

WHAT'S NEW IN BARIATRIC SURGERY

THE UNIVERSITY BARIATRICS PROGRAM NEWSLETTER



Welcome to our program's new newsletter. Its purpose is to bring you some of the latest news in the field of bariatric surgery, along with related material contributed by our allied health providers such as bariatric surgery friendly recipes. We hope you'll find this effort helpful and will share it with others whom are either embarking on a surgical weight loss journey or are on the fence about it. Your feedback and contributions are always welcome.

Amir Mehran, MD, FACS

Contact info:

227 W. Janss Rd. #320
Thousand Oaks, CA 91360
(805) 379-9796
www.universitybariatrics.com

Follow Us on [Facebook](#) and [Instagram](#)



In October 2022, the world's two largest bariatric surgery societies jointly published their new guidelines for metabolic surgery. Based on decades of research and data since the original criteria were set by the NIH back in 1991, the new recommendations demonstrate a significant acknowledgement of the obesity epidemic and the impactful role of surgery in its management at earlier stages.

Current Criteria

- BMI >40
- BMI >35 with an obesity related comorbidity

New Criteria

- BMI >35
- BMI >30 with obesity related co-morbidities
- BMI >27 in certain ethnic groups
- Adolescents with severe obesity
- Patient in need of other surgeries eg orthopedics or transplants but are prohibited by their weight.

You can read more about these recommendations by visiting: <https://asmbs.org/articles/after-30-years-new-guidelines-for-weight-loss-surgery>. To calculate your BMI or to learn more about bariatric surgery, please watch our free online seminar: <https://www.universitybariatrics.com/content/webinars>.

THE HOLIDAYS SURVIVAL GUIDE

From Heather Gibson, PhD
www.heathergibsonphd.com

The Holiday Season (from Halloween to New Years) can be a tricky time for those working on losing weight or maintaining weight loss. But you can avoid some of those challenges with a little forethought and planning. Take a look at your calendar and consider what are the most important holiday events you have coming up — the work party, the dinner with the cousins, the book-club happy hour — think about where those events will be, what type of food you will look forward to and really enjoy. Then be MINDFUL and go enjoy those items, with awareness, with savoring the experience.

Also, be mindful of avoiding the foods you don't really love, but just show up — you know those 3 day old cookies your neighbor drops off each year, or the pumpkin pie left in the break room when you don't even really love pumpkin pie. Give a little effort now to thinking about your plan to avoid those types of pitfalls. Remind yourself how much more you will enjoy the potatoes that you plan to have at Aunt Carolyn's house and that you wouldn't really choose leftover cookies on a random Wednesday when they get delivered to you.

Set aside time in your busy schedule to make sure you keep planning your day to day meals. Part of the difficulty people run into during this season, is just being so busy that they stop doing their routine. Make time to keep doing the things that make you feel healthy, whether that's having the right groceries in the house, meal planning, exercising. Don't let the holiday "extras" keep you from continuing the basics. Consider building in more non-food traditions. Think about parts of this season that you really love — like looking at lights, holiday home tours, listening to music, shopping, getting together with friends. Consider being creative about how to have those fun and festive experiences and traditions, that are not just focused on food.

NUTRITION TIPS FOR THE HOLIDAYS

From: Yasmin Firouzman, RD
www.nutritionook.com

The holidays are here! A great time that is filled with joy, celebrations and many gatherings around food. This can also be a time of great distress for those of us who want to focus on eating well. At University of Barietrics, we want you to enjoy yourself, but also encourage you to prioritize your healthy eating habits. Here are some tips that can help you remain present and mindful while avoiding the "all or nothing" holiday eating mindset:

1. **Don't go to a party hungry:** Avoid skipping meals and having long gaps between them. This can lead to overeating.
2. **Drink plenty of water:** Staying hydrated can help prevent unnecessary eating. We often confuse thirst for hunger.
3. **Keep careful tabs on the Drinks:** Alcohol may go down easily, but they are full of empty calories. Try your best to limit your beverages to water.
4. **Plan time to exercise:** Exercise can help keep you on track and is a great way to relieve holiday stress.
5. **Eat Slowly:** Eat slowly and chew every bite until mushy. Do this at home and at all holiday celebrations. Eating slowly can lead to less food consumption.
6. **Avoid feeling guilty if you mess up:** We all make mistakes and the best thing we can do is start over at the next meal.
7. **Watch your portions:** Treat yourself to your favorite dishes, but in small portions. Moderation is the key.
8. **Avoid unconscious eating:** Eat when you are physically hungry and not when you are emotionally hungry. It is also best to avoid socializing near the food.
9. **Set realistic goals:** If trying to lose weight during the holidays becomes very stressful then focus on maintaining your weight.
10. **Practice healthy holiday cooking:** Try the following cooking tips for a healthier alternative to some popular holiday dishes:
 - * **Mashed Potatoes:** Use skim milk, chicken broth or garlic and parmesan cheese instead of whole milk and butter
 - * **Gravy:** Refrigerate the gravy to harden the fat. Once hardened remove all visible fat
 - * **Green bean casserole:** Cook fresh green beans with cubed potato pieces instead of cream soup. Top with sliced and roasted almonds instead of fried onions
 - * **Other healthy substitutions:**
 - Greek yogurt for sour cream
 - Nonfat plain yogurt for mayonnaise
 - Coconut milk for heavy cream
 - Unsweetened applesauce for oil
 - Mashed cauliflower for mashed potatoes
 - Salt with fresh herbs, spices or lemon juice

HOLIDAY EATING VIDEO FROM OUR YOUTUBE CHANNEL

<https://youtu.be/M9eiWYEMde8>