

# NEW YEAR'S RESOLUTIONS

## THE UNIVERSITY BARIATRICS PROGRAM NEWSLETTER



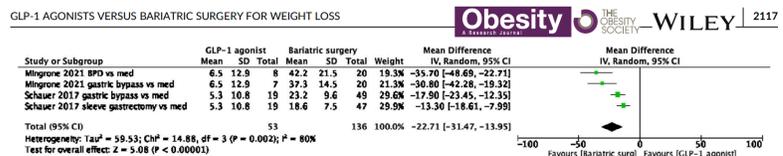
**Welcome** to our January 2023 newsletter. The motif for this issue is the perennial New Year's resolutions; specifically, losing weight. You will find some guidance & suggestions from our allied health partners as well a brief synopsis of a recent article comparing the new 'diet' medications vs bariatric surgery. 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

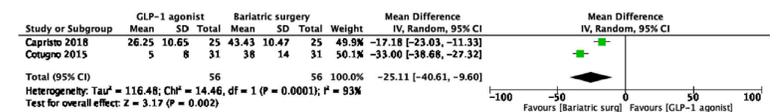
**Contact info:**

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

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



**FIGURE 2** Forest plot of absolute change in weight between bariatric surgery and GLP-1 receptor agonists from baseline to study end in randomized controlled trials. GLP-1, glucagon-like peptide 1 [Color figure can be viewed at [wileyonlinelibrary.com](http://wileyonlinelibrary.com)]



**FIGURE 3** Forest plot of absolute change in weight between bariatric surgery and GLP-1 receptor agonists from baseline to study end in observational studies. GLP-1, glucagon-like peptide 1 [Color figure can be viewed at [wileyonlinelibrary.com](http://wileyonlinelibrary.com)]

You have probably heard about some of the newer diabetes medications (Wegovy, Ozempic, Saxenda, Monjaro, etc) and their incidental weight-loss effects. Also known as “Hollywood diet drugs” due to celebrity endorsements, GLP-1 agonists have risen in popularity due to significant media coverage & marketing. They are given as weekly injections and the dosing may have to be increased over time to achieve weight loss. The off-label use of these medications has in turn meant shortages for diabetic patients who truly need them. Due to variable insurance non-coverage in non-diabetics, these weekly injections can cost as much as \$1000 a month. There are also various gastrointestinal and other types of side-effects, including higher risk of thyroid disorders in animal studies.

In a recent study published in the medical journal Obesity, Canadian researchers compared bariatric surgery to weight loss medications including GLP-1 agonists. As the chart above shows, bariatric surgery was found to be superior for weight loss and more favorable for glycemic control. However, the meta-analysis was limited by the number of studies included and their duration.

High costs aside, there is still a lot that is unknown about the longer term effects of these medications when used off label. With other diet drugs, a major rebound effect is seen with their cessation of use. It remains unclear if this problem applies to the new drugs or not. As with anything else in medicine, there are pros/cons associated with everything, some of which will not be known for years to come. We believe that there might be a role for these new drugs as an adjunct to more definitive time-tested bariatric surgeries. We do recommend talking to your primary MD before starting any new medications.

## NEW YEAR'S RESOLUTIONS: TIPS FOR SUCCESS

Heather Gibson, PhD  
[www.heathergibsonphd.com](http://www.heathergibsonphd.com)

If you've struggled with New Year's Resolutions, or just struggled to meet goals you set for yourself, you are not alone. Surveys show that 80% of people have abandoned their resolutions by February. Changing old habits and making new habits is difficult! This year, try going at it a little differently.

One of the main reasons people fail at resolutions is that we make them too unrealistic. Setting huge goals like "I'm going to the gym after work EVERY DAY" or "I'm going to eat a vegan diet" end up being too big or too different from your normal life to be successful. Instead, start working on shaping your behavior changes instead of trying to completely overhaul them. For example, you might focus on "getting to the gym at least twice / week" or having "Meatless Mondays" and working up to the bigger goals over time.

Be specific with your goals as well. Something like "saving more money this year" or "getting in shape" are just too vague. For real change to occur, people are more likely to have success if they break down goals into specific and realistic achievements. So you might break it down like "I will set up my account to pull \$100 from checking to savings each month" or "I'll get in better shape by committing to walking 4 days each week."

Do some proactive problem solving too. What is going to get in the way of you meeting your goals? What support needs to happen to better enable change? If you've failed at going to the gym after work several times before because you are just too tired at 5:00, maybe you focus on walking during your lunch break instead, or shooting for morning workouts before work.

And now that you've got more realistic, manageable goals — start each day by writing the goal down and do any daily problem solving you need to help achieve that goal. At the end of each day, evaluate how you did and do some problem solving about what worked and didn't so that you can adjust your strategy, rather than abandoning it.

### **Know someone who is suffering from their adjustable gastric band?**

Revisional surgery after bands is just a matter of time. Share this link with them so they'd know their options: <https://youtu.be/XkNZzggZ1As>

## POST-HOLIDAYS' BARIATRIC SURGERY FRIENDLY RECIPES

Alona Geller, MS, RD  
[www.nutritionheals.com](http://www.nutritionheals.com)

### ***High protein salad to go!***

Great for post op bariatric patients looking for alternative ways to include protein powders other than in a shake. Also beneficial for anyone who chooses to eat a healthy diet such as plant based, anti-inflammatory, low sodium, high protein and low acid. A delicious and easy raw plant based salad to add to your meal prep, and no cooking or re-heating required!

#### Ingredients:

- Sprout living pumpkinseed protein powder
- 1 cup frozen blueberries
- 1/4 cup goji berries
- 5 oz arugula or chopped kale (or your favorite dark leafy green)
- Add ons: chopped dates, or chopped apple, chia seeds or ground flax seed, seed or nut butter

#### Instructions:

- 1) Throw the blueberries, and goji berries in a glass mason jar wide mouth or any salad container you like to use for meal prep that has a sealed lid.
- 2) Scoop out 2 scoops of Sproutliving pumpkinseed protein powder and pour on top of berries in container.
- 3) Throw greens on top and close the bowl with the lid sealed.
- 4) Shake it up a bit and then place it in the fridge or your lunch box.
- 5) Remove it from the fridge or lunch box about an hour before ready to eat.
- 6) When ready to eat add a little tiny bit of water or an unsweetened almond milk (4 tablespoons) and mix all salad contents together with a fork and spoon allowing the liquid from the defrosted blueberries and added liquid to be enough fluid to give the protein powder a thick "peanut buttery" creamy dressing consistency.
- 7) For an extra decadent topping high in healthy fats and complete proteins add 1 tablespoon of the raw sprouted organic hempseed butter from brand name Dastony or any nut/seed butter of your preference.

### ***Easy Chia Seed Pudding!***

#### Ingredients:

- 1 T chia seed
- 1/2 cup frozen strawberries or frozen berry of choice
- optional sweetener: monk fruit 1/2 T

#### Directions:

- 1) microwave the frozen berries in a small microwave safe bowl for ~20 seconds stopping half way to turn and mash up (this step is to just defrost the berries, not to cook them)
  - 2) Spoon out the defrosted berries into a small glass mason jar (4 oz) and add the chia seeds and monk fruit.
  - 3) Stir and mix contents together and let sit in the refrigerator for at least 20 minutes.
- Options:
- Eat as is
  - Eat as a smoothie bowl: pour protein shake in a bowl and add the chia pudding on top. Eat with a spoon
  - Eat it on Sweet potato toast- spread as a jam on a slice of toasted sweet potato
  - Eat it with a salad as a fruity salad dressing
  - Eat it in romaine heart lettuce leaves for a very healthy crunchy dessert