

The Bariatric Scoop

September 2024 www.sarahbush.org

 Sarah Bush
Lincoln
Bariatric Program



EXERCISING SAFELY THIS FALL

Cooler fall weather will be here sooner than you think. Take advantage with outdoor activities and keep your safety in mind. If in doubt, check with your physician first! If you feel safe and comfortable while exercising, you are more likely to stick to your exercise program. The guidelines below can help.

Dressing right

- Wear loose-fitting clothes. Dress in layers on cool days. You can remove a layer if you get too warm.
- Always wear shoes that fit well and are designed for exercise. If you need orthotic inserts to prevent your feet from hurting, get these before exercising.
- When it's cool outside, wear a hat to retain your body heat.
- To protect your eyes and skin from the sun, wear a visor or hat and use sunscreen.

Exercising safely

- Exercise indoors when it's too hot or too cold outside, or when the air quality is poor. Try walking at a shopping mall or walking at a reasonable pace on a treadmill.
- Drink plenty of water before, during, and after exercise unless you are on a water-restricted diet.
- Check your pace. You should be able to talk without being out of breath. A good test of the right speed is to see if you can sing. If you can, you may need to increase your pace.
- If you use medicine for angina, always carry it with you.
- Don't exercise on days when you are ill or if you forget to take your medicines.
- Be sure to warm up before exercising and cool down after. This can help improve flexibility and range of motion in your joints.
- Be sure to talk to your healthcare provider before starting an exercise program.

When to call your healthcare provider

- Have unusual increased or new joint or muscle pain
- Have temporary palpitations or an irregular heartbeat

Call 911

- Have chest pain, feel dizzy, lightheaded, or severely weak
- Feel burning, tightness, pressure, or heaviness in your chest, neck, shoulders, back, or arms
- Have unusual shortness of breath
- Have persistent palpitations or an irregular heartbeat, especially if associated with the above symptoms

Find more informative online health articles like this one at the free Sarah Bush Lincoln Health Library <https://library.sarahbush.org/>



HEART HEALTHY APPLE GORGONZOLA SALAD

6 servings

3 T. balsamic vinegar
1 T. spicy brown mustard (gluten-free if needed)
2 T. olive oil
3 apples, cored and cut into 1/2-inch dice
5 cups torn Romaine lettuce
1/2 cup coarsely chopped walnuts
1/2 cup crumbled gorgonzola cheese
Black pepper to taste



Directions:

In a small bowl, whisk together the vinegar and mustard. Slowly whisk in the olive oil until emulsified. In a large bowl, combine the apples, Romaine, walnuts and Gorgonzola. Add the vinaigrette, season with black pepper and toss to coat evenly.

Serving Size: 1 cup salad, 1 Tbsp dressing
Per serving: calories: 161, total fat: 9g, sat fat: 3g, cholesterol: 9mg, sodium: 111mg, total carb: 19g, fibers: 4g, proteins: 3g

Have a recipe or snack tip to share? Email Danyll at DCox@sblhs.org

<https://healthcooks.com/recipe/heart-healthy-apple-gorgonzola-salad>



Sarah Bush Lincoln (SBL) is proud to announce that it has earned the Magnet Recognition designation, the highest and most prestigious distinction a healthcare organization can receive for nursing practice and quality patient care.

SBL President & CEO Kim Uphoff expressed her pride in the achievement, stating, "I am so proud of our team. For the past eight years, Sarah Bush Lincoln has been working toward earning Magnet status, a designation that less than 10 percent of hospitals in the nation have received, and we are one of them. This is a great day for Sarah Bush Lincoln and for our community!"

Magnet designation, considered the gold standard in patient care, signifies that SBL has exceeded the threshold for improvements in patient care. Awarded unanimously by the American Nurses Credentialing Center (ANCC), it is the top national honor for professional nursing practice and distinguishes hospitals and healthcare organizations that meet rigorous standards for nursing excellence.

SEPTEMBER DATES TO REMEMBER

Sept. 02 : Labor Day
Sept. 11 : Patriot Day (9/11 Remembrance)
Sept. 15 : Wife Appreciation Day
Sept. 18 : The U.S. Air Force Birthday

Sept. 21 : International Day of Peace
Sept. 29 : National Veterans of Foreign Wars Day
Sept. 30 : National Love People Day

GLUTEN FREE PUMPKIN PROTEIN BALLS

32 servings

2 cups old-fashioned rolled oats (gluten-free if needed)
23 grams vegan vanilla protein powder
3/4 cup natural low-sodium creamy peanut butter
1/2 cup canned pumpkin purée
1/2 cup vegan dark chocolate chips
1/4 cup maple syrup
1/2 tsp. pumpkin pie spice
1/2 tsp. ground cinnamon
1/4 tsp. freshly ground nutmeg
1/8 tsp. ground cloves, optional

Directions:

Line a large rimmed baking sheet with parchment paper. In a medium mixing bowl, combine all of the ingredients, except the chocolate chips, and stir until well combined and smooth. Fold in the chocolate chips until well combined. Using lightly dampened hands, roll the mixture into balls (about the size of a ping pong ball) and place on the prepared baking sheet. Refrigerate for at least 30 minutes before serving. Store in an airtight container in the refrigerator for up to 1 week, or up to 1 month in the freezer.

Serving Size: 1 ball

Per serving: calories: 88, total fat: 5g, sat fat: 1g, cholesterol: 0mg, sodium: 22mg, total carb: 10g, fibers: 1g, sugars: 4g, proteins: 3g

<https://healthcooks.com/recipe/gluten-free-pumpkin-protein-balls>



SUPPORT GROUP MEETING

September 17, 6 - 7 pm
Center for Healthy Living Conference
Room or via Zoom. Open to all
bariatric patients.



Zoom Meeting Link



As fall approaches, please remember harvest will be starting soon for the farming community. Many accidents happen at dawn and at dusk when lighting is low. Farmers work extremely long hours during harvest with very few breaks. Another reason to slow down and be courteous is that it is back-to-school season. Use caution and consider leaving 10 minutes sooner!