

News to Lose

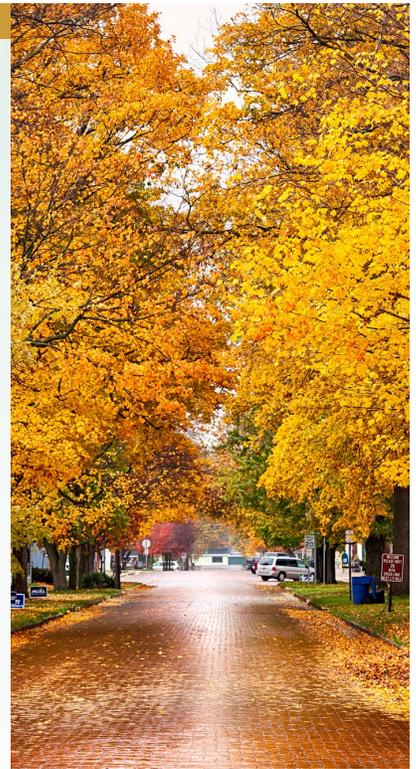
Happy Fall!



Office Updates

We are happy to offer routine follow-up appointments in the office! Please call the office at 317-621-2500 to get your appointment scheduled. If you need an esophagram we may ask you to do that prior to your appointment and will help you get it set up. Most slots are full through October so call soon to get scheduled before the end of the year!

We continue to ask that you wear a mask over your face and nose during your appointment and refrain from bringing guests as they will be asked to wait in the car. Help us keep everyone safe!



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Community Health Noblesville

Fighting Inflammation



Did you know?

In times of stress inflammation can rise. Inflammation is a protective process you are probably more familiar with than you think. It's the body's method of healing itself in response to an injury or exposure to a harmful substance. However, inflammation is not always beneficial.

Chronic inflammation occurs when the immune system attacks the body's healthy cells. This can lead to autoimmune diseases such as rheumatoid

Tip: prep your fruits and veggies after you shop to make snacks easy to grab and go!

arthritis and may also may play a role in heart disease, diabetes and Alzheimer's disease.

Foods to Focus On:

- Brightly colored fruits and veggies like spinach, kale, red pepper, blueberries
- Vegetarian proteins like beans, edamame, and tofu
- Heart-Healthy fats like olive oil and avocados
- Whole grains like steel cut oats, quinoa, and barley
- Omega-3 rich foods like salmon and walnuts

The Importance of Fitness

If you haven't yet made physical activity a habit, now is a great time to start! Exercise is important for maintaining a healthy lifestyle as well as avoiding weight regain after weight loss. Getting more active obviously burns calories but it can also lead to a better mood and sleep!

Why Be Fit?

There are many health benefits associated with fitness. To name a few:

- Weight loss
- Decreased risk of Type 2 diabetes
- Decreased risk of hypertension (or high blood pressure)
- Decreased high cholesterol
- Improved mental health
- Better quality sleep
- Stress relief
- Increased bone density

No More Excuses

We all know exercise is important. It is not the knowledge we lack but often times the motivation to get moving! If you are struggling to get active try putting a feasible goal in writing that you can follow. Maybe walking your dog in the evening 2 x's/week or doing some yoga videos before bed 1 night/week then working your way up!



Does Walking Count?

Yes! But walking slowly is considered a light-intensity activity. Brisk walking is an example of a moderate-intensity activity and includes walking and talking but not being able to sing. Try starting with walking 10-20 minutes 1-2 x's a week and aim to work up to 5 days/week!



Sweet Potato Turkey Chili

Get ready for fall with this hearty and healthy sweet potato turkey chili! This was shared at previous support groups and has been a hit! Super easy and a crowd pleaser!

| | |
|----------|--|
| 20 oz. | Ground turkey |
| 20 oz. | Ground turkey sausage (mild, medium, or hot) |
| 3 | Bell peppers (red, yellow, and green), chopped |
| 2 large | Sweet potatoes, chopped |
| 1 medium | Onion, chopped |
| 1 packet | Favorite chili seasoning |
| 2 cans | Red pinto beans, rinsed |
| 3 cans | Low sodium tomato sauce |
| 1 can | Low sodium diced tomatoes |

Directions:

- In a large pan brown the meats until no longer pink
- Cube the sweet potatoes, and chop peppers and onion and throw them in while the meats brown, and the potatoes become nice and soft
- Once brown transfer all ingredients to a large sauce pot
- Add in cans of tomato sauce and beans
- Throw packet of chili seasoning over it and stir, let it cook for 30 mins on medium heat and serve while warm.
- Optional toppings: jalapeno, Greek yogurt, light sour cream, and cheese

Foods to Fight Iron Deficiency

Getting adequate iron in your diet is very important to avoid anemia. Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States. For lap band patients some iron-rich foods can be difficult but it is important to ensure you meats are tender before eating. Try marinating steaks and chicken overnight or choosing ground versions of meat to make digestion simpler.

Symptoms include:

- Fatigue
- Pale skin and fingernails
- Weakness
- Dizziness
- Headache
- Glossitis (inflamed tongue)

Sources of Iron

The body absorbs two to three times more iron from animal sources than from plants. Some of the best dietary sources of iron are:

- Lean beef
- Turkey
- Chicken
- Lean pork
- Fish

Luvo Frozen Meals

Actually tasty frozen meals!

We don't always have time to prep our lunches for the week. For days you struggle to get yourself ready for the day much less your lunch, keep a few healthy frozen dinners on hand to take to work. Luvo brand is a great option because they have high quality protein, are low sodium, and have a decent amount of fiber! Calories range from 300-500/ serving.



Patient of the Month!

Meet Kelli! Kelli is our patient of the month and she has lost 60 pounds since she had surgery earlier this year. She has lowered her blood sugar to where she no longer needs medication and is now able to jog 2 miles without stopping! Great job Kelli! You are so inspiring!

Support Groups

We will continue to offer support groups through Weight Loss Success Matter's phone call option. This is hosted by Sandi Henderson who has lost over 200 lbs., with her lap band. Please see times and website below:

Thursday Evenings at 8

- **October 15th**
- **December 17th**

Sat Mornings at 11 am

- **Sept 5th**
- **November 7th**

To participate just call: **425-436-6287**

Then dial participant code **504739#**

