

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## *Supporting Each Other*

A common bond, a common experience draws people of all different ages, from all different backgrounds together to encourage and support each other on a life-changing journey. Taking time out of busy schedules, support group members gather on a monthly basis to share successes, support challenges, motivate, educate, and connect with each other. Barix Clinics is fortunate to have many dedicated volunteers to lead support groups across the country. Read on to find out what support groups are all about.

### **WHO ATTENDS SUPPORT GROUPS**

For those considering surgery, support groups can provide an opportunity to hear “the real story” from others who have had surgery and to see for themselves that people are successful at reaching and maintaining a healthy weight. They will hear that the surgery is a tool, not a miracle and

that those who are most successful fully embrace a lifestyle that supports a healthy

weight. A sense of acceptance is found with others who share a common life-changing experience. Practical information regarding insurance, the surgery itself, the lifestyle changes that promote success and resources can be obtained. Most importantly, support groups help people to increase their confidence with the decision to have weight loss surgery.

Those who have recently had surgery can connect with others who are also adjusting to the emotional and physical changes from surgery. New ways of eating, a consistent exercise program, emotional changes and relationship adjustments can all be addressed in a support group. After all, understanding, encouragement and compassion are foundations of a great support group. In addition, the opportunity to share the excitement as pounds melt away, medical conditions improve, activities become easier and a new life begins with others who truly understand is priceless.

Support groups provide an opportunity for those who had surgery years earlier to support those who are considering surgery or have recently had surgery. Their experiences can provide valuable insight from real life experiences. These individuals have opportunities to receive support as well as to provide support. Our lives tend to be overly busy, stressful, sedentary and full of opportunities to make poor food choices — it takes a consistent effort to embrace healthful lifestyle habits. The support group connection helps people to stay motivated. Members can provide accountability and encouragement to those needing additional support to stay or to get back on track with the lifestyle habits that support a healthy weight.

Friends and family members can also benefit from attending support groups. Arming themselves with a greater understanding of the lifestyle changes, physical changes and emotional changes — they will be stronger supporters on a day-to-day basis.

## BENEFITS OF ATTENDING SUPPORT GROUPS

### Hope

Hearing others' stories and seeing the physical results improves the confidence that reaching and maintaining a healthy weight is possible.

### Connection

No matter how supportive friends and family are about the decision to have weight loss surgery, you may find that others who have walked in your shoes are best able to understand and support you.

### Empowerment

Increasing knowledge and learning skills that lead to success puts you in control of your lifestyle choices and ultimately your weight loss success.

### Self-confidence

Knowing others who have been where you are can help you to manage the changes in your life with confidence.

## MEMBERS SUPPORTING OTHER MEMBERS

One of the most important things that members do for each other is to maintain a nonjudgmental attitude. They do this by accepting others for where they are in their ability to adjust to the physical and emotional changes of surgery, realizing that others have the right to make choices — right or wrong.

Members support others by accepting differences. Not all will experience the same levels of hunger, have the same ability to exercise, lose weight at the same rate or choose to meet protein goals in the same way. Those differences can enrich the group as people feel free to explore different ways within the Barix recommendations to reach and maintain a healthy weight.

Through the sharing of experiences, group members gain a sense of connectedness. Sometimes what one member shares is exactly what another member needed to hear to realize that he or she is not alone — others have had similar experiences and made it through. Other times experiences will inspire and motivate members.

Knowing that a group of people care about you and want to see you do well can keep your focus on the positive lifestyle changes that need to occur for success. Members can provide accountability for your choices — sometimes gently challenging you to rethink your attitude or behavior.

Providing a listening ear can be a powerful support. Sometimes all other people need is an opportunity to talk candidly in a safe environment. They may not need advice or direction — just an opportunity to talk through and process their situation.

Members feel safe to express themselves when they know others will honor confidentiality. What is shared in the support group stays in the support group. This allows people the freedom to discuss personal information and receive support.

Members are most effective in supporting others when they maintain a positive perspective and are supportive of healthful lifestyle changes. Attitudes are very catchy—a positive attitude can impact others like nothing else. Each member can help by avoiding comparing acts of noncompliance, dominating the support group, gossiping or putting down others and negativity about Barix Clinics. Members will leave the meeting energized, recharged, and rededicated if a positive perspective prevails.

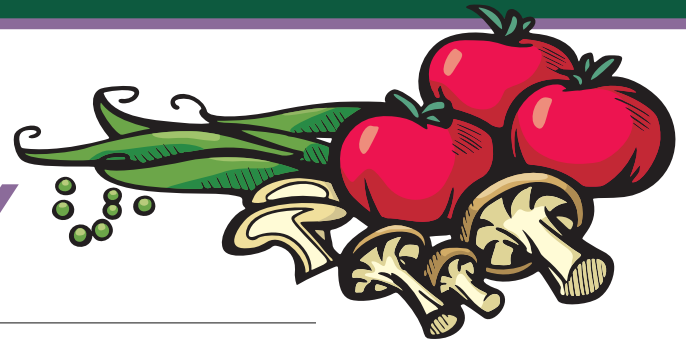
## GET THE SUPPORT THAT YOU NEED

Not all people are comfortable initially bringing up an issue or expressing their needs in a group setting. If you find that your needs are not being met at a support group, pull the leader aside or call prior to the next group. You may want to ask the leader to bring a specific topic to the group or to utilize question cards to solicit topics that members may want to discuss. You may need to give feedback regarding how the meeting time is utilized. Support group leaders should be open to the needs of the members and welcome feedback.

You may find that your current support needs are more than a support group can meet. You may need to hook up with a Barix Buddy for more frequent phone or email contact. This person may serve as an accountability partner to check in with once a week to report how you have done with your fitness goal or other challenge. You may find that it is time to work with a therapist to deal with some underlying issues that are resurfacing, as the excess weight is lost. Obtain the skills to overcome emotional eating with *The Solution* ([www.thepathway.org](http://www.thepathway.org)). Look to friends and family members for day-to-day supports as you implement new healthful lifestyle habits, experience emotional changes and relationship adjustments. Support can come in many forms. Seek out the supports that best fit your needs.



# Considering SURGERY



Going on an all-out-eating-binge between your consultation and surgery is not in your best interest. Gaining weight increases the fat stores, which can make the surgery more difficult. It can also increase blood sugar and cholesterol levels, putting your good health at greater risk. Follow the *Barix Pre-Surgery Nutrition Guide* to fuel your body with the nutrients and energy it needs to be the best that it can be.

This guide will help you select healthy foods that will fuel your body with the nutrients it needs.

- Choose the number of servings listed in each food group daily for balanced nutrition. The serving sizes listed are small.
- Keeping portions small and eating six meals/snacks per day will help your body to keep in high gear throughout the day. You do not need to weigh and measure all of your food, but you do need to make sure that your serving sizes are not significantly larger than those listed below. You may want to measure 1/2 cup into your favorite glass and then use that glass for all beverages

and eye-ball the serving size. Do the same with a bowl of cereal or plate of mashed potatoes and then estimate the serving from there.

- Choose foods in their closest to nature form. For example, an apple is a better choice than apple juice because of the additional fiber provided; but apple juice is a better choice than apple pie filling with all the processing and sugar additives. Using the closest to nature approach will provide optimal nutrition and satisfaction and minimize unwanted added sugar and calories.
- Foods listed in the avoid column are higher in fat or sugar than recommended. Occasionally choosing a food that is higher in fat will not hinder your weight loss efforts. Choosing higher fat foods regularly will contribute to a higher calorie intake and may slow your weight loss. Foods with more than 2 grams of added sugar should be avoided — period. If you need a sweet fix, find a no added sugar alternative for an occasional treat.

## MILK GROUP

Foods and beverages from this group are generally a good source of protein and calcium. Choose four to six small servings each day.

Choose	Serving Size	Avoid
Skim, 1/2%, 1% milk	1/2 cup	Flavored coffee creamer
Lowfat buttermilk	1/2 cup	Regular yogurt
Sugar-free nonfat yogurt	1/2 cup	Regular ice cream
Lowfat frozen yogurt (no added sugar)	1/2 cup	2%, whole milk
Lowfat cottage cheese	1/4 cup	Cream, sour cream
Lowfat cheeses	1/2 oz	Regular cheese

## FRUIT GROUP

Foods from this group are generally good sources of vitamins and fiber. Choose whole fruits in place of juice when possible. Choose a good Vitamin C source, such as an orange or grapefruit daily. Choose 4–6 small servings per day.

Choose	Serving Size	Avoid
Fresh fruits	1/4 cup or 1/2 small	Fruit pie filling
Frozen fruits without added sugar	1/4 cup	Canned fruit in syrup, fruit sorbets
Canned fruits packed in water or juice	1/4 cup	Juices with added sugar
Fruit juices without added sugar	1/4 cup	Fruit drinks, V8 Splash

## MEAT GROUP

Foods from this group are generally a very good source of protein. Choose six to eight ounces of lean meat, fish or poultry daily. Prepare with limited amounts of fat.

Choose	Serving Size	Avoid
Lean cuts of meat with visible fat removed	2 oz	Higher fat cuts of meat
Baked, broiled, steamed fish or shellfish	2 oz	Beef brisket
Poultry, with skin removed	2 oz	Ground beef
Eggs or egg substitutes	2 each	Short ribs
Dried beans and peas	1/2 cup	Organ meat
Lowfat refried beans	1/2 cup	Bacon
Lowfat Garden Burgers or Veggie Dogs	2 oz	Luncheon meat
Lean deli meats	2 oz	Peanut butter
Lowfat hot dogs or bologna	2 oz	Fried meats, meats with breading

## GRAIN GROUP

Foods from this group are generally a good source of B-vitamins and fiber. Choose 6–8 small servings per day.

Choose	Serving Size	Avoid
Whole grain breads	1/2 slice	Croissants
Light or Less breads	1 slice	Butter rolls
English muffins	1/4	Biscuits
Saltine crackers	4 each	Pancakes
Breadsticks	1/2 oz	Theater popcorn
Rice	1/4 cup	Regular micro popcorn
Pasta	1/4 cup	Donuts
Cereal with low sugar content	1/4 cup	Danish
Hamburger bun	1/4	Muffins
Flour or corn tortilla	1 small	Granola
Light microwave popcorn	1 cup	Sweetened cereals
Pretzels	1/2 oz	Fruit breads

## VEGETABLE GROUP

Foods from this group are generally rich in vitamins and fiber. Choose a dark green leafy and yellow or orange vegetable three times each week for Vitamin A. Choose 5–7 small servings daily.

Choose	Serving Size	Avoid
Fresh vegetables	1/4 cup	Vegetables prepared with butter, cheese or sauce
Frozen vegetables without added sugars	1/4 cup	Vegetable juices with added sugars
Canned vegetables without added sugars	1/4 cup	Canned or frozen vegetables with added sugars
Raw, leafy greens	1/2 cup	



# SUPPORT GROUP MISSION STATEMENT

The Barix Clinics Support Group mission is to help Barix patients to be successful in achieving their weight loss goals by:

*Providing a positive, supportive environment in which ongoing education and mutual support and encouragement can take place and through fostering and facilitating the development of supportive personal relationships between patients.*

## WHY SUPPORT GROUPS?

*~From Barix Support Group Leaders*

A lot of times during my hectic life, the fact that I have had WLS gets lost. And knowing that at least once a month I will make a connection with people who know and understand what life change I have made and I'll be able to share what is going on makes all the difference in the world to me.

~Shirley R.

Support Groups help me to remain focused on learning to take care of myself. I am comforted by shared experiences and difficulties, challenged to learn more and help others, and inspired by the wonderful people I have come to know and share.

~Candace H.

Although our individual experiences are unique, there is something incredibly comforting in knowing that my emotional and physical challenges as a WLS post-op are SHARED within a setting where others truly "get it." (Rather than glazed eyes, head nodding and interrupting to ask: "Hey doesn't that cheesecake sound great!?" )

~Judy G.

I lead support meetings for two reasons. One, they are the best way to allow people to realize that they have real problems. Two, the same people can find that there are real solutions and that surgery is actually only one of the smaller ones.

~Shauna D.

When I leave my support group meeting, I feel.....*empowered*.

~Tammy N.

## IT WORKED FOR ME

Submitted by Phil and Polly D.

*Mix 3 oz of 100% orange juice with Profect®. Any flavor works, but the Blue Raspberry (blue tube) is my favorite. This makes a great drink. For a treat on a hot day, mix with crushed ice.*



## HOW TO START A BARIX CLINICS SUPPORT GROUP

If you are interested in starting and leading a Barix support group in your area, you can find information and complete an online application ([www.barixclinicsstore.com/id454.html](http://www.barixclinicsstore.com/id454.html)). Support group leaders are volunteers who have had bariatric surgery at Barix Clinics at least 6 months ago. They are dedicated to following the Barix Clinics recommendations for lifestyle habits that support a healthy weight and are current with lab tests and office visits. Most of all they have the desire and willingness to support others who have had weight loss surgery.

These volunteer positions do take a significant commitment of time and energy. In addition to facilitating the support group meeting, providing accurate information and ongoing education about the Barix program, leaders have other responsibilities. These include maintaining a positive supportive environment, serving as a role model to members of the support group, securing an appropriate meeting place, communicating any significant developments in the meetings, changes in meeting times or locations and faithfully attending their support group meeting.

Support group leaders are very passionate about the difference that bariatric surgery has made in their lives. They have a strong desire to celebrate the success of others and help others through challenges. Support group leaders gain personal satisfaction and community recognition in their role by delivering quality educational resources, emotional support, and fellowship to others, assisting them in finding a new life — free of their excess weight.

# REWARD YOURSELF

This month, you could earn a \$25 GIFT CERTIFICATE for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by May 31, 2007. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.com)



## QUESTIONS? ABOUT FINANCING YOUR SURGERY...

Call a Barix Patient Service Representative at 800-282-0066.

# RECIPES

## RAG TOP APPLE TART

Submitted by Ellen C.

### Crust:

1 box (15oz.) reduced fat refrigerated piecrust

### Topping:

1/3 cup Splenda®  
1/2 teaspoon ground cinnamon

### Filling:

4 cups thinly sliced peeled apples  
1/2 cup Splenda  
1/4 cup all-purpose flour  
1 teaspoon ground cinnamon

Soften 1 piecrust as directed on box. Heat oven to 400 degrees. In medium bowl, mix 1/3 cup Splenda and 1/2 teaspoon cinnamon. Cut the second unrolled piecrust lengthwise in half while cold. Then cut into 1/4 inch slices. Separate pieces and toss with Splenda mixture. Set aside.

Place softened crust in 10-inch tart pan with removable bottom or pie pan. Press crust to the bottom and up sides of pan. Trim edges if necessary. In large bowl, mix filling ingredients until apples are well-coated. Spoon into crust-lined pan. Sprinkle cut up crust mixture evenly over apples in pan.

Bake 45–50 minutes or until apples are tender and crust is golden brown. Cool 1 hour before serving. Makes 8 servings.

### NUTRITIONAL INFORMATION

**PER SERVING:** 250 calories, 3 grams protein, 10 grams fat, 39 grams carbohydrate, 190 mg sodium.



## COTTAGE CHEESE FLUFF

1 (4 serving) package sugar free gelatin (powder only)  
16 oz cottage cheese, fat free  
8 oz Cool Whip®  
20 oz can pineapple, packed in juice or water, drained

Mix together. A quick and easy snack. Makes 8 servings.

### NUTRITION INFORMATION

**PER SERVING:** 146 calories, 7 grams protein, 5 grams fat, 16 grams carbohydrate, 254 mg sodium.

## RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. Call us today for more information!

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