

Hello again....

SIOS Team Members

MANAGER -BARIATRIC

CO-ORDINATOR

Ms Patricia Saran, RN

SURGEONS

Dr Michael Talbot

Dr Vytauras Kuzinkovas

Dr Robert Wilson

DR Gary Yee

WEIGHT LOSS GPs

Dr Vincent Braniff

Dr Jang Lee

PSYCHOLOGISTS

Dr Bernadette Bywater

Dr Bianca Petrie

Ms Marie-Lisa Bourkarim

DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Amy Harding

Who can believe that its that time of the year again!

Christmas and Festive Time...!!!!!!!!!

On behalf of all the SIOS team we would like to wish all of you a Merry Christmas and a Happy HEALTHY New Year

SIOS News

We'd like to welcome Dr Bianca Petrie (Life Coach Psychologist) who joined the SIOS team this year

Dr Fee Lai (Plastic Surgeon) has also joined our team performing Botox injectables one day a month and performing surgeries for excess skin after weight loss (Tummy Tuck, under arms and thigh loose skin, Body Lifts etc...

Dr Jang Lee is providing Injectables service as well once a week

Did you know? Obesity in Australia

- Obesity rates in Australia are climbing faster than anywhere else in the world, according to a new study.
- Australia's obesity levels are now on par with the United States, but slightly less than New Zealand.
- Australia is gripped by the fast food culture
- Modern living is making us fat– most modern conveniences, such as cars, computers, televisions and home appliances, reduce the need to be physically active.



What's in season for Sydney & NSW this Summer?

FRUIT

Apricots
Bananas
Grapes
Melons
Peaches
Pineapple
Cherries
Strawberries
Mangoes
Nectarines

VEGETABLES

Eggplant
Cucumber
Peas
Radish
Sweet corn
Tomatoes
Zucchini
Squash
Green beans
Asparagus

Vanilla Ricotta with Strawberries

Ingredients:

- 1 cup (240g) reduced fat ricotta cheese
- ½ teaspoon vanilla essence or vanilla bean paste (to taste)
- 1-2 teaspoons Natvia (stevia granules; optional)
- 4 cups (2-3 punnets) halved strawberries



Method:

- Divide strawberries into 4 small serving bowls. Set aside.
- Combine ricotta, vanilla essence/paste and a pinch of stevia in a small bowl. Mix to dissolve stevia.
- Top each bowl of strawberries with vanilla ricotta.

Variations:

- Drizzle with fresh passion fruit juice before serving.
- Add some lemon zest to the ricotta
- Switch strawberries for blueberries, or an alternative serve of fruit.

SERVES: 4 (420kJ / 100 calories; 10g protein per serve)

SIOS Top 10 Tips to Give Yourself the Gift of Health This Year

1. Imagine arriving in January after the peak of the festive season having maintained your weight successfully. Imagine the feeling of achievement and confidence that will come from effectively responding to all the temptation and remaining on track with your health and weight goals. Imagine that your gift to yourself is getting back in control of your weight no matter what time of year it is. Imagining that you can achieve this change is the first step towards making it a reality for you.

SIOS Tip: Spend 10 minutes before each social event imagining in detail the feeling you will get from managing the event successfully.

2. The next step to success is to believe that the effort involved is worth it. Success will involve planning, hard work and practice. To commit to these behaviours it is essential that you are clear on the reasons why this is important to you. The reasons most commonly given by people trying to lose weight include short and long-term health goals, looking good, feeling more confident, being more comfortable, being able to be more active, being able to wear clothes that they like

SIOS Tip: Take a few minutes to write down in detail the reasons that are most important to you. Find photos, words or pictures that illustrate your reasons and display them in all the places that you spend time.

3. You will be drawn to consume what you focus on, so teach your brain to focus on what you want to eat rather than what you want to avoid. By working on great nutrition, you are also reducing the likelihood that you will experience intense cravings for fatty and sugary options. You will also experience the joy of eating a range of nutritious and delicious foods and will feel more energised at a time when you need all the energy you can get. Set a priority list of the top three foods that you really enjoy at this time of year and plan to eat one serve of each of those foods at a time when you can really savour every morsel. Other tempting foods that do not make the top three can then be avoided knowing that you can have what you really want at another time. When you host an event or can contribute food, ensure that you provide tempting great choice foods such as luscious fruits or crunchy snacking vegetables. Remember that a lot of adults struggle with their weight and appreciate having some nutritious choices available when socialising.

SIOS Tip: Make a list of all the food you want to be eating to keep you well nourished and energised. Consider new recipes to keep up the variety and taste of the great choice foods. Our dieticians can help you with inspiration.

4. The old saying that failing to plan means planning to fail is especially true when you are faced with lots of temptation. Prior to each social event try to find out what sort of food will be available so that you can pre-plan your own choices and quantities. This reduces the likelihood that you will be tempted by the look and smell of food or the idea that any particular food is so special that you need to consume it on that particular day. Make sure that you are not overly hungry so that you have more time to make good choices and carry an 'insurance snack' such as fruit or cut up veggies.

SIOS Tip: Pre-plan your food and drinks before each event.

5. There are a few tried and true behaviour strategies that can be invaluable at this time of year. When eating at a buffet, scan the full range of choices before making any selections so you get an idea of how you can set up a well balanced meal. Use a small plate wherever possible and don't overfill it. Once you have finished choosing move as far away from the food table as possible and dispose of your plate as soon as you have finished the meal to signal to yourself that the time for eating has ended. Try to eat mindfully by focusing on the look, taste and texture of the food so that your brain registers the eating experience and you are less likely to overeat. Suck on ice or fresh lemon or mint so that you are reminded not to keep on picking at food. One thing that lots of people struggle with is throwing out the left overs – remember that your stomach is not a garbage bin – throw it out as soon as you can and rather than thinking of the waste, calculate all of the calories you save.

SIOS Tip: Practice some of these behaviour strategies this holiday season so that they become habits you can use all year round.

6. It is so easy to drink your way to weight gain even when you are working so hard at great food choices and portion control. Ensure that you have access to enjoyable low calorie drinks. The SIOs dieticians can provide advice if you need it. Alcohol is particularly risky as a high calorie fluid and also because for many people it reduces your ability to make good food choices, delivering a double hit to your weight management plan. Some key strategies to reduce alcohol intake include delaying the first drink, alternating with a low calorie option and setting yourself a cut off time when you set your phone to remind you to switch to non alcoholic drinks. You can also pre-plan the days or events that are likely to involve alcohol and stick to alcohol free days at other times.

SIOS Tip: Apply the same planning and focus to what you drink

7. If all this sounds a bit bah humbug, then it is time to think about what truly provides you with all the fun during the festivities. Is it celebrating with friends, seeing the delight of children, the beautiful decorations, being in the great outdoors or the lovely peace and quiet when all the people have gone home at the end of it all?

SIOS Tip: Whatever brings you joy at this time of year, be sure to soak it in at every opportunity and put food back in its place at the side table of the celebrations.

Expand your focus

8. We all benefit from the support of others when we are trying to make changes in our lives. Having friends and family on side can make all the difference in your success. If you can, find a person willing to go on this experiment with you. Otherwise think of a special someone who you can share your successes with, who will be willing to cheer you on the way. If you struggle to find these people in your life, there is a vast online community of people who have had weight loss surgery who are all trying to make their surgery work for them. Be wary of that difficult person who sabotages you and arm yourself with things you can say or do to minimise the impact that they have on you.

SIOS Tip: Get your support crew ready and arm yourself against the saboteur.

9. Now is the time to let people know what kinds of gifts you would like to support the lifestyle you want. It is important to be clear that food such as chocolate is not on your list for Santa this year. Plan to throw out (see point 7!) or give away any unhelpful food gifts you receive. Gifts that provide opportunities for good self care or general fun are more likely to help you to reduce any habits around using food to fulfil these needs. Try to think creatively about the lifestyle you want and provide other with ideas. For some that might mean a voucher for a massage, dance or golf lesson.

SIOS Tip: Develop a list of gift ideas for the Santa in your life that will be nice rather than naughty.

10. Let's not forget the activity part of the equation. Summer provides endless opportunities for outdoor activities. If you prefer to avoid the heat, think about the indoor options for physical activity that you will enjoy. Schedule them into your diary at times that you will be most likely to do them. It is essential to keep moving to manage stress effectively and reduce stress-based eating as well as to keep on track with your weight. Look for new ideas to make social events more active with walks or games that keep you away from temptation and help burn the treats.

SIOS Tip: Prioritise physical activity to manage your weight and general health.

Remember that the SIOS is here to help with an expert team of medical and allied health staff. Working with a psychologist as your coach can help you to make the behavioural changes required to maintain long term weight loss. The psychologists at SIOS are specialists in working with weight issues as well as general mental health. You can make an appointment with reception for a one off consultations or for ongoing support. Appointments are now available on Tuesdays, Wednesdays and Friday (fortnightly). Medicare and private health fund rebates may apply.

HOUSEKEEPING

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

Suggestions and topics for discussion can be emailed to info@sios.com.au

“Had surgery in the last 6 weeks or preparing for one soon?”

We would like to invite you to take part in a study on life, health, and wellbeing after bariatric surgery?

Please click the following link for more information:

https://unswpsy.qualtrics.com/SE/?SID=SV_2s13urv9eyvwt0N

You will be reimbursed for your time.”

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.

SIOS is on FACEBOOK!!

Search for “Sios-The Sydney Institute for Obesity Surgery” and ‘LIKE’ us. Also see the story on our champion patient Felix as featured in The Sunday Telegraph | 6.6.13

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.



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For your follow-up appointments please call Maria or Amy 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

FOOD PRODUCT UPDATE

'I want my patients to give me a smile after reading this'
Eva, Dietitian



This bread is a great choice for all the bread lovers!

Low Carb 5%
High protein 26%
Low GI 24
Low sugar 0.7%
High fibre 10%

Price: \$ 6.99 + delivery

**LOW
CARB
5%**

**HIGH
PROTEIN
26%**

**LOW
GI
24**

NUTRITIONAL INFORMATION		
	Average Quantity per slice - 45g	Average Quantity per 100g
Energy	465kJ (112Cal)	1034kJ (248Cal)
Protein	11.7 g	26.0 g
Fat -total	5.1 g	11.3 g
-saturated	0.6 g	1.3 g
Carbohydrates	2.3 g	5.0 g
-sugars	0.3 g	0.7 g
Dietary Fibre	4.5 g	10.0 g
Sodium	187 mg	416 mg

ALLERGEN INFORMATION

CONTAINS: Gluten, Wheat, Soy, Lupine, and Seed
MAY CONTAIN TRACES: Milk, Sesame, and Hazelnuts

INGREDIENTS

Water, Wheat Protein, Soy Protein, Lupine Protein, Soy Meal, Linseed, Sunflower Seed, Soy Grits, Soy Flour, Wheat Wholegrain Meal, Wheat Bran, Apple Fibre, Yeast, Sodium, Roasted Barley Malt flour, Vinegar, Emulsifier Soy Lecithin (322), Acidity Regulator Sodium Diacetate (262)

No Artificial colours, flavours or preservatives
Shelf life 4 - 5 days
Made in Australia from local and imported ingredients

Per slice

- 112 Calories
- 11.7g Protein
- 2.3g Carbohydrate
- 4.5g Fibre

<http://www.hermanbrot.com.au/high-protein.php>

Your guide to meeting food group recommendations

<p>Make this your 1st choice. Build a meal around protein. ½ your portion controlled plate to be filled with these choices.</p>	<p><u>Meat/fish/poultry/eggs /legumes (2 serves/day)</u> 1 serve equals:</p> <ul style="list-style-type: none">•100-120g raw weight meat/chicken•120-150g raw weight fish•120g (½ cup) raw lean mince•130g (½ cup) legumes (lentils/chickpeas/ beans /baked beans)•2 eggs
<p>Fill other ½ of the plate with vegetables.</p>	<p><u>Vegetables (3-4 serves/day)</u> 1 serve equals:</p> <ul style="list-style-type: none">•75g or ½ cup free vegetables•1 cup of salad
<p>It is hard to meet 1500mg calcium recommendation for bone health. Enjoy dairy.</p>	<p><u>Dairy (2-3 serves/day)</u> 1 serve equals:</p> <ul style="list-style-type: none">•1 cup (250ml) skim or low fat milk•200g tub diet yoghurt•2 slices (40g) of low fat cheese
<p>Try some berries for less sugar options.</p>	<p><u>Fruit (1-2 serves/day)</u> 1 serve equals:</p> <ul style="list-style-type: none">•½ cup diced fresh fruit or canned fruit•1 medium sized piece fresh fruit
<p>Try Herban brot low carb bread. Choose wholegrain varieties</p>	<p><u>Breads and cereals (3-4 serves/day)</u> 1 serve equals:</p> <ul style="list-style-type: none">•1 slice wholegrain bread or 2 crispbreads•½ cup cereal•½ cup rice/pasta
<p>Use extra virgin olive oil for antioxidants. Try raw mix nuts.</p>	<p><u>Fats/oils (3 teaspoons/day)</u></p>

Follow this plate

Protein - 1/2 plate, 180 calories

- Skin-free chicken breast/thigh
- Lean beef/pork/lamb
- Lean mince
- Eggs
- Fish (fresh or tinned)
- Legumes (lentils/chickpeas/kidney beans)

Salad/free vegetables - 1/2 plate, <20 calories.

- Lettuce/tomato/onion /cucumber
- Carrot
- Broccoli/cauliflower
- Cabbage
- Eggplant/zucchini
- Capsicum

Carbohydrates - 1/6 plate, 50 calories

- Rice
- Pasta
- Noodles
- Couscous
- Bread
- Potato/corn



Foods placed on this plate as planned above = 250calories

Meals: 3-4 meals/day

Calories:

- 0-6 months: <500cal/day
- 6-9 months: ~800cal/day
- 9-12 months: ~1000cal/day
- 12months+: ~1300cal/day

Protein:

- 50g (Female) – 60g (Male)/day
- Aim 70-80g/day

Carbohydrate:

- 0-6months <50g
- 6-9 months ~90g

Foods	Calories	Protein (g)	Carb (g)	Fibre (g)
1 cup (250 ml) skim milk	90	9.0	12.5	0
1 cup (250 ml) full fat milk	178	8.8	15.8	0
0.5 cup ricotta low fat	108	9.1	2.8	0
0.5cup cottage low fat	102	12	7.3	0
1 slice tasty cheese	71	6.3	0.1	0
1 laughing cow cheese (17.5g)	29	2.3	0.9	0
1 tub (200g) plain yoghurt	120	14	12	0
1 tub (200g) Ski diet yoghurt	176	10	29.4	0
1 tub (200g) Vaalia low fat	160	12	17.4	0
1 tub chobani yoghurt greek plain 170g	102	17.3	7.1	-
100g grilled pork	157	32.5	0	0
100g grilled beef rump	177	31.5	0	0
1 cup (140g) chicken breast grilled/chopped	115	21.7	0	0
100g salmon canned in brine	126	19	0	0
95g can tuna in brine	99	21	0	0
1 cup (100g) boiled prawn flesh only	77	17.1	0	0
1 boiled egg	61	5.5	0.3	0.5
100g soft tofu	65	8	2.5	1.5
0.5 cup (140g) baked bean	120	7.3	17.7	7.3
0.5cup (100g) chickpea can	107	6.3	13.3	4.7
125g can (75g drain) 4bean	89	5.8	12.1	6.1
120g serve edamame boiled	160	12	12	-
1 Tbsp (20g) hommus	37	1.0	1.7	-
1 Rice cracker plain (1.8g)	7	0.1	1.5	0
1 slice (41.5g) Burgen Soy Lin bread	100	6	13.1	2.9
1 small apple (92g)	45	0.3	9.8	2.2
1 scoop (50g) potato boiled	30	1.2	5.6	0.9
1 teaspoon peanut butter (5g)	30	1.1	0.6	0.3
30g handful nut mix	178	5.2	7.6	2.7
1 Tbsp (15g) chia seeds	67	3.1	0.7	5.6
1 Tbsp flaxseed meal	37	1.3	2.0	1.9
1 Tbsp LSA mix	66	2.9	3.3	2.0