



# SIOS Newsletter

VOLUME 1 ISSUE 2

MAY 2011

## SIOS Team Members

### SURGEONS

Dr Michael Talbot

Dr Alex Matthews

Dr Vytauras Kuzinkovas

Dr Oliver Florica

Dr Fadil Khaleal

### WEIGHT LOSS GPs

Dr Phillip Seeley

Dr Georgia Rigas

### PSYCHOLOGISTS

Dr Bernadette Bywater

Ms Marie-Lisa Boukarim

### DIETITIANS

Ms Tania Chaanine

Ms Eva Tamrakar

Ms Shannon Overs

### PRACTICE NURSE

Ms Patricia Saran

### ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

### FITNESS & LIFESTYLE CONSULTANT

Mr Adrian Cuda

## ASK DR PHIL?

### Q: How do I use my band? Meredith

All weight loss surgery requires your commitment 7 days a week. It is really important that you make good food choices, exercise regularly and attend for follow-up. There is nothing magical about any of the common weight loss operations: they are merely designed to help you lose weight by eating less.

Remember, the band requires that you “get in touch with your hunger” and really work out what **hunger is** and of course **what hunger isn't**.

The principle objective of the band is to “**make small meals satisfy**”. If adjustments of the band are to be made, it should relate to the principle.

Please don't expect your band to limit how much you eat. It is not designed to do this and you are the one who must work out how to use the band to satisfy your hunger: not to address your bad habits.

To use the band correctly, it requires two to three solid meals per day

with protein in at least two of the meals. The quantity of food is twenty teaspoons, and this should be consumed over twenty minutes or more. (20:20 rule)

The endpoint for eating is satisfaction, a feeling of “fullness” in the brain, not in the stomach or lower chest. If the latter is your endpoint for eating, you may well have eaten too much or your band is adjusted too tightly.

Weight loss surgery suppresses your thirst so ensure you train yourself to increase your hydration.



Work out the reasons you eat:

1. Comfort/emotion (it makes your brain sing).
2. Conditioning: you always eat in certain situa-

tions i.e. in front of the television.

3. You don't want to waste food.

4. Poor education regarding eating in general and the quantities required to survive (we all eat too much)

5. Cultural

6. Like: we just **like the taste**.

7. Reward: food as a reward.

8. Comfort zones: home is where you feel comfortable and most eating occurs.

9. Boredom

10. Unresolved psychological issues.

Come back regularly for follow-up, especially if you are not achieving success. This is the time to seek help and support. There is no reason for embarrassment.

Weight loss surgery is not saying goodbye to food, but hello to less.

### Ask the expert!

For the next newsletter, please direct your questions for publishing to Dr Phil at [info@sios.com.au](mailto:info@sios.com.au)



## Importance of multivitamins

\* Beneficial when nutritional needs are not being met by diet alone or when dietary demands are high.

\* Assists in the maintenance and improvement of general wellbeing .

Patients who have undergone weight loss procedures can develop nutritional deficiencies due to reduced food intake, rapid weight loss and other factors.

NutriChew chewable multivitamins have been specially formulated to meet the initial and ongoing nutritional needs of patients who have had gastric banding or sleeve gastrectomy.

The NutriChew multivitamins consists of two (2) chewable orange flavoured tablets which can be taken at any time of the day with or without food.

The Multi Essentials range features a break-bar for those who have trouble swallowing larger tablets.

Available at SIOS:

NutriChew	\$34
Multi Essentials	
30 days	\$14.80
90 days	\$38.50

Other recommended products include Swisse multi vitamins or Centrum multi vitamins.



## Exciting news at SIOS!

### BABY NEWS

SIOS is pleased to announce the arrival of 2 beautiful babies for 2 beautiful ladies.

**Tania** and her husband welcomed Talia Rose, born 3rd April, weighing in at approximately 3.5kg and 49cm.

**Bernadette** and her husband also welcomed a daughter, Audrey, born 18th May and weighing 3.7kg.

We wish them all well.

### ENGAGEMENT NEWS

Congratulations to Marie-Lisa and her partner, who got engaged over the Christmas holidays.

Congratulations also to Anna and her partner who also announced their engagement in January.

We look forward to hearing all about their wedding plans.



## Come to the Support Group

SIOS support group is held at SIOS on the first Wednesday of the month at 6.30-7.30pm. It is facilitated by a member of staff who presents a topic for discussion at each session. The topics will be posted on the SIOS website, or you can register your email address with Maria or Anna

to receive reminders and up-coming topics. Any requests for topics of interest are welcome. There is also an opportunity during the session to discuss particular difficulties that you might be having and to share good ideas for what works.



**Support Groups are held on the first WEDNESDAY of every month at 6.30pm @ SIOS**

## 'Finding Peace and Calm Daily' from *www.oprah.com*

Taking a few minutes every day to relax will put you in a better mood and will help you deal with everyday stresses. Use these suggestions to help find your inner peace so you can be the best person possible.

Start each and every day with a big yawn and full body stretch. Warming up in the morning allows you to ease your way into a new day both mentally and physically.

Whenever possible, get up a bit earlier than necessary so you can create time for yourself. Sitting with a warm cup of coffee, tea, or cocoa and relaxing in the early morning silence gives your mind and body some valuable "me" time.

Experiment with scents and smells to fine-tune your personal aromatherapy. Discover which aromas make you feel more energetic and productive. Pay attention to what

makes you feel calm and centered. Then use these when you feel the need to focus or relax.

Gratify your senses. Wear soft, comfortable clothing. Savor a flavor. Notice the beauty that surrounds you..

Create an image in your mind that represents peace and calm. This will be your escape hatch for those moments when life feels overwhelming.

Perhaps you feel peaceful when you look at the ocean, or maybe a field of flowers makes you feel calm. You may even visualize a cloud-filled sky to bring harmony to your mind's eye. Take a deep breath and go to this place whenever the need arises.

## Winter Warmer Recipe: Middle Eastern Lamb

- \* 2 teaspoons oil
- \* 2 onions, sliced
- \* 1 teaspoon ground cinnamon
- \* 1 teaspoon ground cumin
- \* 500g lamb, trimmed of fat, diced
- \* 1 potato, diced into cubes
- \* 2 tablespoons fresh mint, chopped
- \* 1 1/2 tablespoons lemon rind, finely grated
- \* 1 cup salt reduced beef stock

- \* 410g no added salt chopped tinned tomatoes
- \* 1 tablespoon honey
- \* 1 cup cooked chickpeas

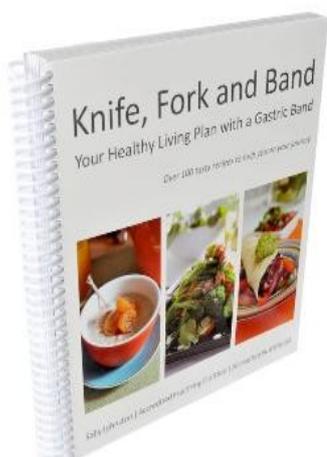
Heat oil in wok over medium heat. Add onions, cinnamon and cumin. Stir-fry approximately 3 minutes or until the onions are soft. Add lamb and stir-fry for 5 minutes or until brown. Add potatoes, mint, lemon rind, stock, to-

matoes and honey to wok. Reduce heat, cover and simmer 30 minutes. Add chickpeas half way through cooking. Simmer until lamb is tender and potato is cooked.

Taken from "Knife, Fork and Band" by Sally Johnston



## Book Review: Knife, Fork and Band by Sally Johnston



*Knife, Fork and Band* is a handy little cookbook comprising of nutritious recipes for all stages of the gastric banding journey. Author Sally Johnston is an Accredited Practising Dietitian specialising in nutrition for bariatric patients. Based on the best available evidence, Sally has not only developed recipes for the fluid, puree, soft and solid diet phases, this book

also comes complete with a 28 day menu plan with nutritional breakdown. *Knife, Fork and Band* is a simple, no-fuss cookbook filled with delicious band friendly recipes that the whole family is sure to enjoy. *Knife, Fork and Band* can be ordered from [www.yourbariatricdietitian.com.au](http://www.yourbariatricdietitian.com.au) for \$39.95 (plus approximately \$10 postage).

A free sample e-book is also available to download from this website, however if you would like a better look before you buy, please feel free to peruse our copy at your next nutrition consultation.

Shannon Overs, Dietitian, SIOS



# The importance of combining Fitness and Nutrition for good health

As more and more research points to the effect of fitness and nutrition on our overall health the findings become more difficult to ignore. There is no doubt that the food that we eat and the physical activity that we perform significantly impact our weight and our body's overall health and longevity.

When you look at fitness and nutrition and the consequences of ignoring their importance, it is not difficult to see how large a role they play in our health. First and foremost, it is important to understand how powerfully diet can affect us. Natural, whole foods - such as fresh vegetables, fruits, whole grains, and lean proteins - give our bodies the vitamins that it needs to function effectively. We have energy when we eat

right. And when we have energy we burn fat. Eating properly allows us to maintain a healthy weight and keep undue stress off of our hearts; it also allows us to keep our blood pressure and cholesterol levels in the healthy range. Most importantly, good nutrition keeps our bodies stocked with antioxidants that fight off a range of illnesses including cancer.

But nutrition does not go it alone; fitness and nutrition go hand in hand for achieving good health. When we keep our bodies active through a consistent exercise program, we are adding to our body's ability to metabolize food and keep weight down. Further, good fitness means strong and limber muscles and a strong cardiovascular system. Exercise also lowers blood pressure and reduces stress levels.

Learning how to pair fitness and nutrition for optimum health means a commitment to a particular lifestyle. It is essential that you revamp your diet to eliminate fatty, high-sodium, and processed food and replace it with fresh, natural - and even organic - choices. But remember, fitness and nutrition work best as a team. Implement a consistent regime of physical activity into your daily schedule including cardiovascular work, stretching, weight training, and even yoga or Pilates.

When you truly understand the importance of fitness and nutrition in your life, you will understand how crucial these lifestyle changes are in order to live a long and healthy life.

*Retrieved from "<http://www.articlesbase.com/nutrition-articles/fitness-and-nutrition-for-health-128676.html>*



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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 ask that all our patients endeavour to arrive to their appointment on time, however we ask for your understanding if the Doctor is running late as we assess all our patients individually and on occasions this may take more time.

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

[info@sios.com.au](mailto:info@sios.com.au)

We're on the web!  
[www.sios.com.au](http://www.sios.com.au)