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!
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

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!!!
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

- 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!