



I've Had It

Newsletter

A Note from the Surgeon

Being human means that we are all blessed with an amazingly similar set of genes. Science has shown that these genes can be turned on and off by our exposure and mental training. These on/off switches greatly impact who we are physically and psychologically.

Exposure, what we intentionally and unintentionally get exposed to is one key factor in triggering the "on/off" switch. An example of *physical exposure* is the types and amount of foods we "expose" our body to everyday. Food can turn on or off the genes that help you deal with stress. Stress in turn controls the regulation of fat storage and utilization. The more stress we are "exposed" to, the more fat we tend to store. *Mental exposure*, what we think about...our thoughts.... can also turn on and off the genes in our body. This power to THINK can make mental, synaptic connections that can improve your life in almost any area you choose. That is why setting goals is such an important step is achieving your dreams. There is "true science" behind the phrases "you are what you eat" and "you are what you think".

There are three ways you can **physically** expose your body to turn on healthy genes:

1. **SLEEP** better: Recently, studies have shown that lack of sleep directly correlated with an increased risk of obesity. So if you want the obesity gene to be turned off.... get at least 6-8 hours of sleep.
2. **EAT** better: Eating protein and complex carbohydrates can turn on genes that increases metabolism; while simple carbohydrates and fats turns on genes that help store fat.
3. **EXERCISE** more: Exercise has also been shown to turn off the obesity gene. So next time you go for a

walk, think about the genes that you are turning off.

It is just as important to **mentally** expose yourself to a positive life to activate the positive genes.

1. Dwell on the pleasant events, people or objects that are part of your day WHEN THEY HAPPEN. Life can be wonderful if you focus on these wonders.
2. The ocean is made of little drops of water. So create your "ocean" by celebrating every little drop of water that comes your way.
3. Most importantly, train your brain to focus on what can go right...not what can go wrong? As soon as you catch yourself thinking negative, STOP! Then force yourself to think about why you can do it.

These are habits that can be developed with practice. Repetition helps build stronger synaptic connections that enable you to quickly and easily turn on these good genes. Although we cannot control all of the events and people that impact our lives, you can control and create the right physical and mental exposure for yourself. As humans, we are all given the same set of genes; how we turn these genes on and off daily will enable us to create a more enjoyable life.

Springtime is here! This is a time of new birth and rebirth. We are given this time each year to renew ourselves... physically and mentally. Why not expose yourselves to new physical and mental experiences that turn on positive and healthy genes.

.....Dr. CHU

JUNE 2010

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Seminar and Support Group Schedule

2010

June 29

July 27

August 17 Alexandria only

August 31

September 28

October 26

November 9 Alexandria only

November

December 14

Seminar at 5:30 pm
Support group at 6:00 pm

Support Group Topics

June 29: Sissy Cain with Belle's sporting Goods

July 27- Dr. Barry Henry
The Do's and Don'ts of Exercise

August 31- Jill Hurle
Healthy Habits

Regular Exercise: The Best Prescription

You have all heard us speak about the importance of regular exercise. You know the benefits of staying healthy and maintaining your active lifestyle. You are also aware the more active you are, the better your physical health will be.

Did you know that once you have begun an exercise program, your body actually craves the physical activity? Did you also know that it is better to continue your program versus starting and stopping an exercise program over and over?

What does this mean for you? Start your exercise program and follow through with it based on your schedule. If you miss a day or two for some reason, don't

beat yourself up about that. Get right back into your schedule as soon as you are able. If you have to miss several sessions because of an injury or illness, you may need to start over at a level that is lower than you were at for your last session. This is because your body reverts back to what it knew for the longest period of time.

The moral of the story? Keep moving. Don't let too much time slip away before you are back in the exercising mode that is going to keep you moving forward on your journey. You can do it and your body wants you to do it! Listen to the message!

Thoughts of fitness, Your Therapy Department

Not all Proteins Made Equally

I often get asked questions about which protein source is best, either supplemental or a food form. Well, in order to answer that question I have to give a little physiology lesson! When our bodies digest protein, it is broken down to the most basic form, an amino acid. There are two types of amino acids, essential and non-essential. Our bodies can synthesize non-essential amino acids. Essential amino acids cannot be created by the body. Therefore, it is essential that we get these nutrients through our foods. A protein source is considered complete when it provides all of the essential amino acids.

All animal proteins are considered complete. These include beef, pork, poultry, seafood, fish, and dairy products. Most plant-based protein sources are not complete. These include dried beans, nuts and nut butters. Soy is the only plant-based protein that is complete. There are some plant-based proteins that can be combined with other foods, and the two of them together make a complete protein. These are called

complimentary proteins which include beans and rice and beans and tortillas (corn).

Protein supplements typically are the whey (dairy), egg, or soy-based. These are all complete proteins and, therefore, you will absorb the majority of the protein in these products. On the other hand, there are some supplements on the market that are collagen-based. Collagen is not a complete protein and we absorb a very small percentage of the protein amount listed on the nutrition label. Keep in mind that you will absorb only a small amount of these products even if consumption of collagen-based supplements because your absorption of these products is very minimal.

The bottom line is be sure you check all labels for information regarding the food you are eating; not only the nutrition label, but also the ingredient list. Being a knowledgeable and mindful eater will help you continue to have a lifetime of successful weight loss and healthful living!

.....Kate Rountree, RD

Perfect Protein Pancakes

½ c low fat ricotta
¼ c any flavor whey protein powder (low carb)
2 large eggs
½ t baking powder
¼ t salt

You may use any flavor of whey that you choose. The patient that submitted this recipe suggested banana flavored whey

Directions:

Combine all the ingredients in a blender and blend until well mixed. Coat pan with non-stick cooking spray and heat pan over medium high heat. Pour desired amount into pan and flip when edges begin to bubble. Cook until golden brown. Top with 1 tsp light butter and sugar free syrup. Makes 4 pancakes.

Nutritional Information per pancake: 110 kcals, 13g protein, 11g carbohydrates

Submitted by : James Girard

I've Had It



Hello my name is Belinda Graves. I am 50 years old and have been overweight the majority of my life. At the age of 7 I had open heart surgery. I would tend to overeat after my heart surgery, regardless of medical advice. My mother said I enjoyed food so much she did not have the heart to stop me from overeating. At the age of 20, I was married and then had 3 children. I was a Licensed Practical Nurse and was working in a group home for physically challenged children. I was not very active and eventually developed CHF, hypertension, diabetes, sleep apnea, atrial flutter, and fibrillation. I also suffered with poor circulation which resulted in several injuries that would not heal. Due to my poor circulation I developed a blood clot. This no longer allowed me to fulfill my duties at my job. I was instructed to stop working and was placed on disability.

I endured many difficult tasks being obese. I was not able to drive or sit behind a steering wheel of a vehicle, enjoy theme parks with my children or go to restaurants with seats that were bolted or pulled out. I was unable to walk any distance without having to stop to catch my breath. A simple task of going to the mailbox to check the mail was something that I could not do. I could no longer bathe myself without the assistance of my husband. I started to develop skin infections, which resulted in multiple hospitalizations.

I decided to consider weight loss surgery after a good friend and cousin had gastric bypass surgery. I began to see the difference it made in their lives. My husband and I discussed the possibility of surgery and presented the idea to my family. My mother was completely against the idea.

I had tried many things in order to lose weight before weight loss surgery. Prior to surgery, I was 365 pounds and lost 87 pounds by eliminating carbohydrates in my diet. I did plenty of research prior to having my surgery. I attended seminars, meetings and read the book "Finding the Thin Person Inside of you" by Barbara Thompson. After all of my research and pondering over the idea of weight loss surgery I made up my mind to have weight loss surgery. I met with Dr. Chu and we spoke about Gastric Bypass (Roux N Y) surgery.

On April 28, 2009, with my mother by my side and the rest of my family, I had gastric bypass surgery by Dr. Uyen Chu.

I am pleased to say that today I am thirteen months post-op and currently weighing 148. I am able to walk for an extended distance, without having to stop to catch my breath. I exercise, climb stairs, go to any restaurant I choose, bathe without assistance, wear a seat belt and even sit behind a steering wheel; all of the things that were so difficult for me prior to surgery. I am so happy with the progress of my weight loss journey. I am delighted to say that prior to losing my mother due to complications of her obesity; she was able to witness my success. She was very proud of me, and I miss her very much.

I am off of 8 different medications and no longer need my C-Pap machine. My primary physician, cardiologist and pulmonologist all say this surgery saved my life. What a blessing life is and can be for others who are suffering. For all those thinking of weight loss surgery, I say if all else fails, leave it in the Lord's hands.



Start! Program

Start! is a program that aims to get Americans walking by targeting the place where the majority of waking hours are spent: the workplace. Americans now work 164 more hours per year than 20 years ago, and as jobs change to require more sedentary activities such as thinking and communicating, American workers exercise less.

Such sedentary lifestyles lead to many health issues and preventable illnesses that ultimately cost companies billions of dollars each year in absenteeism, lost productivity, and rising healthcare premiums. *Start!* serves as both a smart fiscal choice, and a powerful catalyst for positive change in the culture of American businesses by helping to promote wellness in America's workplaces.

"We know that lack of physical activity is a major contributor to the current epidemic of heart disease and stroke, the nation's number one and number three killers, respectively," said Laura Broussard, Senior Regional Director of the American Heart Association

"On the other hand, we also know that regular exercise lowers LDL (bad cholesterol) levels, lowers high blood pressure, and extends longevity and improves quality of life. And walking is one of the best exercises

because it is free, has a relatively low dropout rate, and is accessible," said Laura Broussard, Senior Regional Director of the American Heart Association

In fact, studies show that walking has the lowest dropout rate of any physical activity, which is why the American Heart Association has chosen to emphasize walking as the cornerstone of the *Start!* program. Not only do people tend to keep walking once they start, but walking regularly – for as little as thirty minutes a day – can significantly reduce risk of cardiovascular disease.

"People need to understand that if they want to live a long, healthy life, they have to move," said Laura Broussard, Senior Regional Director of the American Heart Association.

Start! is sponsored nationally by SUBWAY® and locally by Regional Health System of Acadiana. For more information about how Start! is helping improve the health of Americans by focusing on an activity that is convenient, free, and easy, visit americanheart.org/start.

Laura Broussard
American Heart Association

Call Virginia or Brooke to
join the Start! I've Had It
Team, today!!!

337-406-4102
337-406-4100



2810 Ambassador Caffery Pkwy
Lafayette, LA 70506

Address Line 1
Address Line 2
Address Line 3
Address Line 4