



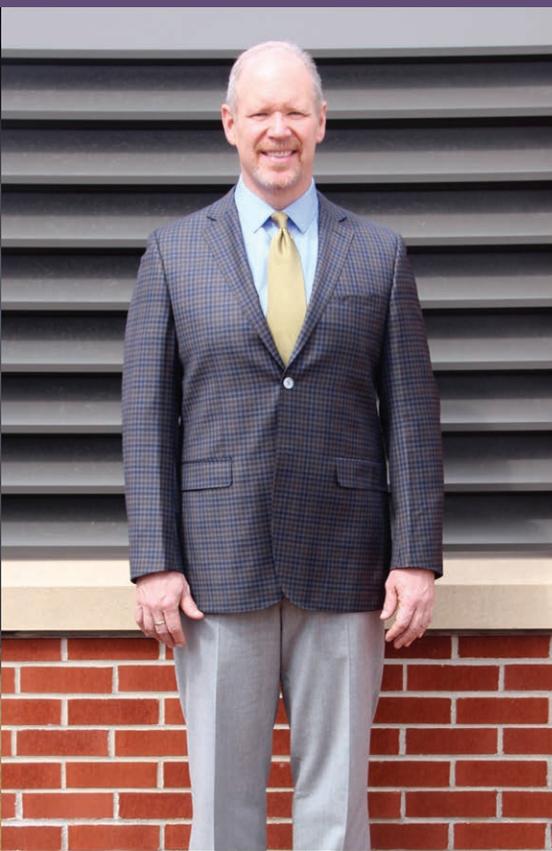
IOWA WEIGHT LOSS
SPECIALISTS 

M O M E N T U M

ISSUE #1 | SPRING 2015



BEFORE



AFTER

In This Issue:

Featured Article:

Eat Less, Exercise More
Isn't Always the Answer

Patient Highlight:

Steve Simonin

Feature From Our Blog:

Weight Loss Medications

Recipes:

- Quick Vegetable Frittata
- Lettuce Wraps
- Italian Bell Pepper

Welcome to Momentum!

We have developed this quarterly newsletter to help you along your weight loss journey, whether you have had weight loss surgery with us, are in our Medical Weight Loss program, or are just curious about Iowa Weight Loss Specialists and our programs.

Our goal is to guide you and give you helpful resources and information to keep you on track to get the results you want to live a long, healthy life. Success doesn't happen overnight. Weight loss takes time, motivation, and a good plan developed in consultation with an experienced medical provider. It's also helpful to have the support of friends and family!

We hope you find this newsletter helpful, inspirational and useful on your journey.

Enjoy!

Iowa Weight Loss Specialists Team

Featured Article:

It's Not As Simple as Eat Less and Exercise More

The first assumption people make when deciding to lose weight is that all you need to do is eat less and move more. Simple, right? That's what your family and friends tell you to do. That's what a trainer will tell you to do.

We know all too well that this is not always the case for many individuals who are severely or morbidly obese. It takes more than a diet change and regular exercise. This isn't to say it could not work, but the likelihood of losing enough excess weight and keeping it off is extremely low.

Individuals that are considered morbidly obese are those that have at least 100 lbs. or more of excess weight. According to the Centers for Disease Control and Prevention (CDC), estimates show that over 60% (78 million) of Americans are obese, and at least 12-15% (24 million) are morbidly obese, and these numbers are only increasing.

Many individuals have spent countless days, weeks, months and even years trying diets, exercise programs, pills, and more to lose their excess weight.

What people don't realize is that obese individuals have other difficulties that come with excess weight. Between joint pain and shortness of breath to more serious health issues such as sleep apnea and hypertension, it's difficult to be physically active when you're more than 100 lbs. overweight.

Obesity is complex. It's not just about the food we eat or the lack of time we have to exercise. Mental health and genes play a significant role as well, which is why an eat less - move more approach isn't always effective.

Studies have shown that morbidly obese individuals that diet alone have a less than one percent chance of successfully keeping half of their excess weight off. With weight loss surgery, we strive for at least 50% of excess weight to be kept off, and most patients, on average, see a 70% loss of their excess weight within their first year.

Weight loss surgery is a tool. It's one component in a comprehensive program to successfully lose and keep off excess weight. It allows individuals the opportunity to lose enough weight to be able to participate in more vigorous fitness routines and eliminate many medical conditions associated with excess weight.

The American Society for Metabolic and Bariatric Surgery (ASMBS) has great information about the benefits of weight loss surgery. Check it out at asmbs.org.

We know surgery isn't the right answer for everyone. For those that are 100 lbs. or more overweight, it is an effective long-term solution and we're here to help.



Feature From Our Blog:

Weight Loss Medications

By Alissa Kruger, ARNP

At Iowa Weight Loss Specialists, our goal is to provide the best care tailored to each patient. Many patients are unaware of the advancements in medical weight loss. Several medications are available to help patients in their weight loss journey. Phentermine is a medication that has been available for over 50 years. Other medications that can be used are Topamax and Wellbutrin.



You may have recently seen some advertisements for Belviq. Belviq is a new medication in medical weight loss. This medication works in the brain to help control hunger and cravings. Contrave is another new medication available. It is a combination of two medications we have used in the past: Naltrexone and Wellbutrin. Qysmia is a combination medication of Phentermine and Topiramate that is new to the medical weight loss market as well.

All of these medications can help a patient lose weight with diet and exercise. Each patient at Iowa Weight Loss Specialists has the option to see a dietitian during every visit. Our weight loss providers also look at patients' medications that can cause weight gain and make substitutions if appropriate in order to help patients succeed. While making healthy food choices and exercising are crucial to a successful weight loss plan, some of these medications can help patients control food cravings and are useful tools when prescribed appropriately.

To read more blog posts or to sign-up to receive them via email, visit our website at iowaweightloss.com.

Patient Highlight:

Steve Simonin

Iowa Weight Loss Specialists opened in July 2014. Our very first patient was none other than Steve Simonin, the President & CEO of our partner hospital, Iowa Specialty Hospitals & Clinics.

Surgery Date: July 2014

Weight Before Surgery: 290 lbs.

Current Weight: 220 lbs.



BEFORE

AFTER

Why did you decide to have weight loss surgery with Iowa Weight Loss Specialists?

I got to a point in my life where I had to do something. I had been researching the sleeve for a while and it seemed like the solution for my issues. Dr. Eibes and crew had the credentials that I was looking for – high quality, experienced, and had a very well-rounded program.

How did/does Dr. Eibes and his team support you?

Support groups, calls, the new app (which is fantastic) and again, a very well-rounded program.

Did you have any concerns about having weight loss surgery?

How would life look post surgery – how would I deal with issues? Prior to surgery, I ate to “deal” with issues. The group really helped me with the post coping issues. My pre-concerns never came to fruition – they were unfounded.

What are some differences in your lifestyle now that you've had surgery?

My life is entirely different – it's like I was reborn the day of surgery. I am not ruled by my appetite. I can run again. My clothes fit. I'm confident and happy ... everything changed.

Any additional comments you would like to add?

Before the surgery a five-pound weight loss was a big deal and I was hungry all the time. Life just gets better daily since I've had surgery. I would completely and absolutely recommend this to anyone struggling with a weight issue.

News & Events



Meet the Newest Member of our Team, Alissa!

Alissa Kruger is an ARNP, NP-C and will be seeing patients for our Medical Weight Loss program at our West Des Moines office. She received her Bachelor's degree from the University of Iowa and her MSN at Briar Cliff University in Sioux City, IA.

Medical Weight Loss is a collective effort through you and our team, where we give you all of the tools, education, and support you need in order to make the necessary lifestyle changes right for you.

"What I love about my role is helping each patient create a specific and unique plan tailored to their needs to achieve a healthier life. I am honored to help every patient take a leap of faith and begin the weight loss journey no matter what their goals are or where they are starting."

We are excited to welcome Alissa to the IWLS Team!

Download our new App!

We've now made it even easier for you to track your weight loss success and connect with us with our FREE Iowa Weight Loss Specialists app. Our app allows you to track numerous components from nutrition to exercise. Check out just a few of the features below!



- **Nutrition Tracking**
- **Weight Tracker**
- **Recipes**
- **Exercise Tracker** (Connect your Fitbit or other devices as well)
- **Request appointments**
- **Receive notifications of events, seminars, and helpful tips**
- **Ask us questions**

Download our app for free today from the Apple iTunes Store or Google Play.



Test Your Knowledge!

- | | | |
|---|---|---|
| <p>1. What were the U.S. economic costs of the disease of obesity in 2011?</p> <p>a. \$7 billion
b. \$27 billion
c. \$270 billion
d. \$700 billion</p> | <p>2. What percentage of the 23 million people diagnosed with type 2 diabetes in the U.S. are overweight or obese?</p> <p>a. 70%
b. 80%
c. 90%
d. 100%</p> | <p>3. Weight loss surgery can help prevent, improve, or resolve more than _____ obesity related diseases?</p> <p>a. 10
b. 20
c. 30
d. 40</p> |
|---|---|---|

ANSWERS: Question #1: c, Question #2: c, Question #3: b

Fit Tip

Need a little more motivation to keep up with your goals?

Using a fitness or health tracking device such as a Fitbit, Garmin or Jawbone is a great way to visually see your progress.



Using a device helps take the guesswork out of some of your activities and allows you to set new goals, such as making sure you're getting in 10,000 steps a day or enough water to keep hydrated.

Many of these devices also offer challenges that you can compete in against other device users, friends or family. It's more motivation to keep moving!

Motivation

SMALL DAILY IMPROVEMENTS ARE THE KEY TO STAGGERING LONG-TERM RESULTS

Recipes

Stay hydrated! Your goal is to drink 64 oz. of fluids every day. Liquids should be low-calorie, low-sugar, noncarbonated, and caffeine-free. Tired of plain water? Try infusing water with cucumbers, lemons, or limes. Simply add slices of cucumber, lemon, or lime to your bottle of water and enjoy!

Quick Vegetable Frittata



Ingredients

PAM® Original No-Stick Cooking Spray
¾ cup thinly sliced yellow onion
3 cups chopped fresh spinach
2 teaspoons finely chopped garlic
1 can (14.5 oz each) Hunt's® Petite Diced Tomatoes, drained well
1 tablespoon balsamic vinegar

¼ teaspoon ground black pepper

1 carton (16 oz each) Egg Beaters® Original

Instructions

1. Spray 10-inch ovenproof nonstick sauté pan with cooking spray; heat over medium-high heat. Add onion; cook and stir 3 minutes or until onion is tender. Add spinach and garlic; cook 2 to 3 minutes or until spinach wilts. Stir in drained tomatoes, vinegar and pepper.
2. Pour Egg Beaters evenly over spinach mixture; cook 2 to 3 minutes or until edges begin to set. Gently pull edges back while tilting pan to allow Egg Beaters to run beneath. Repeat two times. Reduce heat to medium; cover. Cook 8 to 10 minutes or until top of frittata is almost set. Meanwhile, preheat broiler.
3. Uncover; place skillet under broiler. Broil 2 minutes or until top is set and lightly browned. Cut into 4 wedges.

Makes 4 servings, 1 wedge each: 105 calories, 14 g protein, 9 g carbohydrate

Lettuce Wraps

Ingredients

Leaf of lettuce from a head of romaine or butter leaf lettuce
Thin slices of vegetables such as bell peppers, carrots, zucchini or cucumber
2 oz chicken or turkey
1 slice (1 oz) of reduced fat cheddar cheese
Light Ranch dressing or light mayonnaise

Instructions

In one lettuce leaf, layer 1 tsp light Ranch dressing or light mayonnaise, slices of vegetables, slices of turkey or chicken and cheese. Roll lettuce leaf to form a wrap.

1 wrap: 145 calories, 21 g protein, 10 g carbohydrate

Italian Bell Pepper

Ingredients

Recipe from The Bariatric Journey, Covidien

1 small onion, grated
1 egg
¼ cup chopped fresh Italian parsley leaves
3 tablespoons ketchup or tomato sauce
2 cloves garlic, minced
1 teaspoon salt
¼ teaspoon freshly ground black pepper
¼ cup grated Parmesan cheese
¼ cup quick “one minute” oats
1 pound lean ground turkey
4 bell peppers, halved and seeded (any color of bell pepper is good!)
½ cup marinara sauce (optional)

Instructions

1. Preheat the oven to 375 degrees F. Spray a 9x13 inch baking dish with nonstick cooking spray and set aside.
2. Whisk the onion, egg, parsley, ketchup, garlic, salt, and pepper in a large bowl to blend. Stir in the cheese and quick oats. Gently mix in the turkey until well combined.
3. Fill the pepper halves with the turkey mixture, dividing equally. Each bell pepper will contain a little more than 1/3 cup of the meatball mixture. Arrange the stuffed peppers in the baking dish. Spoon 1 tablespoon of the marinara sauce (if using) over each bell pepper.
4. Bake uncovered until the peppers are tender and beginning to brown, about 40-45 minutes. Transfer the Italian Bell Peppers to a platter and serve.

Makes 8 bell pepper halves. Serving size: ½ bell pepper:
130 calories, 18 g protein, 9 g carbohydrate



Informational Class

We offer free informational classes every other week at our Belmond and West Des Moines office locations. To register for a class or for more information, visit lowaweightloss.com or call us at **515-327-2000**.

Support Group Meetings

We offer support group meet-ups every month for our current and past patients. This is a great way to connect with other weight loss surgery patients, hear success stories, learn some new tips, and get the additional support you may need to keep on track with your weight loss goals.

Connect with Us!

Through social media platforms, we try to keep you motivated and informed. Connect with us on any of the following social media platforms for additional recipes, motivational quotes, news and event information!



*"I went from a sedentary life-style to working out six days a week!
Within three months I have lost 60% of my goal weight which is typically
achieved over a twelve month time frame."*

- Tracy Whipple

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