

SIOS Team Members

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COORDINATOR

Ms Patricia Saran RN

SURGEONS

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WEIGHT LOSS GPs

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PSYCHOLOGISTS

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DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

Brighten your day

Bring a rainbow of colour into your world and enjoy the health benefits.

Good Health, Dec 2011

RED & PINK

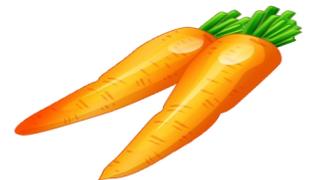


Strawberries, raspberries, beetroot & red onion contain Anthocyanins, which are linked to a reduced risk of heart disease, diabetes, cancer & arthritis.

Tomatoes, pink grapefruit, watermelon & guava, contains Lycopene, which is best known for its cancer-fighting properties.

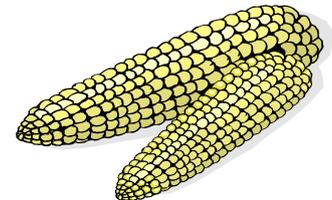


ORANGE & YELLOW



We all want healthy skin, vision and immunity, so eat more carrots, sweet potatoes, peaches & mangoes. They get their colour from carotenoids like alpha- and beta-carotene, which convert to vitamin A in the body.

This colour group also contain the nutrient Vitamin C.

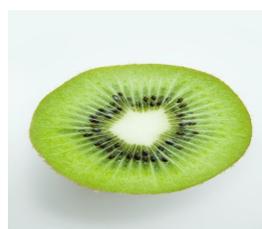


GREEN



Leafy greens contain iron & folate, which reduces the risk of birth defects.

Ward off cataracts and macular degeneration with lutein, which can be found in kiwi-fruit, avocado & green leafy vegetables,



WHITE



Potassium, a mineral important for muscular function, can be found in bananas & potatoes. Add more garlic, leeks and onions to your diet, which contain antibac-

terial, antiviral and antifungal properties.



Rhonda's weight loss story

"Hi there. My name is Rhonda. I'm 31 years old with 2 children.

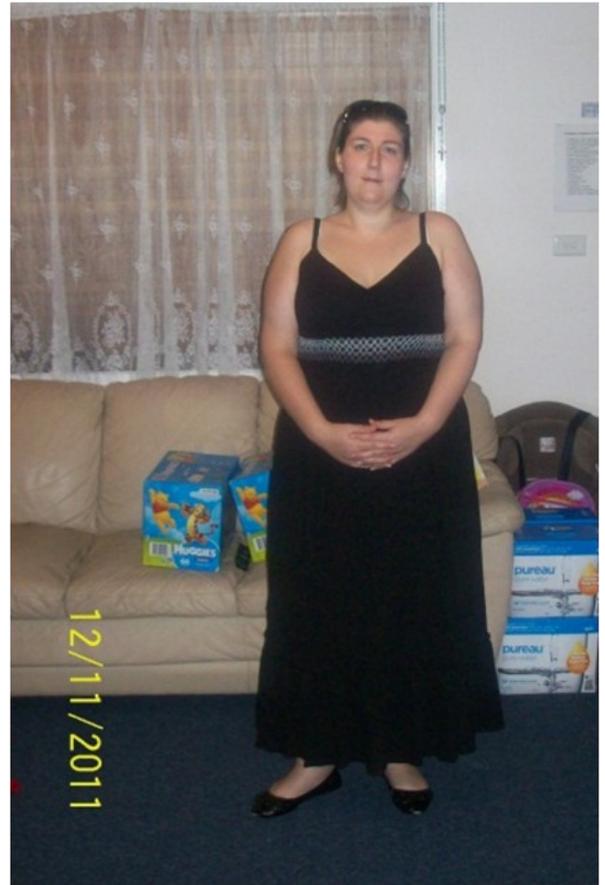
I had gastric band surgery on 4th February 2011. I've had great results and turned my unhealthy lifestyle into a healthy lifestyle.

I chose SIOS because of their commitment to their patients, and you get everything under one roof: surgeon, GP, nurse, dietitian, psychologist and caring, supporting admin ladies.

I can't thank the SIOS Team enough."



BEFORE



AFTER

Thank you to Rhonda for sharing her story. We'd love to hear yours too. Please email info@sios.com.au with your story and pictures.

Egg-celent eggs!

Reviewed by Eva Tamrakar

References: eggs.org.au

- Research reveals eggs can play a fundamental role in weight management and have great potential as an inclusion in a weight loss diet due to their high protein content. The results of a recent review¹⁷ show foods high in protein contribute much more to satiety (the feeling of fullness) than carbohydrates and fat. This means high protein foods, such as eggs, leave us with a satisfied feeling, and can help limit the amount of food we consume throughout the day.
- Eggs contain 11 different vitamins & minerals.
- Eggs are a source of omega-3 fats (the healthy fats) which can have significant benefits for the heart and blood vessels.
- Eggs have the highest nutritional quality protein of all food sources.
- Eggs are very economical and one of the most versatile foods. They can be boiled poached, scrambled, or mixed with other ingredients to make frittatas, omelet's or salads. They are easy to store and can be eaten hot or cold once cooked.
- Eggs are kept at their freshest when stored in their cartons, in the fridge.
- Research supports the inclusion of around 6 eggs a week as part of a healthy diet.



Try these delicious meal ideas with eggs!

- Boil, peel and slice an egg. Place on a **small/thin** wholegrain roll with chicken, avocado, lettuce and tomato for a quick and easy lunch. To reduce carbs, use Iceberg lettuce.
- Poach 2 eggs and serve with grilled tomato and mushrooms for a leisurely Sunday breakfast
- Add boiled, peeled and chopped eggs to a garden salad. Top with a dressing made from low fat yoghurt, fresh dill, capers, red onion and lemon juice
- Make a healthy frittata by mixing 6 eggs with 1 cup cooked couscous, ½ cup reduced fat ricotta cheese and ½ cup chopped parsley. Heat 1 tbs olive oil in a frying pan and stir fry 2 cups of your favourite chopped vegetables (try red onion, zucchini, mushrooms, tomato). After 2 minutes, add egg mixture and cook through. Brown under the grill.
- Mix 4 cracked, beaten eggs with 1 cup brown lentils and your favourite spices. Cut two red capsicums in half and place a spoonful of the lentil and egg mixture into the capsicum. Bake in the oven for 10 minutes. Enjoy as a quick and easy dinner meal!



DON'T FORGET TO USE YOUR PORTION CONTROL PLATE!

Housekeeping



Support Groups are held on the first WEDNESDAY of every month at 6.30pm @ SIOS. Suggestions and topics for discussion can be emailed to info@sios.com.au

Changed address, phone number or GP? Help us keep in touch with you and your GP. Please remember to update your details with the receptionist when you arrive.

Got an email address? Email us at info@sios.com.au so that we can register your email address to receive important notices and improve communication with you.

Did you know?

Family members of weight-loss surgery patients often shed kilos themselves. A US study found relatives of people who had gastric bypass surgery lost an average of 3.6 kilos within a year.

Body & Soul 4.12.11



SIOS is on FACEBOOK!!

Search for "The Sydney Institute for Obesity Surgery" and LIKE us.



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For your follow-up appointments please call Maria or Anna on 97163522. If you are unable to keep an appointment or will be late for the appointment, please call us and we will be happy to re-schedule this for you. 24 hours notice is required for cancellation of appointments; otherwise a cancellation fee of \$50.00 may apply.

We are committed to providing the best possible medical care at SIOS. At times we are obliged to spend more time than scheduled with some patients. This inevitably puts us behind in our efforts to deliver appropriate medical care to everyone on time. Please be patient with us and be assured that your health is of the greatest concern to us and that we will attend to you as soon as we possibly can.

For suggestions, stories or any other contribution to this newsletter please email us on:

info@sios.com.au

