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Healthy Woman

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When it matters most.

Reclaim your health

Advances in weight-loss surgery can help

With every holiday season, we awaken our nurturing spirit and cater to our friends and loved ones. We celebrate with grandiose meals, desserts and holiday treats...and then, the inevitable happens: weight gain. Weight gain is quickly followed by New Year's resolutions, broken promises and frustration.

For many, holiday overindulgences are just one small part of a larger problem facing many Americans today — obesity. Obesity is defined as having a body mass index (BMI) greater than 30. (See the chart to find your BMI). The good news is that diet and exercise are not the only options for weight loss.

• A life-changing decision

At Orlando Regional Medical Center (ORMC), weight-loss, or bariatric, surgery is an option for some people who have been

unable to maintain weight loss through dieting and exercise.

Weight-loss surgery was the option Carmen chose to change her life. At 28 years old, Carmen was nearing 300 pounds. "Before my weight-loss surgery, life was pretty normal, except for the occasional teasing from schoolmates and other people. I would get depressed every once in a while for being fat," says Carmen. "As a result of my weight, I was always tired and I had hypothyroidism. I tried all different types of diets and joined a gym to try to lose the weight, but because of my slow metabolism nothing worked."

Surgery is not a quick fix. The bariatric program at ORMC is a multidisciplinary program that incorporates nutrition, exercise and counseling into preparation and follow-up for surgery. The bariatric program at ORMC has three surgeons who offer gastric banding through the Lap-Band® system, Roux-en-Y gastric

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"I love having lost all this weight. I'm able to walk around with confidence, and now when I go shopping I really enjoy not having to go to the plus-size section."

—Carmen

BODY MASS INDEX CHART

Weight in pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Height in feet and inches

 Underweight

 Healthy weight

 Overweight

 Obese

Join Orlando Health's Healthy Woman today



Gain the benefits that other health-minded Central Florida women enjoy by joining Orlando Health's Healthy Woman, a FREE program that provides access to a wide range of health information just for

women. Through Healthy Woman, you will receive:

- this bimonthly newsletter, designed to keep you up-to-date on the latest health trends, services and activities
- free or discounted admissions to Healthy Woman-sponsored educational programs and health screenings
- *Healthy Living* and *What Every Woman Should Know About Heart Disease*, two comprehensive booklets explaining topics of general health and heart disease

To join, call **321.8HEALTH (321.843.2584)** or visit orlandohealth.com/healthywoman.

Volunteers trailblaze into social media

Women Playing For T.I.M.E.[®], the volunteer network that partners with M. D. Anderson Cancer Center Orlando to defeat cancer, has launched a social media strategy that is helping to transform the 17-year-old organization.

This new online community provides a connection for women to share their strength, inspiration and knowledge. It offers members a full range of interactive features including videos, articles, blogs, discussions and special interest groups. Joining the community is fast, easy and free at **WPFT.org**.



bypass surgery and the vertical sleeve gastrectomy. All three procedures can be performed laparoscopically using minimally invasive techniques. In addition to significantly improving a patient's ability to function, bariatric surgery can prevent or reverse many health problems, including type 2 diabetes, obstructive sleep apnea, joint pain, asthma and hypertension.

"Bariatric surgery has been shown to resolve type 2 diabetes in 70 percent to 95 percent of patients, resolve hypertension in 50 percent of patients and resolve sleep apnea in 95 percent of patients," says Marin Radulescu, MD.

● Personalized support

Diet following bariatric surgery emphasizes lean sources of protein and fiber-rich foods such as vegetables and fruits. Portion sizes are limited because with each procedure, the amount of food that will fit into the stomach is smaller. As a result, when eating, satiety is reached very quickly, making portion control easier than with traditional dieting. Some foods can be tricky to tolerate after surgery such as dry/tough meats and many refined carbohydrates. ORMC works with patients individually to develop a healthful meal plan.

Along with restricted food intake, patients are required to follow a lifelong vitamin and mineral supplementation program to prevent malnutrition. Patients are also encouraged to engage in an active lifestyle in order to meet and maintain their weight-loss goals. Most will enjoy the benefits of physical activity after surgery without the joint pain and shortness of breath they experienced before surgery.

"Patients must be committed to lifestyle changes in behavior and eating habits. The program includes a follow-up

physician consultation, as well as consultation with a nutritionist, to help patients achieve the best results," says Dr. Radulescu. Support groups are offered monthly at ORMC for patients who have undergone surgery. Patients considering surgery are also encouraged to attend to interact with patients who have already gone through one of the procedures.

● Better quality of life

"Now, post-surgery, I can tell you my life has changed for the better," Carmen says. "I love having lost all this weight. I'm able to walk around with confidence, and now when I go shopping I really enjoy not having to go to the plus-size section. I would recommend, and have recommended, weight-loss surgery to anyone who is fighting with their weight." Carmen has lost 104 pounds since her Lap-Band procedure.



● Explore your options

Those who are interested in learning more about the procedures are encouraged to attend our free informational seminars, offered bimonthly at ORMC and monthly at South Seminole Hospital. Our expert surgical team presents the seminars and welcomes questions from participants. The meetings also give participants a chance to meet others who are also considering bariatric surgery. Visit MyORMC.com/weightloss for more information.

TIME FOR A CHANGE?

To learn more about the program, or to register for an upcoming seminar, please call **407.841.4220** or e-mail weightlossurgery@orlandohealth.com.

Pediatric care for digestive disorders

Healthy school lunch ideas

Teaching kids to choose healthier school lunch options can be challenging, but parents can set a good example by making healthier food choices of their own. Avoid fried foods when possible and choose low-fat milk or water over sugary beverages like soda. Also, encourage meal selections that include fruits, vegetables, lean meats and whole grains.



When children are old enough, have them help with packing their own lunches. Brainstorm food and snack ideas together. Try new twists on old classics, like peanut butter and jelly (*see recipe below*). Other healthy options include grilled chicken, tuna and veggie wraps, soups and salads and even leftovers from last night's healthy dinner. Just be sure to include a cold pack to prevent food-borne illness.

Sample school lunch recipe: Crunchy sandwich wrap

1 whole wheat tortilla
1/2 thinly sliced banana, 1/2 apple sliced
or another favorite fruit

1 – 2 Tbsp. smooth or crunchy peanut butter
or other nut butter (*Choose one with no trans fat*)
1 Tbsp. all-fruit jam or jelly

Layer all ingredients in the tortilla and roll tightly, using some peanut butter to seal ends together. Leave whole or cut into 1-inch portions. Wrap or place in container. Add some mini carrots, an apple and a small water or beverage.

“The real trick to teaching kids about healthier nutrition choices is to get them involved in the cooking process. Make it fun and try new fruits, veggies, beans and whole-wheat pastas. Learn to make your own hummus by using a blender to mix chickpeas with some spices.”

— Gayle Brazzi Smith, MS, RD - Corporate Chief Clinical Dietitian

In addition to providing healthy lunches, it is important to teach your kids proper nutrition. Nutritional programs and educational services are offered at the Pediatric Gastroenterology Specialty Practice at Arnold Palmer Hospital for Children, a part of Orlando Health. Our team is made up of a dietitian, a nurse practitioner, pediatric gastroenterologists, clinical nurse specialists and support staff. And all of our specialists are board certified in Pediatric Gastroenterology or Nutrition.



For information about the services offered at the Pediatric Gastroenterology Specialty Practice, call **321.841.3338** or visit arnoldpalmerhospital.com.

Pediatric Gastroenterology Specialty Practice
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Orlando, FL 32806
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ARNOLD PALMER HOSPITAL
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References: eatright.org, mypyramid.gov and kidshealth.org

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Healthy Woman

Healthy Woman is a bimonthly publication of Orlando Health. The information in this newsletter is intended to educate women about health topics that are of interest to them and does not replace consultation with a physician.

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Foiling the flu

Simple steps to stop the spread



One person with the flu can quickly turn into a family with the flu unless you take the right precautions. Influenza is a viral infection that affects the respiratory system. For most people, this means a few days in bed, but for children, the elderly, people with chronic illnesses and those with a weakened immune system, the flu can be deadly.

• Avoid the achoos

When an infected person sneezes, coughs or talks, he or she sends droplets into the air—and onto surfaces. You can get sick by inhaling the droplets or touching a contaminated object before bringing your hand to your nose, eyes or mouth.

The best way to prevent the flu is to get vaccinated every year. Other ways to prevent the virus from spreading:

- **Avoid touching your eyes, nose or mouth.** They are entry points for the virus.
- **Wash your hands with soap and water.** Teach your children to do the same. Use

a paper towel to dry your hands.

No water around?

Use an alcohol-based hand sanitizer. Vigorously rub the product over your hands, between fingers and under fingernails until dry.

- **Sneeze and cough the right way.** Cover your nose and mouth with a tissue or with the crook of your arm. Throw out used tissues immediately.
- **Boost your immune system.** Get enough sleep, exercise regularly and eat fresh fruits, vegetables, whole grains and lean protein.
- **Clean up.** Spray commonly used surfaces (the phone, refrigerator door handle, computer mouse) with a household disinfectant.
- **Stay home if you're sick.** Persuade your family to do the same.
If you do get sick, drink plenty of fluids and rest. And see your healthcare provider.