

# Welcome to Steps to Success for Gastric Sleeve



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# Class Objectives

- To get your head and body ready for lifestyle changes to maintain weight loss
- To promote safe and successful weight loss before and after surgery
- To prevent nutrition problems after surgery

# Main Topics Covered

- Portion sizes
- Label reading
- Eating & lifestyle changes
- Strategies for success
- Pre-op diet and weight loss
- Final notes

# Portion Distortion

- Average fast food meal started at 590 calories and is now 1550 calories.
- Our plates got larger and hold 30% more food.
- Our forks and spoons got bigger.
- The more food that is on the plate, the more one will eat regardless of hunger and fullness.

# Serving vs. Portion

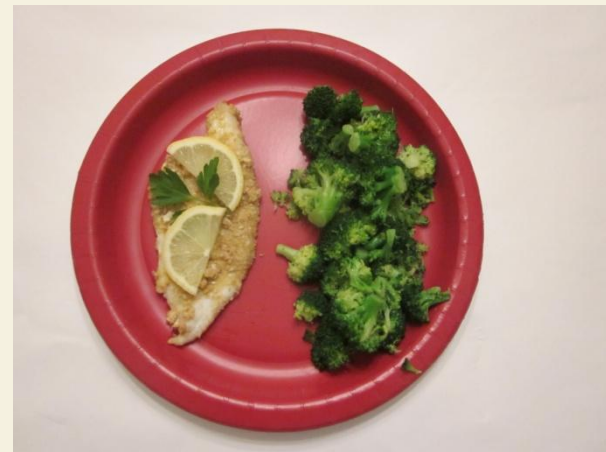
- Serving= A standardized and recommended amount of food to be eaten
  - 3 oz. meat
  - ½ cup rice or pasta
  - ½ cup fruit or vegetable
- Portion= How much you choose to eat at one time

# Determining Portion Sizes



# Strategies to Reduce Portion Sizes

- Smaller plate
- Smaller utensils
- Slow down your eating



# Label Reading

- Serving Size
- Protein (minimum 65-85g/day)
- Fat (<20% Daily Value)
- Sugar(<12grams/srvg)
  - As low as possible

*No one wants dumping syndrome!*

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

Calories 250    Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	

Vitamin A 4%    •    Vitamin C 2%

Calcium 20%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9    •    Carbohydrates 4    •    Protein 4



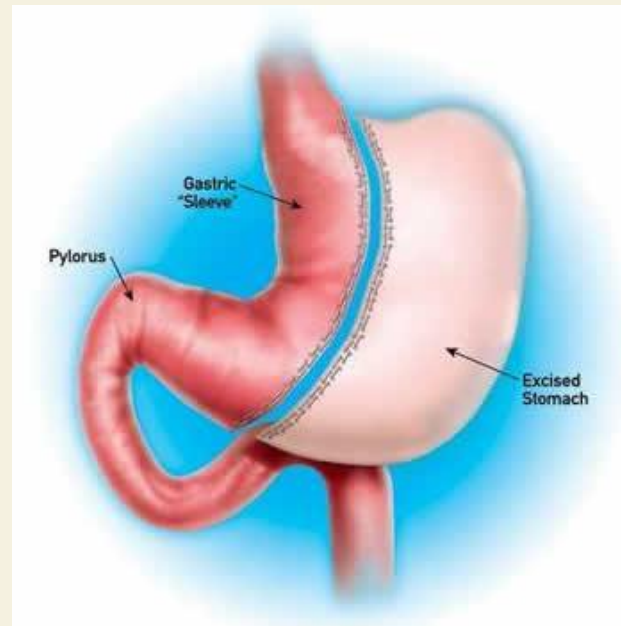
# Watch Those Hidden Calories From Sugar and Fat

- Sauces: Teriyaki, BBQ, glazes, cream sauces and soups
- Dressings & Condiments: mayo, sour cream, etc
  - *Avocado is a condiment, not a meal.*
- Drinks: coffee creamer, lattes, juice, smoothies, alcohol, etc
- Medications- cough drops and liquid medications

# Surgery.....A Tool

The major key to success is YOU.

# Your Pouch



# Pouch Basics

- The food needs to stay in your pouch as long as possible to digest and help you feel satisfied.
- The more solid the food, the longer it stays in the pouch.
  - Protein always comes first
  - Vegetables and fruits next
  - Whole grains complete a meal

## AVOID

Refined white flour products and processed foods

# Eating and Lifestyle Changes



- Listen to your stomach/pouch.
  - Pay attention to portion sizes.
  - Stop eating when you no longer feel hungry.
  - Eating too much after surgery can cause discomfort, pain and/or vomiting.
- 
- Post op signs you have had enough
    1. A hiccup or a belch
    2. Drippy nose
    3. A sneeze
    4. You've reached the "fill line"



# Eating and Lifestyle Changes

- Plan a structured eating schedule
  - Eat 5-6 times a day to keep blood sugar stable
  - NO grazing!
- Slow down eating
- Meals should be 20-30 minutes, no longer
  - Use a timer
  - Put your fork down
- Eating too quickly can cause dumping



# Eating and Lifestyle Changes

- **CHEW, CHEW, CHEW**

- *Patient tip: Cut up all your food before you start eating*

- **SIP, SIP, SIP**

- 64 oz zero or low calorie, noncarbonated beverages daily
- Alcohol?



# Things You Need to Know

- Not the easy way out
- The honeymoon
- The Roads to Ruin
- Realistic expectations
- Rebound weight gain
- Not everyone is happy for you
- Relationships change



# Strategies for Lifetime Success

# Strategies for Hunger and Appetite Control

Is it head hunger or stomach hunger?

- Keep busy.
- Don't skip meals.
- Plan ahead and have food with you.
- Don't bring it in the house: *"If you don't buy it, you can't eat it."*
- Eat only at the table.
- Create a safety zone in your home.



# Keeping Track

- Learn an app now
- After surgery track your protein and bring to your follow up visits

\*Streit, et al. J Am Diet Assoc. 1991;91:213-216



# Physical Activity



- *Busy is not active*
- Minimum of 150 minutes with goal of 300 minutes per week of cardio + 2-3 days strength training
- Need to do something to preserve muscle mass
- Find what you like
- You won't be as successful without it
- Wear a pedometer or fitness tracker
- Choose the path of most resistance

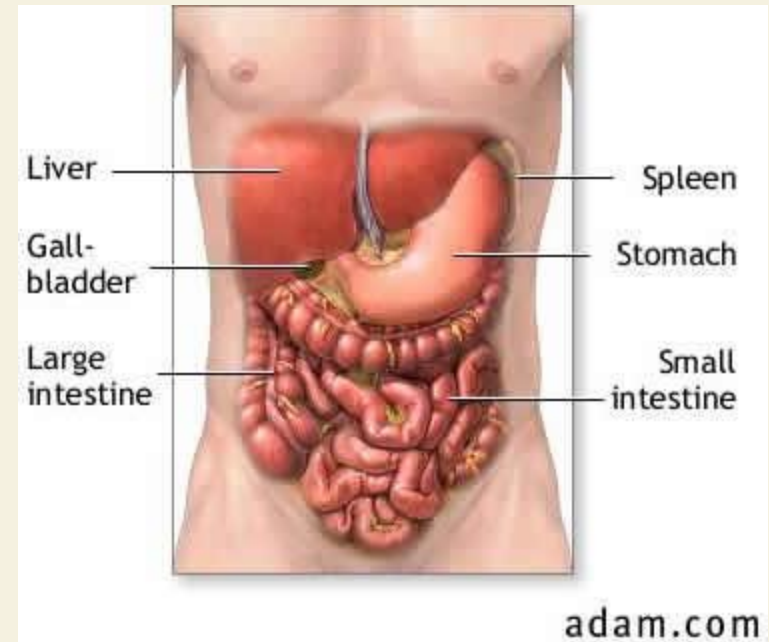
**Amount of physical activity post op is a key indicator for long term success**

# Pre-Op Meal Plan and Weight Loss

# Pre-Op Meal Plan & Liquid Diet

Purpose:

- Make surgery safer
- Lower risk of complications
- Reduce size of your liver
- Reduce intra-abdominal fat



# Pre-Op Weight Loss Plan

**Preoperative weight loss is a key predictor for post op success**

- Loss of 10% of excess body weight (EBW)
- Weighed at pre-op visit about 1 week before your surgery
- **NO MORE WEIGHT GAIN!!!**

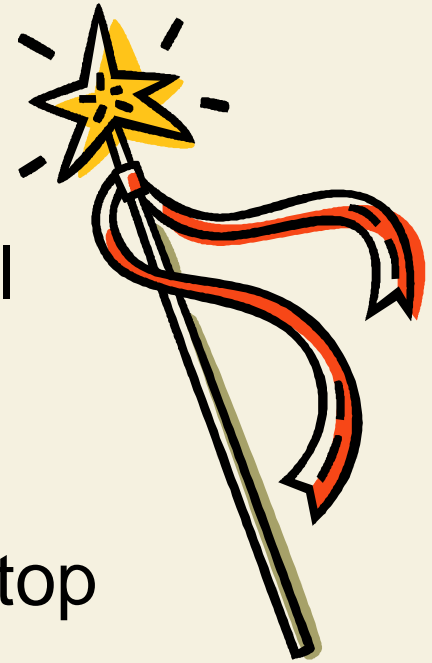


# Final Notes



# Surgery.... Only a Tool

- Gastric sleeve surgery:
  - Is not the magic bullet or a cure-all
- Long-term the surgery:
  - Does not force you to change or stop emotional eating
  - Does not stop you from “cheating” or eating high calorie foods
  - Does not make you love physical activity



# Surgery: What you CAN Expect

This is  
national  
average

- With long-term DIET and ACTIVITY changes:
- Weight loss of 60-70% excess body weight at about 12 months post- op
- *Help you feel satisfied with smaller portions*
- *Relieve or resolve medical problems*
- *Decrease medication usage*
- *Increase energy and self-esteem*
- *Improve your quality of life*



# Nutrition Instruction Manual

- Receive a manual at your preop visit with your surgeon
- Please read several times prior to surgery
- Contains all information for diet progression and dietary recommendations for after surgery
- Follow guidelines as directed to prevent problems

# Final Reminders

- **Watch the online preop video BEFORE your visit with your surgeon**
- Follow the guidelines given to you today- they are your “doctor’s orders”
- Keep all your follow up visits, get your lab work done as ordered, and attend support groups
- Turn in your signed Contract for Optimal Success

**Thank You!**