

## Recipes

Try some of these light and healthy summer recipes. Grilling is a great way to add flavor to foods such as meat, vegetables, and even fruits!

### Basil and Garlic Grilled Chicken

Recipe courtesy of foodcoach.me



#### Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 bunch fresh basil leaves, chopped
- 2 cloves garlic, pressed
- Olive oil spray (either oil in a spritzer bottle or cooking spray)
- ½ tsp. salt & pepper and extra to taste

#### Instructions

1. Heat an outdoor grill or indoor grill pan to medium heat.
2. Meanwhile, combine the basil, garlic and ½ tsp each salt and pepper. Pat the chicken dry with a paper towel and spread basil mixture over both sides of chicken.
3. Spray grill or grill pan with olive oil/cooking spray. Also spray the chicken briefly.
4. Grill for 6 minutes per side or longer depending on thickness. Use a meat thermometer to ensure internal temperature is 165° F.

### Summertime Lemonade

Use sugar free lemonade or Crystal Light Lemonade. Try these different ideas to add a twist!

- Add slices of cucumber and grated fresh ginger
- Add fresh basil
- Add strawberries
- Try Crystal Light's Lemonade Mint Julep recipe: Add 2 quarts boiling water to 1 packet Crystal Light Lemonade mix in 2-quart heat-proof pitcher. Stir until mix is dissolved. Add 1 cup whole mint leaves; let stand at room temperature 1 hour. Strain. Serve immediately over crushed ice or refrigerate to serve cold later.



### Teriyaki Burger

Recipe courtesy of foodcoach.me



#### Ingredients

- 1 packet onion soup mix
- 1 lb. 93% lean ground beef
- ¼ cup water
- 4 green onions, chopped
- 1/3 cup teriyaki sauce

#### Instructions

1. Combine all the ingredients in a bowl and mix well. Form into six patties.
2. Heat a grill pan to medium high heat. Spray lightly with cooking spray. Cook burgers about 6 minutes per side or until cooked through (internal temperature should be 165° F)
3. Remove from heat, let cool and serve!

## 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 [iowaweightloss.com](http://iowaweightloss.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 social media platforms shown above for additional recipes, motivational quotes, news, and event information!

## Download our Free App!



Start tracking your diet and exercise now with our free Iowa Weight Loss Specialists App. Get event notifications, read helpful articles, and ask us questions. Download today from the Apple iTunes Store or Google Play.



IOWA WEIGHT LOSS  
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# M O M E N T U M

ISSUE #2 | SUMMER 2015

*"I was supposed to lose 60% of my extra weight. I have lost 95%. My goal is the whole 100%. Surgery gave me a sense of feeling full for the first time in my life. I'm proud of the person I'm becoming. I fight everyday to make the correct choices not only for myself, but also for my family. I'm grateful for my surgery and that I will now have a long life ahead of me."*

– Stephanie Mueller

## Clinic Offices

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## In This Issue:

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### Fit Tip:

## The Benefits of Yoga

Yoga is an excellent muscle toner. It helps all parts of the body come into balance, including your internal organs. Yoga is also good for your mental health, as it requires focus and concentration.

In addition:

- Yoga promotes deep relaxation and stress reduction.
- For older people, yoga is a gentle, non-aerobic conditioner. For athletes, yoga can provide flexibility and centering.
- Increases flexibility
- Good for anyone with chronic back pain
- No special outfit or gear is required for yoga - just loose-fitting, comfortable cotton clothes and a small area of floor space.

Source: <http://www.drweil.com/drw/u/ART02031/fitness-tips.html>



## 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 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: Medical Weight Loss

Weight plays an important role in our overall health. Many short-term and long-term health conditions are related to weight. For overweight or obese individuals, extra weight will dramatically increase the risk of health-related diseases.

For many, it is necessary to lose weight to reduce current or eliminate future health conditions. But it can be a struggle.



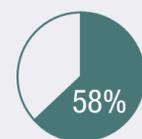
According to the American Diabetes Association, losing even 10 to 15 lbs. can reduce or improve blood sugar levels, blood pressure, cholesterol, and stress on joints.

For many, weight loss surgery is the most effective solution for losing excess weight. For others, it may not be the best fit for various reasons, including fear of having surgery.

Iowa Weight Loss Specialists offers a non-surgical Medical Weight Loss program that focuses on diet and exercise modification in combination with medications, if necessary.

This program is unique in that it is a collective effort with you and our team, headed by Dr. Amy Tesar and Alissa Kruger, ARNP, NP-C. We provide you with all of the tools, education, and support you need to make the necessary lifestyle changes for you to achieve weight loss success.

We review your blood work and medical history to determine if you have any barriers to losing or keeping off weight. Knowing this information allows us to identify and create your customized plan to help you effectively lose weight.



The National Institutes of Health's study found that a combination of diet and exercise cuts the risk of developing diabetes by 58%.

Whether you need to lose 10 lbs. or 100 lbs., we can help you achieve weight loss success with the necessary support and tools to keep it off.

For more information about our Medical Weight Loss program, visit our website at [www.iowaweightloss.com](http://www.iowaweightloss.com) or contact us at 515-327-2000.



### Feature From Our Blog: The Economic Impact of Obesity

By Dr. Todd Eibes, MD, FACS

Employers are constantly looking for ways to decrease expenses. Surgical intervention in the treatment of obesity and morbid obesity offers the greatest impact to the bottom line by drastically improving employee health while reducing overall healthcare expenses.

Obesity is an expanding epidemic in the United States. Current estimates from the Center for Disease Control (CDC) show that 78 million Americans are obese and 24 million are at least 100 lbs. overweight. The incidence has risen dramatically over the past decade. The resulting impact on the workforce is alarming. Being 100 lbs. overweight increases risk of premature death by 50-100%. Obese individuals also see triple the standard rates of type 2 diabetes and sleep apnea, and nearly double the rates of hypertension. There are currently 25 million cases of diabetes for which 95% is type 2 diabetes. Type 2 diabetes is primarily related to weight. Cancer risk is also increased with estimates of 84,500 cases due to obesity in 2007 and predictions of 500,000 new cancers due to obesity by 2030.

The economic impact to the economy is staggering. Estimates show that in 2011 approximately \$270 billion was spent in treating complications of obesity and another \$72 billion was spent due to overweight patients. Indirect costs to employers due to decreased productivity, increased absenteeism, inability to work, and premature death add up to \$69 billion annually. Diabetic care alone accounts for \$7,900 per patient annually.

### Patient Highlights: A Year of Weight Loss Success!

July 1st marks our one-year anniversary here at Iowa Weight Loss Specialists (IWLS). Dr. Eibes' first surgery was performed on July 21st. We have since performed over 150 sleeve gastrectomies and have visited with hundreds of patients in both our medical and surgical weight loss programs.

We started IWLS because we wanted to provide exceptional care, achieve outstanding patient satisfaction, and provide successful weight loss. We strongly believe that it takes an entire team to support patients through their weight loss journey.

If a patient is 30 lbs. overweight, he or she may only need some dietary counseling. However, when patients become 100 lbs. overweight



Surgical care in the treatment of morbid obesity offers the greatest impact in improving both the health of the workforce and decreasing costs for employers. Currently, the risk of weight loss surgery is very low with the chance of dying at 0.1%. To put this into perspective, mortality rates from gallbladder removal are 0.7%, and hip replacement is 0.93%. The overall complication rate for surgery is 4%. Surgical costs vary by procedure, but range from \$11,500 – \$26,000. Following weight loss surgery, the improvement in related diseases is dramatic. Up to 75% of type 2 diabetes and 80% of sleep apnea go into remission. Estimates show that 3rd party payers recover the entire cost of surgery within 2-4 years. Annual healthcare costs per employee are decreased by 34% at two years and by 70% at three years following surgery. Individual worker productivity is estimated to increase by \$2,765 annually.

Read the full article on our blog online at [www.iowaweightloss.com](http://www.iowaweightloss.com).

or more (morbid obesity), they need a team of professionals. At this level, their obesity is impacting their overall health and multiple organ systems, along with potentially causing mental health issues. Our team provides education and formulates a customized plan on how to treat a patient's obesity.

We chose to partner with Iowa Specialty Hospital (ISH) to develop a comprehensive weight loss program due to the high level of patient satisfaction in their organization. The hospital has won numerous national awards for patient satisfaction. Recently remodeled, ISH has state-of-the-art equipment and rooms specifically designed for obesity surgery. Our team works closely to educate the entire ISH staff on the needs and concerns of our weight loss patients. Every hospital employee takes their role very seriously and is proud to make a profound impact in the lives of our patients.

Each and every team member truly cares about our patients and we are excited to highlight just a few of those patients.



#### Pearce L.

**Surgery Date:** August 2014  
**125 lbs. lost to date!**

**Quote:** "For the first time in 20 years I like the person I see in the mirror. I now know I will be living a long happy life. It's going from an awful life of being unhappy and unhealthy to a new life where I feel I'm really "living!"



#### Steve S.

**Surgery Date:** July 2014  
**75 lbs. lost to date!**

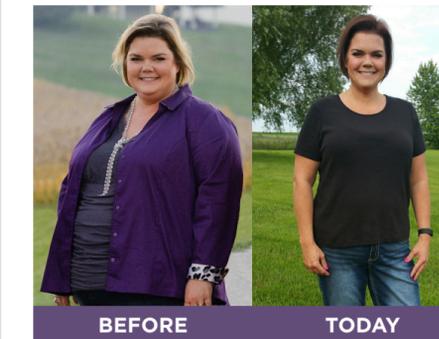
**Quote:** "My life is entirely different. It's like I was reborn the day of surgery. I am not ruled by my appetite. I can run again and my clothes fit. I'm confident and happy. Everything changed!"



#### Lisa B.

**Surgery Date:** October 2014  
**73 lbs. lost to date!**

**Quote:** "My health has improved and I no longer need medication. I have more energy, my knees no longer hurt and I can now go hiking and biking with my husband and kids. My only regret is that I didn't do the surgery sooner."



#### Julia R.

**Surgery Date:** October 2014  
**90 lbs. lost to date!**

**Quote:** "I was starting to see the effects my weight had on my health and I didn't want my unhealthy lifestyle to negatively impact my kids. Since surgery, I feel fantastic and am able to keep up with my kids. I'm off medications and haven't felt this good in 15 years! I am so grateful for IWLS and their tools to help me achieve my weight loss goals."

**If you or someone you know is ready to make a change, call us or register for a free informational class today!**