



BANDED Together

A newsletter from the Weight Loss Institute of Arizona

January/February 2012

Quick Bites:

- Proper supplementation can help you meet your post-surgical nutritional needs.
- 2 delicious recipes help you stay on track without feeling deprived!
- Stay fit with the Move of the Month!
- WLIA announces a NEW location!

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Meeting Your Nutritional Needs—A Guide to Supplements—Continued

By Mike Murphy, RD

Weight loss surgery can change your life — your level of health, how you feel and how you look . As exciting as these changes are, it is also important to make sure that you are getting proper nutrition throughout your weight loss journey. Do you know what those nutrients are? See below to learn more!

Protein: The average person needs about 1.2 grams of protein per kilogram of weight and bodybuilders require 1.7-2.0 grams per kilogram. Whey protein is the most common type of protein supplement. It is found in milk or commercial protein powders. Whey protein is absorbed quickly, and is a good supplement after an intense workout.

Vitamin D: Many people suffer from Vitamin D deficiency and do not know it. Deficiency in this vitamin can result



in lower bone density and risk for osteoporosis. Vitamin D is not found naturally in many foods, so we get it mostly from sunlight and supplements. The current recommended intake of vitamin D is 200 IU (international units) for those up to age 50; 400 IU for people 51-70; and 600 IU for those older than 70.

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Meet Dr. Galitsky—WLIA's Newest Addition



WLIA would like to introduce Dr. Anthony Galitsky!

Dr. Galitsky joined the Weight Loss Institute of Arizona mid-October. He will be an integral part of the

Weight Loss Institute of Arizona family, working with our patients for both bariatric and general surgical needs.

Dr. Galitsky is board certified by the American Board of General Surgery. He is a member of several organizations, including the American College of Surgeons, the American Hepato-Pancreato-Biliary Association and the American Society for Metabolic and Bariatric Surgery.

Dr. Galitsky attended medical school at Danylo Halytsky National Medical University, Lvov, Ukraine. He has completed residencies in Poland and the New York Medical College.

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Supplement Needs (continued)



Requirements increase with age because older skin produces less vitamin D.

Vitamin B12: B12 is mainly found in animal products. A bypass or band patient may produce less of the required intrinsic factor and be at risk for B12 deficiency which can result in pernicious anemia. Benefits of B12 include: converting carbohydrates to glucose for energy; regulating the nervous system; helping hair, skin and nails; and helping to regulate a healthy digestive system.

Biotin: A B vitamin which can help prevent hair loss. Recommended dose is 100 micrograms per day (very small amount). A deficiency in biotin is very rare but increases with bariatric surgery. A B-Complex drop/pill daily will cover all your B-vitamins.

Questions about supplements? Mike Murphy, RD and Marie Everett, RD can be reached by calling the main WLIA office at 480-829-6100.

*“All three components must be in place for a successful bariatric program: surgery, diet and exercise”
-Dr. Galitsky*

Dr. Galitsky (continued)

He was a surgical instructor at New York Medical College’s Westchester Medical Center and Tufts University School of Medicine.

Additionally, Dr. Galitsky completed a fellowship in hepatobiliary surgery at Yale University School of Medicine. He was also a surgical consultant at Lahey Clinic and completed the Minimally Invasive and Bariatric

Fellowship program under the Fellowship Council at Lahey Clinic.

Dr. Galitsky believes that a successful bariatrics program is comprised of three key components: the appropriate surgery, supervised diet, and exercise. All three components are part of the WLIA program.

He is fluent English, Russian, Polish and Ukranian.

Welcome Dr. Galitsky!

Blueberry Vanilla Pear Smoothie



This fresh recipe takes advantage of seasonal pears, and economical frozen blueberries—it’s a tasty winter treat!

Ingredients

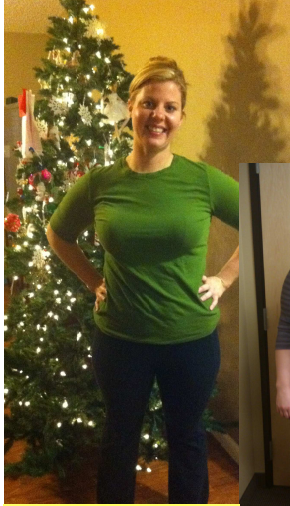
- 1 scoop of vanilla protein powder
- 1- 1 1/2 cups of water, skim milk or vanilla almond milk
- 1/4 cup frozen blueberries
- 1/2 cup chopped fresh pear

Add all ingredients to a blender and mix until smooth.

Add ice for extra thickness or to make a more dessert-like treat!

Smoothie recipes like this help you stay on track—but only if YOU like them! Make substitutions to create your own, personal favorites!

Patient Spotlight— Natalie R.



190 lbs



270 lbs

“The biggest change in my life since surgery would be the fact my life does not revolve around food anymore. Before surgery, my day-to-day activities were planned around my next meal. Now I barely think of food. Plus I feel great about myself!

“What has changed most about me is my outlook. I used to feel so hopeless about my weight and quality of life. What

used to seem like a mountain is just a small hill!

“My advice to anyone considering the Band would be to understand that it is not a quick fix cure all, but an amazing tool to help with weight loss. And throughout your journey remember our bodies are all different and our results will not be the same—so don't compare!”

Natalie has lost over 80 pounds in 9 months! Congratulations Natalie, on your success—keep up the great work!

Southwest Chicken Lettuce Wraps



These easy lettuce wraps are a great way to cut carb calories and use up left over chicken at the same time.

Ingredients:

- 2 cups chopped cooked chicken
- 1 cup bottled salsa
- 1/2 cup black beans—rinsed and drained
- 1 tomato, chopped
- 4 lettuce leaves
- 1/2 cup shredded lowfat cheddar cheese
- 1/4 avocado, diced
- 2 tbsp. plain nonfat Greek yogurt

Directions:

1. In a medium bowl, combine chicken, salsa, black beans and tomato. Mix well.
2. Heat in microwave oven 1-2 minutes, if desired.
3. To serve, spoon some of chicken mixture on a lettuce leaf, top with a little cheese and avocado and wrap up.
4. Dip into plain nonfat Greek yogurt and additional salsa if desired.

Lettuce Wrapper Tips:

- Pick large, pliable leaves.
- Dry lettuce before serving.

Serving size:
1/4 of recipe
 Calories: 250
 Fat: 9 g
 Carbs: 11g
 Protein: 26g
 Sodium: will vary by salsa

Move of the Month: Dumb Bell Bicep Curl

Note: Before engaging in any exercise, please consult your doctor to ensure you can do so safely.

- Stand with feet shoulder-width apart, knees slightly bent, and abdominal muscles drawn in.
- Hold arms at your sides, palms facing in toward thighs, holding a dumb bell in each hand.
- Keeping your elbow still, bring the right dumb bell up, rotating your hand so your palm is facing your right shoulder.
- Pause, slowly lower to starting position; repeat with left dumb bell.

Don't let momentum carry the weight down – concentrate on slowly raising and lowering the weights in a smooth, controlled manner.

You can do both arms at once (harder) or alternate lifting and lowering one dumb bell at a time. Be sure to keep your abdomen pulled in to stabilize your core!

Do 3 sets of 15 reps on each side.





Weight Loss Institute of Arizona

3 convenient locations to serve you:

1855 E Southern Ave—Tempe
8575 E Princess Drive #215—Scottsdale
9305 W Thomas Rd #480—Phoenix

Phone: 480-829-6100
Fax: 480-446-9475
E-mail: info@wliaz.com

Office Hours:

Monday—Friday 8:30 am—5:00 pm
Saturday By Appointment Only
wliaz.com

Upcoming Support Group Meetings*:

Support group meetings are a vital part of your weight loss journey—we do hope you can join us at one or more meeting!

Saturday, January 7 – 12 pm
Scottsdale—8575 E Princess #215

Wednesday, January 18 – 6:30 pm
Tempe—1855 E Southern Ave

Tuesday, January 24 – 6:30 pm
Banner Estrella—9201 W Thomas Rd

Wednesday, February 15 – 6:30 pm
Tempe—1855 E Southern Ave

Tuesday, February 21 – 6:30 pm
Banner Estrella —9201 W Thomas Rd

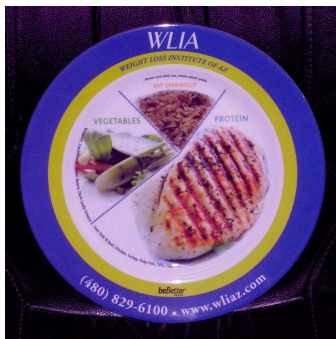
**We look forward to seeing you
at a meeting!**

**Dates are subject to change. Please call the office to verify.*

**COMING SOON:
A New Tucson Office!**

We are expanding the practice to better serve our current and future patients in the Tucson area! Look for us in mid-January 2012!

**6261 N LaCholla Blvd #201
Tucson, AZ 85704
(520)544-THIN (8446)**



**Get Your WLIA Portion
Control Plate**

Only \$10 each!

Stay on track with your weight loss by using this specially designed portion control plate, exclusively from WLIA!

Plates can be purchased at any WLIA office.