

# Your Connection to Healthy Weight



Helpful, Healthy Information from  
**The Center for Bariatrics and Healthy Weight**

November, 2019

## Helpful Hints for You

Obesity is the result of numerous factors reaching beyond merely the imbalance of calorie consumption.

These include:

- Genetics
- Hormonal
- Environmental

It is because of these factors that diets alone have very little success at achieving long-term weight loss. We recommend making small, positive lifestyle changes that you can continue throughout your life to achieve successful weight loss.

We understand this is easier said than done, that's why our program offers weight loss surgery options, as well as general nutrition counselling with our Registered Dietitian for those who do not meet criteria or are not interested in surgery.

## News to Use

### Medication Cost Before and After Surgery

It is widely accepted that bariatric surgery can help with the reduction or even remission of several comorbid conditions such as Type 2 Diabetes and Hypertension. Additionally, this could result in subsequent reduction or discontinuation of prescription medications that help control these comorbid conditions. In a study of 210 patients, medication cost dropped from an average of \$225 before surgery to an average of \$80 after surgery. Aside from the positive impact bariatric surgery can have on the overall quality of life, it's also important to consider the potential financial savings. Read more at:

<https://asmbs.org/resources/comparing-medication-costs-before-and-after-bariatric-surgery>

## Upcoming Events

### FREE WEIGHT LOSS SEMINAR

November 16 and December 21  
10 a.m.—12 noon  
Southern Regional Education Center

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you. To sign up or for information, call: 770-897-SLIM (7546) or email: [srga-bariatrics@primehealthcare.com](mailto:srga-bariatrics@primehealthcare.com).

### WELLNESS WEIGH

#### A WEIGHT LOSS SUPPORT GROUP HEALTHY HOLIDAY HABITS

November 16; 12 — 1 p.m.  
Southern Regional Education Center

Learn how to create effective goals, become more mindful, and explore easy ways to get active without going to the gym.

## Recipe of the Month Healthy Green Bean Casserole

Serves 6

### Ingredients

- 1 can 10 1/2 ounces Campbells "Healthy Request" Condensed Cream of Mushroom Soup
- 1/4 cup 2% milk
- 1 teaspoon onion powder
- 1/8 teaspoon ground black pepper
- 1 teaspoon reduced-sodium soy sauce
- 1 pound cut fresh green beans, cooked and drained
- 2 tablespoons crushed French fried onions



### Directions

1. Stir soup, milk, onion powder, pepper, soy sauce and green beans in casserole dish.
2. Bake at 350° F for 25 minutes.
3. Stir and top with onions.
4. Bake 5 more minutes until golden brown.

**Cost per recipe: \$3.74**