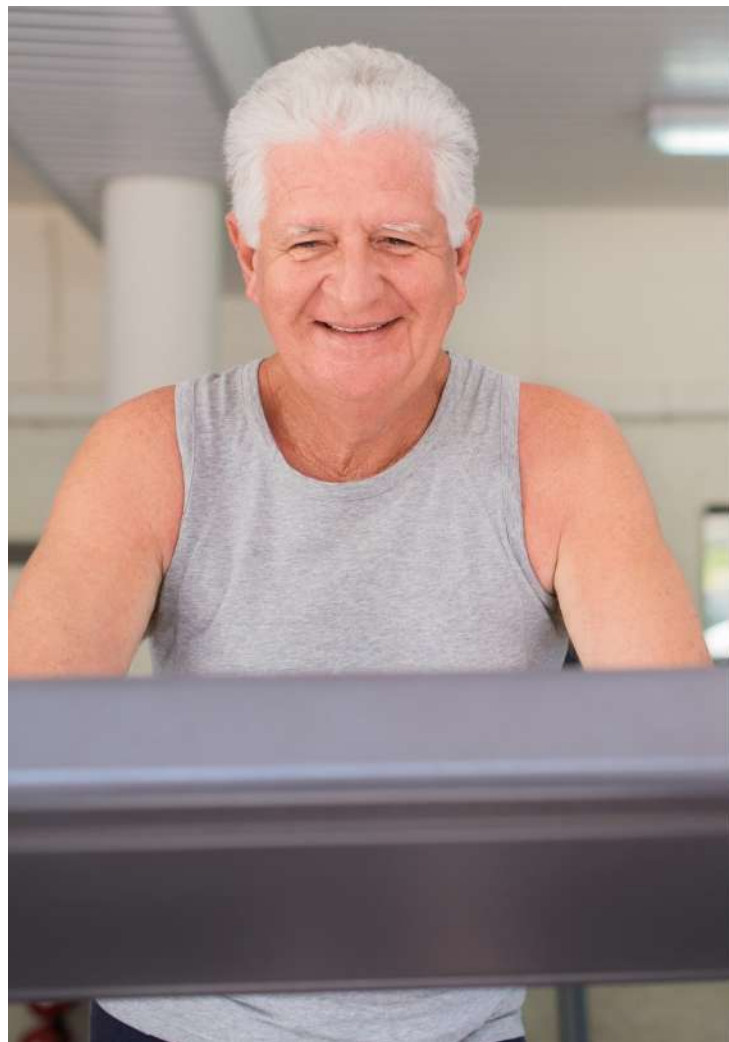
Request a referral for the P.R.E.P. Program (Physician Referred Exercise Program) at Healthtrax!

The Physician Referred Exercise Program is a guided introduction to exercise where participants meet with fitness professionals to get started on an individual program.

Participants receive:

- A guided group or individual session with a fitness professional
- Full access to Healthtrax fitness amenities for 60 days
- Group exercise classes including yoga and aqua classes
- Indoor aquatics centers including lap pool and whirlpool
- A complimentary half-hour appointment with the Wellness Center's registered Dietitian

P.R.E.P. medical director is Gregory Degnan, MD, orthopedic specialist. Ask your doctor for a P.R.E.P. referral prescription to get started. Call (800) 505-5000 or visit healthtrax.com/prep.



Healthtrax
FIT FAMILIES FOR LIFE



Care New England Wellness Center

Care New England offers cardiac maintenance/supervised exercise programs. Participants do not need to have had a cardiac event to join. Anyone at risk for cardiac disease or who is currently inactive and needs an exercise prescription is welcome.

You can also arrange for sessions with an exercise physiologist.

Care New England Wellness Center
2191 Post Road, Warwick RI
(401) 732-3066

Upcoming Events and Support Group Meetings

NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Holiday Office Closed	12	13	14
15	16	17	18 Zoom Support Group	19	20	21
22	23	24	25	26 Holiday Office Closed	27	28
29	30	31				

Helpful Resources

American Society for Metabolic and Bariatric Surgery (ASMBS)
<https://asmbs.org/patients>

CDC Nutrition Recommendations
https://www.cdc.gov/healthyweight/healthy_eating/index.html

CDC Healthy Activity Guidelines
https://www.cdc.gov/healthyweight/physical_activity/index.html

Obesity Action Coalition
<https://www.obesityaction.org/>

Center for Surgical Weight Loss

227 Centreville Road
 Warwick, RI 02886
 (401) 736-3731

Our Providers

Dr. Jeannine Giovanni
 Dr. Lindsay Tse
 Jocelyn Cobb, PA-C
 Daniel Piascik, PA-C

Interested in Weight Loss Surgery?

Click Here to Watch our Webinar Today [▶](#)

