

# News to Lose



## Support Group October 2017

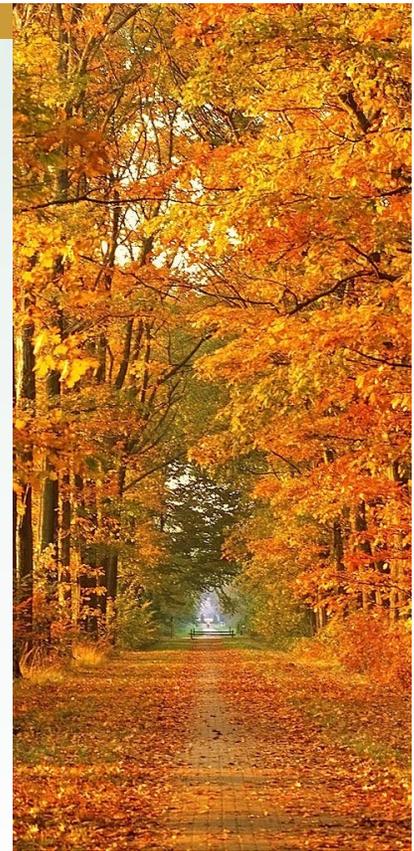
*Topic: Plastic Surgery after Weight Loss*  
*Speaker: Dr. Aker with Sando Aker Plastic Surgery Group*

*Date: October 5th, 2017*

*Time: 6:30 pm*

*Location: Conference Room 160*

*RSVP: email [lbrankle@ecomcommunity.com](mailto:lbrankle@ecomcommunity.com) or [cconwell@ecomcommunity.com](mailto:cconwell@ecomcommunity.com)*

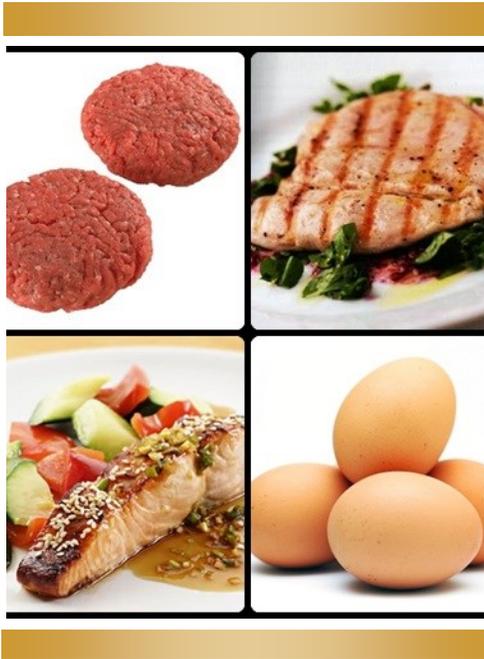


### Inside this issue...

- Busy Busy Busy! ..... 2
- What Gym is Best? ..... 2
- Recipe of the Month ... 3
- Slow and Steady.....3
- Product Spotlight .....4
- Patient of the Month... 4



Community Health Noblesville



## What are “quality” protein sources?

**Alright so we know we should have a minimum of 60 grams protein per day but what constitutes a high-quality protein source?**

*The quality of protein sources are rated using the term High Biological Value (HBV) to describe the ability of the protein to be used by our bodies. In general, animal protein sources are better utilized by our bodies and therefore have a high HBV ranking.*

### Best Quality Proteins

1. Whey protein—milk, cottage cheese, some cheese
2. Chicken
3. Lean beef
4. Fish
5. Soy protein—tofu, edamame, etc.
6. Turkey
7. Eggs
8. Egg white
9. Lean pork
10. Venison, bison, other game

### Relieving Sore Muscles

If you like to workout but fear the muscle-soreness after these tips may help you! During workouts little tears are created in your muscle tissue. You don't notice the pain from these micro-tears until 12-24 hrs. later. This is a normal process and actually helps your body build new muscle tissue! Here are some tips to help:

1. Stretch after a workout to lengthen and soothe tightened muscles (especially jogging)
2. Use a foam roller on extra sore spots (see top pic)
3. Consume a quality protein source after a workout like a protein shake, yogurt, cottage cheese, or milk to help muscle groups recover
4. Reduce inflammation by regularly consuming omega-3 rich foods like salmon, tuna, olive oil, nuts, or fish-oil.





## Pumpkin Chili

*The seemingly odd additional of pumpkin gives this chili a creamy texture and savory taste that is sure to be a crowd-pleaser! Plus the protein and fiber content is great too: 328 kcal/Cup, 28 g Pro, and 6 g fiber!*

### Ingredients

- 1 Tbsp. olive or canola oil
- 2 cups chopped onion
- 1 medium green bell pepper, diced
- 6 cloves garlic, minced
- 1 ½ pounds grass-fed ground beef or turkey
- 1 28-oz can diced tomatoes
- ½ 6-oz. can tomato paste
- 1 14-oz. can pumpkin puree
- ½ - 1 cup chicken broth or water
- 2 ½ tsp. dried oregano
- 2 Tbsp. chili powder
- 1 tsp. ground cinnamon
- 1½ tsp. ground cumin
- 1 tsp. sea salt
- ¼ tsp black pepper

### Directions

1. Heat a large pot or Dutch oven over medium-high heat. Add oil and sauté the onions and peppers, stirring occasionally, for about 7 minutes or until onions start to soften.
2. Add the garlic and cook an additional 30 seconds or until fragrant.
3. Add the ground beef. Use a spatula or large spoon to break it up as it cooks. Cook until meat is nearly cooked through, about 8-10 minutes.
4. Transfer meat mixture to the slow cooker.
5. Add remaining ingredients and stir.
6. Set heat to LOW and cook for 6-7 hours. Serve with desired toppings.

## Weight Loss Support Groups

*Weight loss surgery can be an overwhelming road at times. Online support groups can be a great fill-in for physical groups that don't fit your schedule. Below is a list of online groups and links to their sites!*

### **Banded Living Group**

Sandi had lap band surgery in 2004 and lost 250 lbs.! This is a lap-band only group full of inspiration! Free to join.

<http://www.bandedliving.com/public/department10.cfm>

### **Smart Patients Weight Management Forum**

The Obesity Action Coalition (OAC) started a site that helps you find in-person or online groups near you for weight loss support! Free to join

<https://www.smartpatients.com/partners/oac>

### **Community Bariatrics Hamilton Private FB Group**

Our office's own private group comprised of pre and post-surgery patients supporting each other's weight loss journey through highs and lows!

By invite only. Email Lauren at [lbrankle@ecommunity.com](mailto:lbrankle@ecommunity.com) to be invited!

### Quinoa Puffs

This RD's favorite new yogurt is I Heart Keenwah! Quinoa is a grain that is loaded with protein, fiber, and healthy fats making it a "super food".

These delicious puffs are a "popped" version of the quinoa that come in different flavors. Can be found at Kroger, CVS, and Whole Foods.

## Featured Product of the Month



120 cal

5 g Pro

1 g Fiber

### Follow Us!!

#### **Pinterest**

<http://pinterest.com/lapbandindiana/>

#### **Facebook**

<https://www.facebook.com/MCEWENMD>

#### **Twitter**

@lapbandindiana

#### **Blog**

[obesitycenter.wordpress.com](http://obesitycenter.wordpress.com)

### New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **Wednesday, October 11th at 6 pm**

Where: **Hamilton Healthcare Campus**

**9669 East 146th Street  
Suite 160  
Noblesville, IN 46060**

## Featured Patient of the Month: Jessica

*Meet Jessica: Jessica had her lap band placed in April of 2016 and since then has lost nearly 70 lbs! Jessica stays on track by measuring her portions at each meal, eating protein foods first, and walking with her kids. Jessica has so much more energy and loves how much easier it is for her to keep up with her children.  
Way to go Jessica!*

