

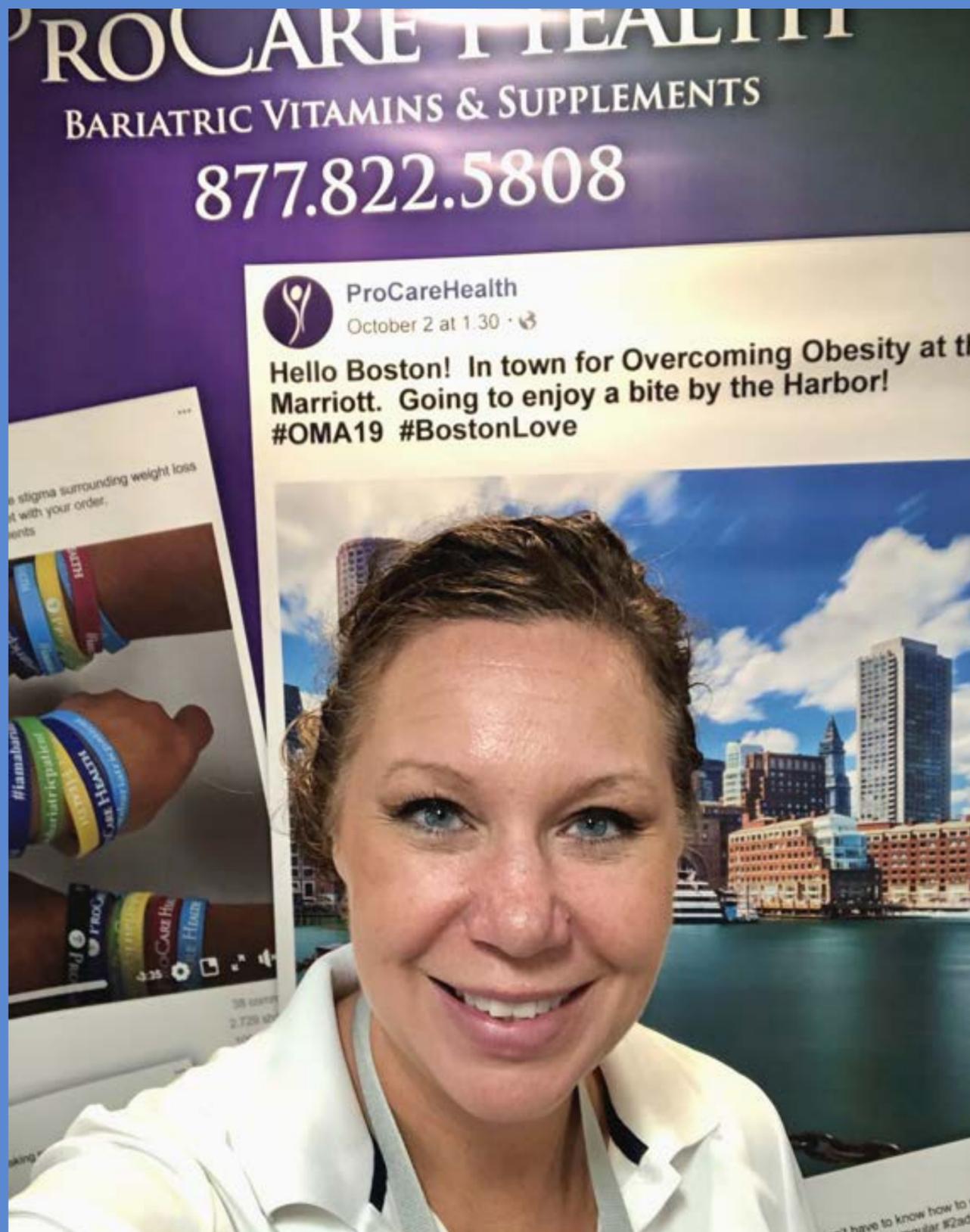
A DAY AS A WLS PATIENT

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Sponsor: ProCare Health





A Day as a WLS Patient

1. Protein
2. Staying Hydrated
3. Physical Activity
4. Taking Vitamins
5. Mindset
6. Follow-up with Providers
7. Tracking Health
8. Finding Support
9. Sleep
10. Making Yourself a Priority



Protein

- 60 grams for Women (Sleeve/Bypass)
- 80 grams for Men (Sleeve/Bypass)
- 90 grams for Men & Women Duodenal Switch or SADI patients

Lean meats

Vegan or vegetarian sources

Protein supplementation

Can add protein supplements to foods and when baking

*These are starting recommendations. Always refer back to your surgical program. Adjustments may need to be made individually based on your medical history, body mass, and physical activity.





Protein + Nutritional Points

- Get protein in your meals AND snacks
- Put PROTEIN first (make sure it's a staple of your meals)
- Meal prep to always have the right kinds of food available
- Preplan meals (Daily or weekly)
- Grocery shopping (List making - daily or weekly)
- Modify portion size (Can use portion plates and servingware)
- Avoid grazing
- Fiber substitutes can help with cravings and keep blood sugar stabilized
- Slow down / chew food well / small bites
- Avoid high calorie snacks



Stay Hydrated

- Drink at least 64 ounces of fluid daily (Examples: fruit infused water, protein shakes/water, green tea, unflavored tea, uncarbonated flavored water, electrolytes, milk or milk substitutes, low calorie juices)
- Stay clear of sugary drinks or those with high calories
- Pre-plan, pre-plan, and then pre-plan some more (decrease fluids around meals - 30 minutes before/after)
- Know your body. Take into consideration - physical activity, the heat, medical conditions (kidney stones, diabetes, medications)



Stay Hydrated

- Water/rehydration actually helps reduce hunger. Your brain may confuse thirst with hunger. Therefore staying hydrated helps with weight loss
- Dehydration is common after surgery! Be aware. PREVENTION is KEY!
- Are you drinking alcohol? Based on the guidelines of surgeons we have talked to, the general rule is to wait for at least one year post-surgery to consume alcohol. Alcohol slows down the metabolism and will stall your weight loss.

*These are starting recommendations. Always refer back to your surgical program. Adjustments may need to be made individually based on your medical history, body mass, and physical activity.





Physical Activity

- Make sure you start by getting the essentials (water bottle, clothing, socks, and shoes)
- Simple disciplines – Make sure to plan – fit it into your schedule (even if it is in short periods of time)
- Fuel your workout with nutrition
- Staying hydrated during your physical activity
- Get enough sleep so your workout is effective
- Find support and guidance if needed (a coach and/or fitness instructor)
- Online apps can be helpful (online workouts or for tracking)
- Get rid of the "all or nothing mindset"

Physical Activity

Overall recommendation: Exercise for at least 30 min per day 3-4 days/week and strength train 2 days per week to achieve optimal body weight and improve body composition. Everyone's body is different. Start physical activity wherever you feel comfortable and do **WHAT YOU ENJOY!**

*Always refer back to your surgical program. Adjustments may need to be made individually based on your medical history and body mass.



Taking Vitamins & Supplements

What the ASMBS (American Society for Metabolic & Bariatric Surgery) recommends:

- Multivitamins
- B12
- Calcium with Vitamin D
- Iron
- Fat Soluble Vitamins
- B Complex

*Be sure and take your Multivitamin with iron at least 2 hours apart from your Calcium for best absorption.

*Calcium and iron compete for the same receptors, and as a result, calcium inhibits the absorption of iron when taken together.



Taking Vitamins & Supplements

- Prevention of deficiencies
- Improvements in hair, nail, skin
- Increase energy / stamina
- Blood values improved

PRO Tips to prevent nausea:

- *Take with food or water
- *Take at bedtime so sleep during when normal nausea would occur
- *Some iron is better tolerated – including Ferrous Fumarate (used in ProCare vitamins)



Taking Vitamins & Supplements

What is important to you?

- Fits your budget (Inexpensive)
- Ease of taking (Fits your lifestyle)
- Taste (Either chewable, swallow tablet, or capsule that you like)
- Quality Product (Helps you stay healthy/good lab results)

Note: SIMPLIFY THINGS! With ProCare Health – A simple regimen of a one-a-day Multivitamin with 3-4 Calcium chews would have you covered!



PROCARE HEALTH:

44-57% less expensive than most competitors

3rd Party Tests products

One-a-day varieties (Easy to take)

Unique products with unique tastes (using TruCal Calcium)



Mindset & Behavioral Modification

Prior to surgery, typically a **psychological evaluation and consultation** is required (normally by insurances and facility standards).

Some people decide to **continue with this resource after surgery!** Support can help with all the changes.

Lifestyle changes **include emotional, mental, and spiritual.** These are just as important in your lifelong bariatric journey!



Making Yourself a Priority NOW Because You Deserve IT

You are the most important part of this equation.
Start putting yourself first.

Monitor Your Stress Level:

Your stress level can play a huge part in your weight loss. Large amounts of Cortisol, the stress hormone, increase sugars in the bloodstream, and increase your appetite and sweet cravings - leading to weight gain or stalls.

Do things that help reduce stress: Like: physical activity, breathing exercises, talking to a friend, meditation, and/or just being in nature.



Following up with your Surgeon, Specialist(s), and Primary Care Provider

Remember your providers want to help you achieve success.

Regularly scheduled follow-up to make sure your health, medications, and vitamin labs stay well are essential!



Follow-up can be necessary for the following reasons:

- To assure your surgery is doing what it was designed to do
- Medication adjustments (blood pressure, diabetes, heart disease)
- C-Pap / Bi-Pap adjustments
- Prevention of weight regain
- Vitamin deficiencies or overages

Sometimes your provider may notice things that you may not or can help with things that are keeping you stuck.



Support and Support Group Attendance



Those getting support are more likely to be highly successful with their weight loss surgery. Keep support in your life!

ProCare Health has Support Community and it's free! Join us for LIVE events and Replays!



Making Sure You Get Plenty of Sleep

The Relationship Between Sleep And Weight

- Poor sleep can lead to weight gain, and weight gain can lead to poor sleep. When you're not well-rested, your body produces more of the hunger hormone ghrelin and less of the leptin hormone that signals fullness.
- This imbalance can cause you to eat more, make poor food choices, and gain weight. On the other hand, people who are overweight or obese often find it difficult to sleep well because of the extra strain that their excess weight puts on their body.

The bottom line:

Sleeping for 7-9 hours each night can help regulate your hormones and metabolism.





**And lastly consider what your
day will look like....**



ALWAYS
remember to just
be **YOURSELF!**

*Just
You*

ProCare Health



RESOURCES



ProCare Health Nutritional Resources



- Protein Recipes – [ProCare Health Support Group Page on Website](#)
- Protein Recipes & LIVE Events– [ProCare Health YouTube Channel](#) (NOTE: We have LOTS of events related to Protein, Recipes, and Nutrition!)
- Comprehensive Chart of Vegan Sources – [CLICK HERE](#)
- Meal Prep Tips & Recipes – [CLICK HERE](#)
- Resources for Tracking & Mindful Eating – [CLICK HERE](#)
- Healthy Food Swaps That Taste So Good – [CLICK HERE](#)
- Identifying Hunger / Hunger Descriptions – [CLICK HERE](#)
- Fresh Post-op Shopping List – [CLICK HERE](#)
- Maintenance Shopping List – [CLICK HERE](#)
- Make Your Plate Serving Sizes – [CLICK HERE](#)
- Strategies When Eating Out – [CLICK HERE](#)
- Eating On a Limited Budget – Planner & Guide – [CLICK HERE](#)



ProCare Protein Products: [CLICK HERE!](#) / ProCare FiberCel Powder: [CLICK HERE!](#)

ProCare Health Hydration Resources



- LIVE Events – [ProCare Health YouTube Channel](#)
(NOTE: We have events related to Hydration and Detox)
- Skinny Latte Swap – [CLICK HERE](#)
- Detox Water Guide – [CLICK HERE](#)
- A Vegetable Soup Recipe for Gentle Detox – [CLICK HERE](#)



ProCare Protein Shakes and Options: [CLICK HERE!](#)

ProCare Protein Supplement Funnels for On-the-go: [CLICK HERE!](#)

ProCare Health Physical Activity Resources



- LIVE Events – [ProCare Health YouTube Channel](#)
(NOTE: We have events related to Physical Fitness – Including a 3 Part Fitness Series!)
- Handouts Dedicated to Physical Regeneration & Strength:
 - [Journaling Exercise](#)
 - [Physical Activity Recommendations](#)
 - [Resources for Physical Activity](#)
 - [Types of Physical Activities and Benefits](#)
- Meditation Basics – [CLICK HERE!](#)



ProCare Vitamins and Supplements: [CLICK HERE!](#)

ProCare Health Vitamin & Supplement Resources



- LIVE Events– [ProCare Health YouTube Channel](#)
(NOTE: We have events related to Vitamins & Supplements)
- Handouts Dedicated to Vitamins and Supplements:
 - [Journaling Exercise Vitamin Recommendations](#)
 - [Risks and Vitamin Deficiencies](#)
 - [Recommendations of Vitamins](#)
- Handout on "Preventing Hair loss" – [CLICK HERE!](#)
- Collagen & Why It's Important – [CLICK HERE!](#)



ProCare Vitamins and Supplements: [CLICK HERE!](#)

ProCare Health Mindset & Behavioral Modification Resources



- LIVE Events– [ProCare Health YouTube Channel](#)
(NOTE: We have so many events related to Mindset & Behavioral Modification!)
- Examples of Dynamic Relationship Changes Pre- and Post-Bariatric Surgery – [CLICK HERE](#)
- Techniques for Letting Go of Self-Sabotage – [CLICK HERE](#)
- Essential Methods to Regaining Control in Life & Eating Practices – [CLICK HERE](#)
- Five Key Areas to Recovering Your Relationship With Food – [CLICK HERE](#)
- Habit Changer Tool: EFT Tapping – [CLICK HERE](#)
- Habit Changer Tool: Affirmations – [CLICK HERE](#)
- Hunger Descriptions – [CLICK HERE](#) / Hunger Mindfulness Journal – [CLICK HERE](#)
- Meditation Basics – [CLICK HERE](#)



ProCare Vitamins and Supplements: [CLICK HERE!](#)



ProCare Health Support Group Resources



- Register for our Support Groups!
- Recorded Support Groups- [ProCare Health YouTube Channel](#)
(NOTE: Our Recorded events are available on our Your Tube Channel)
- All Our Handouts for our Support Groups can be found on our Support Group Page on our ProCare Health Website - [CLICK HERE!](#)



ProCare Vitamins and Supplements: [CLICK HERE!](#)



THANK YOU!

for attending!
ProCare Health

