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**Southern Oregon Bariatric Center**



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**Grants Pass Symposiums**  
February 2, 11 a.m.-1 p.m.  
March 1, 11 a.m.-1 p.m.

**Medford Symposiums**  
February 14, 7-9 p.m.  
March 22, 11 a.m.-1 p.m.

Upcoming bariatric symposiums:

## Calendar of Events

## Recipe

### Beef Stroganoff

- 1/2 cup dry red wine
- 1 cup sliced fresh mushrooms
- 1 bay leaf
- 1/2 cup fat-free sour cream
- Salt and pepper to taste
- 1 pound lean eye round, cut into 1-inch cubes
- 2 cloves garlic, minced
- Cooking spray
- 6-ounce can tomato sauce

Coat the bottom of a large nonstick skillet with cooking spray. Sauté garlic for 1 minute until soft. Add meat and brown, stirring for 3 minutes. Add tomato sauce, wine, mushrooms, and bay leaf and simmer, covered, over low heat for approximately 90 minutes. Turn off heat and stir in sour cream. Add salt and pepper to taste.

**Amount per Serving** Calories: 229, Protein 27.2g, Fat 3.6g, Carbs 10.4g, cholesterol 65mg, Fiber 0.9g, Sodium 254mg

*From Eating Well After Weight Loss Surgery by Pat Levine and Michele Bontempo-Saray (Marlowe, 2004)*

## WINTER 2008

**Happy New Year** and welcome to the winter issue of our quarterly newsletter. Each issue addresses some aspect of the choices we face with weight-loss surgery. Our featured guest author in this edition shares some valuable information about exercise to start the New Year off with a positive focus.

—Kathleen Kellenbeck, Program Coordinator  
Southern Oregon Bariatric Center

## It's a Wonderful Life

by Doug Gould

I know that most testimonials usually start with someone commenting on how many diets they have tried in the past, only to find they have gained the weight back.

My story begins in 2001 when I was involved in a head-on collision and shattered my right knee and leg. After four hours of reconstructive surgery, I was laid up in recovery and unable to

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**CHOICES**  
COURAGE  
HEALTH  
OPPORTUNITY  
INSPIRATION  
CURIOSITY  
EXERCISE  
SOLUTIONS



**Southern Oregon Bariatric Center**

at Rogue Valley Medical Center

Providing the support you need, every step of the way.

walk for over a year and a half, which caused my weight to increase.

The day I realized I needed professional help started out as a normal workday for me. During a home inspection I was providing, I fell outside in the back of the property. After several unsuccessful



attempts to try and lift myself off the ground, I crawled over to the exterior siding of the home and lifted myself up using the windowsill. It was then I was shown I had picked myself up for the last time. That afternoon I made the call to the Southern Oregon Bariatric Center.

Since my surgery on May 2, 2007, I have lost 145 pounds and 18 inches on my waist. I find myself more active today than I have been in years.

As I look back at the decision to have gastric bypass surgery, I now know it was the right decision—one that has given me a new and wonderful life.

## Helpful Hints for Winter Exercise

- Try an outdoor activity such as snowshoeing or hiking.
- Dress appropriately. Wear wicking clothing that keeps you dry and warm.
- Stay hydrated. It may not be warm, but you still need your water.
- Find an indoor exercise: home exercise, exercise videos, health clubs, or yoga or dance classes.

## Overcoming the Exercise Blahs

—Dee M. Gillen, MS, Exercise Physiologist

You may be finding that your exercise routine is starting to put you in a rut or, worse, you've stopped exercising. Moving your body for 30 to 60 minutes five or more days a week is still the best way to help keep you at a healthy weight and turn you into a calorie-burning machine.

Here are some tips for maintaining your fitness routine:

- Find something you enjoy. There's nothing worse than doing something you completely hate doing. Even if you're cleaning the house at a faster pace, it counts!
- Build accountability by joining a class, having an exercise partner, or hiring a personal trainer.
- Put exercise on your schedule. Tell yourself you will start the motions of exercise, such as entering the health club.
- Don't overdo it. Let your body be your guide.
- Start small. For example, walk a quarter mile for a while before walking a mile.

- Split up the time. Although exercising continuously for 30 to 60 minutes enhances your metabolism the best, staying on a routine is more important. Bouts of 10 or 15 minutes that add up to 30 to 60 minutes still give you the benefits of exercise.
- Keep a log. Tracking where you are going on paper really helps you see your success.

- Have an end goal. This could be a pant size, play time with the kids, or a local event.

Once you've mastered these recommendations, vary your routine. This enhances calorie burning and also keeps exercise interesting. Adjust the speed or resistance/incline of your exercise, walk a different direction, or use a different type of exercise. Most importantly, have fun!

## Supporting You

### Southern Oregon Bariatric Center Support Groups

#### **In Medford**

Smullin Health Education Center  
Rogue Valley Medical Center campus  
550 Medical Center Drive · Medford

#### **6 to 8:00 p.m.**

#### **Gastric Bypass**

0-5 months post surgery – 2<sup>ND</sup> Tuesday of the month  
6 months and beyond – 3<sup>RD</sup> Wednesday of the month

#### **6:15 to 8:15 p.m.**

**LAP-BAND**® – 4<sup>TH</sup> Wednesday of the month  
Look for a 2nd LAP-BAND support group soon!

#### **6 to 8:00 p.m.**

**Nutrition Basics** – 2<sup>ND</sup> Monday of the month  
Existing patients only. Advance registration required.  
Call (541) 282-6688

#### **In Grants Pass**

Three Rivers Community Hospital  
Washington campus · Conference Room B  
1505 NW Washington Blvd. · Grants Pass

#### **6 to 8:00 p.m.**

#### **Gastric Bypass/LAP-BAND**

0-18 months and beyond – 1<sup>ST</sup> Tuesday of the month

**Call (541) 282-6698 to attend a support group meeting.**

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