



Healthy Habits for a Happy Lifestyle

One of the main concerns for people considering bariatric surgery is, "Will this surgery help me?" The answer is simple – It depends.

Your success after your surgery depends a great deal on how well you commit to developing lifetime healthy habits. Healthy habits are the main component of a successful bariatric surgery experience. Start by developing a list of goals for yourself based on your current diet and eating habits. Make a list of your strengths and weaknesses, hopes and fears, and habits of other people who you'd like to mirror. Research ideas for low impact physical activities and healthy recipe in magazines or online. Be honest with yourself as you make these goals - the amount of effort you put into your lifestyle change will directly effect how happy you are with the results of the surgery. As you gather more information, you may find some interesting ideas from other people with the same fears and concerns that you have.

Envision yourself as successful. The mind is a powerful thing. Set realistic goals, and then "see" yourself accomplishing them! Write down specific goals – I want to lose 100 pounds or I want to walk 30 minutes a day, improve my diet, and go on the trip I've been longing to take. Post these goals somewhere you'll see them each day – your mirror, the refrigerator, or your work area. As more positive

influences surround you, you'll feel more confident about the change you're deciding to make.

Plan, plan, plan. Make a plan for the areas of your life you want to improve! For your diet, you can start by keeping track of what you eat for two weeks. Knowledge is power, and after you have the knowledge of how your diet is affecting you, you can take action. Make a plan to change one area of your diet each week. Increase your fiber-intake during the first week, substitute lean meats and low fat alternatives for one meal a day for the next week, introduce new healthy recipes during the next week, and finally begin to measure your portion sizes. As you create a plan for your diet, you'll also want to develop your exercise plan. Start easy with five minutes of walking a day for one week. After that, add an additional two minutes each day for the next week. Work your way up to 30 minutes each day for five days a week. Keep in mind that this is your plan! It can be extended or fine-tuned as necessary. Do what works for you and your schedule. At the Louisiana Center for Weight Loss Surgery, we offer the Total Lifestyle Care (TLC) program, where a registered dietician and an enthusiastic exercise physiologist will guide you through every step of the planning process. The program even offers a monthly support group where others who have had bariatric surgery – or even

ones who are considering the surgery – join together to swap tips and share experiences about their own exercise and diet plans.

Developing habits takes practice. Don't panic if you run into an obstacle. Obstacles are chances for improvement! If you have trouble with eating out, plan what you'll order in advance by visiting the online menu on their website. Opt for an appetizer – often these are closer to an adult size portion than the entrée. If you do order an entrée, request a to-go box and immediately half the dinner. If you have trouble the exercise plan, rearrange the times to fit your own schedule. If Wednesday evenings do not work for you, try Wednesday mornings or split your Wednesday activity time between two other days of the week.



Healthy habits and life-long lifestyles changes are crucial for the success of your bariatric surgery. As you learn more

about yourself, your current habits, and your options, you will begin to build a plan that is right for you. For additional help in considering this surgery, or extra support for patients of the Louisiana Center for Weight Loss Surgery, please feel free to contact us at 1-866-821-LIVE.



Congenital Heart Disease Article

**Congenital Heart Disease Article—Requested
Jody to write on 04/22/08**

Types of Cardiovascular Disease:

1. Heart Attack
2. **Coronary artery disease**
3. Cardiomyopathy
4. **Congenital heart disease**
5. Aneurysm
6. Valvular heart diseases
7. Pericardial diseases
8. Heart failure
9. High blood pressure
10. Stroke
11. Peripheral arterial disease &
claudication
12. Arrhythmias



New Recipe

Ingredients

New Recipe

Ingredients

Preparation

Preparation

Yield

Yield

Nutritional Information

Nutritional Information

Louisiana Center for Weight
Loss Surgery

Calendar of Events:

****Support Group****

Thursday, May 15, 2008

P&S Surgical Hospital

Ste 405-A

5:30pm

****Please RSVP: 998-6137****



Louisiana Center *for*
Weight Loss Surgery

A whole new perspective on life.

312 Grammont Ste.405
Monroe, LA 71201