



- July 2007 -

## **Vitamin Corner...**

### **Common questions regarding dietary supplements:**

*What are dietary supplements?*

Dietary Supplements are products that people add to their diets such as vitamins, minerals, herbs, and amino acids.

*Should I consult my doctor before beginning a new supplement?*

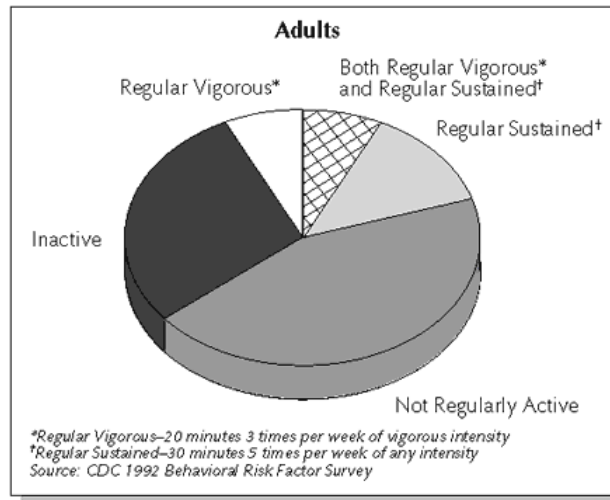
Yes, you should always discuss the use of supplements and alternative medicine practices with your physicians. Many studies indicate that people do not address these practices because they are unaware that they should or because they feel the physician will disagree with the use of such products. However, many of these dietary supplements contain active ingredients that may interfere with prescribed medications, resulting in adverse effects. Therefore, it is important that your health care team be aware of all supplements being used.

*Are dietary supplements FDA approved?*

The FDA does NOT approve dietary supplements that are on the market, and only take action if products are found to be unsafe or make false claims. It is the responsibility of the company to determine whether their products are safe for public use.

***Remember to take your multi-vitamin every day!***

## **Exercise Tip**



More than 60% of adults do not achieve the recommended amount of regular physical activity. 25% of all adults are not active at all! In which group do you belong?

### Simple ways to increase activity in your day

Take the stairs instead of the elevator or escalator

Stop looking for a good parking spot - park in the last row instead

Walk or jog in place during television commercials. As your endurance improves, use the treadmill during the show and break on the commercials!

Do jumping jacks or leg lifts the last two minutes of the hour, several times a day

Plan your exercise for the time of the day you feel the most energetic

Spend ten minutes of your lunch moving!

## **Nutrition Tip**

Determining appropriate portion sizes

3oz meat = deck of cards
1 serving cooked veggie = ½ baseball
1 serving oatmeal or pasta = ½ woman's fist
1 fat serving = 4 stacked dimes
1 medium fruit = 1 tennis ball

## **Behavior Modification Tip**

**Have you taken advantage of the benefits offered in our comprehensive WLS program?**

Fitness evaluation with personal trainer (3 visits)

Monthly Support Group (schedule is provided on page 4)

On-line Support: [www.sentara.com/support](http://www.sentara.com/support) (gastric bypass group and a separate Lap Band group) and [www.weightlosssurgerycenter.com](http://www.weightlosssurgerycenter.com)

“Can Do” Nutrition class for weight loss (basics of eating healthy for life including reading food labels, spacing meals and proper food selection)

WLSC journal to monitor your food and beverage intake as well as your weight loss success

Unlimited visits with the dietitian for six months following WLS

**Surgery is only the beginning...we recommend Lifetime support for Lifetime success**

## **Recipe of the Month**

### **Spinach and Cheese Squares**

**Recipe source: American Diabetes Association**

#### **Ingredients:**

2 Large eggs or ½ cup egg substitute  
6 Tbsp whole-wheat flour  
10oz frozen, chopped spinach, thawed  
2 cups low-fat cottage cheese  
2 cups reduced-fat Cheddar cheese  
½ tsp fresh ground black pepper  
⅛ tsp cayenne pepper  
1 pinch nutmeg  
3 Tbsp wheat germ



#### **Preparation:**

In a large bowl, beat eggs with the flour until the mixture is smooth. Add the spinach, cheeses, cayenne and nutmeg, and mix the ingredients well. Pour mixture into a nonstick coated 9x13-inch baking pan. Sprinkle the top with wheat germ and bake at 350 degrees for about 45 minutes. Let stand for about 10 minutes and then cut into 1½” squares for serving.

Recipe makes 36 squares. Nutrition information (per 2 squares): 66 calories, 2 grams fat, 4 grams carbohydrate, 8 grams protein

## Welcome Our New Dietician – Marissa Beale, MS, RD

Congratulations to Becky Eason, RD on the birth of her beautiful baby girl – June 19, 2007. Mom and baby are doing well ☺.

With Becky on maternity leave, we welcome to our WLSC family Marissa Beale. Marissa is a local girl who grew up just over the river in Isle of Wight County, VA and is excited to be back in the area working with weight loss surgery patients to aid them in reaching their goals.

Marissa graduated from James Madison University in Harrisonburg, Virginia with a Bachelor of Science degree in dietetics. She completed her dietetic internship and Master of Science degree from East Tennessee State University in Johnson City, TN.

### Support Group Schedules:

#### Pre-operative to 2 Years post-operative WLSC Support Group meeting:

- August 8 at 7 p.m. at Sentara Careplex Hospital Conference Center (York River Entrance)
- **Topic:** Patient Stories

#### Lap Band WLSC Support Group meeting:

- August 16 at 6:30p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Patient Stories

#### 2+ Years post-op WLSC Support Group meeting:

- August 23 at 6:30 p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Patient Stories

### WLSC staff

Thomas W. Clark, MS, MD, FACS  
Anthony D. Terracina, MD, FACS  
Nancy Ritchie, CFNP  
Dewey Steele, Physician Assistant  
Susie Rohling, RN, Bariatric Prog. Coord  
Dawn Reese, PhD, Clinical Psychologist  
Becky Eason, Registered Dietitian  
Marissa Beale, Registered Dietician  
Shawn Joyner, Office Manager  
Karol C., MSN, RN  
Dani C., Medical Assistant  
Cat W., Patient Scheduling Coordinator  
Jennifer S., Medical Receptionist  
Kristi J., Medical Receptionist  
Candace H., Medical Receptionist

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