



ROSE CENTER FOR
BARIATRIC SURGERY
NEWSLETTER



Michael Snyder, M.D.

DenverBariatrics.com

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Hot Topic Sugar, Sugar, Sugar!

Due to all of the sugar-filled holidays, it can sometimes seem that consuming sugar is unavoidable from October through February, despite our best efforts. However, if we can minimize the damage, that's half the battle.

Sugar arrives in the form of candy, cookies, cake, and other refined carbohydrates such as white bread and white pasta. Not only does sugar provide empty calories that can lead to weight gain, but sugar can cause more severe consequences long-term such as heart disease, high blood pressure, increased triglycerides, low HDL cholesterol (good cholesterol), fatty liver problems, as well as making insulin less effective in lowering blood sugar.

Unfortunately, once sugar is in your system, your body begins to crave more. Some argue that artificial sweeteners have the same effect – increasing your sugar cravings. To avoid this, limit your added sugar consumption to as little as possible and only consume artificial sweeteners sparingly. Your carbohydrate consumption should come primarily from high fiber (3g or more/serving) sources such as: vegetables, fruits, and whole grains. It's still recommended that you don't consume more than

15-20g of total carbs/meal, but high fiber carbohydrates eaten in moderation can provide some of the vitamins and minerals your body needs without packing on the pounds.

If you're already experiencing undeniable sugar cravings and want to reverse this, start food journaling to identify when these cravings sneak into your day. Many people crave sugar when their blood

sugar may drop in the afternoon. Knowing when you have cravings allows you to plan a healthier high-fiber carbohydrate in addition to your protein for your afternoon meal/snack, rather than choosing candy or cookies.

Not enough? Eliminating added sugars from your diet for two weeks could help. It takes that long for your tastebuds to change and "cleanse" your palate. This can help dissipate those strong sweet cravings

and "sweet tooth."



Remember: there are no bad foods. It's all in how you consume them. Monitor your portions and frequency of added sugar to still enjoy your favorite sweets!

Hilary Rounds, RDN, CDE, NASM-cpt
Hilary.Rounds@Sodexo.com or call 303-779-9355





Pre-Operative & Post-Operative Classes – October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	Post-Op Teleconference for 1, 3 & 6 Week 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM	6	Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 11am – 1pm	8	9	10
11	Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM Post-Op Teleconference First Fill – 5:30pm	 Pre-Op Surgery Teleconference 8:00am	Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 5pm-7pm	15	16	17
18	Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM	20	Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 11am – 1pm	22	23	24
25	Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM	 Pre-Op Surgery Teleconference 8:00am	Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 5pm-7pm	29	30	31

Rose Bariatric Center Group Classes via Phone

FREE distance **Teleconference** classes

M Pre-Operative Surgery Nutrition Class **Teleconference**

Date: 2nd and 4th Tuesdays of the month at 8am
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: This is a required class designed to give you the knowledge and skills needed for success after surgery and ensure you have the necessary information to prepare for your surgery.

Post-Operative Nutrition Class **Teleconference**

Date: Mondays at 8am for 1, 3 & 6 Weeks Post-op
Instructor: Hilary Rounds, Registered Dietitian
Register: No Pre-Registration Required
Description: Critical to your continuing success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment!

Back to Basics Class **Teleconference**

Date: 2nd Tuesday of the month at 5pm
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the "Rules of the Tool." Reinforce your new lifestyle, establish good habits and re-energize your success.

1st Fill Class **Teleconference**

Date: 2nd Monday of the month at 5:30pm
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: Review the "Rules of the Tool" and become more educated on how to use your band effectively. Learn to recognize if the band fill is too tight or too loose and gain new strategies to prevent complications.

Rose Bariatric Center Buddy System



Are you interested in having a bariatric buddy who can relate to you? Would connecting with someone in your area support you in your weight loss journey? If you are interested in this program, please contact Hilary.Rounds@sodexo.com for more information.

We are looking for additional Bariatric Buddy Mentors! To qualify, you should be at least one year out from your surgery. We are looking for men and women who have had lapband, gastric bypass, gastric sleeve, and duodenal switch procedures. Please contact Hilary.Rounds@sodexo.com to join our Mentor team.

Access all teleconference classes via phone

M Online: HCA.pgimeet.com/RB1

Telephone: 1-866-214-0726

Access code: 407555#



Post-Operative Support Groups & Fitness – October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am
4	5 Gastric Bypass Support Group (in person) 6:30pm – 8:00pm Note: <i>Also available online via GlobalMeet</i> 	6	7	8	9	10 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am
11	12 Gastric Sleeve & Duodenal Switch Support Group (in person) 6:30pm – 8:00pm Note: <i>Also available online via GlobalMeet</i> 	13 Back to Basics Teleconference 5 PM RSVP: DenverWellnessandNutrition@gmail.com	14 Back to Basics Post-Op Class (in person) 11 AM RSVP: Hilary.Rounds@Sodexo.com	15 Exercise Habits & Goal Setting Forum InBody Scans available on site – discounted rated (details p. 11) When: 6:30pm Where: Rose Bariatric Room 4545 E. 9 th Ave, Suite 650	16	17 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am
18	19 Back to Basics Post-Op Class (in person) 6:30pm RSVP Hilary.Rounds@Sodexo.com	20	21 Rose Menu Planning Class: Holiday Planning/Menus (details p. 8) 6 PM Where: Rose Bariatric Classroom, POB #1 Ste 650 RSVP Required: Lauren.Henke@Sodexo.com	22	23	24 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am
25	26 Gastric Band Support Group (in person) 6:30pm – 8:00pm Note: <i>Also available online via GlobalMeet</i> 	27	28	29	30	31 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am

Rose Bariatric Center In-Person Programs

Check out the many FREE classes Rose offers at our campus!

Sleeve, Bypass & Duodenal Switch: 1, 3 & 6-Week Post-Operative Classes (required)

Date: One-week in-person class each Wednesday at 8am; Three-week in-person class each Wednesday at 9:30am; and 6-week class each Monday at 2:00pm (also available via Teleconference, see p. 3 for details)

Instructor: Hilary Rounds, RDN

Register: You are automatically pre-registered!

Description: Critical to your success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)



Back To Basics Class

Date: 2nd Wednesday of the month at 11am or 3rd Monday of the month at 6:30pm

Instructor: Hilary Rounds, RDN

Register: RSVP to Hilary.Rounds@Sodexo.com

Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the "Rules of the Tool." Reinforce your new lifestyle, establish good habits and re-energize your success. Weight Plateau? Back to Basics!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

6th Month Post-Op Class (required)

Date: Mondays at 9am

Instructor: Hilary Rounds, RDN

Register: RSVP to Hilary.Rounds@Sodexo.com

Description: This is the perfect class for a refresher of the Rules of the tool and great tips from our Registered Dietitian on ways to change up your meals and exercise. Let's keep you on track and enjoying success!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)



Pregnancy After Bariatric Surgery

Remember, pregnancy is not recommended within the first year following Bariatric surgery as this is a time of many changes with great nutritional demands on the body. After this time, pregnancy can be a natural and healthy part of the bariatric lifestyle. Nutritional concerns should be addressed throughout the pregnancy and appropriate weight gain monitored. Goals of the Bariatric Pregnancy Program: Achieve healthy pregnancy and newborn; start from a healthy pre-pregnancy condition; and weight and health management after delivery. For additional information please email Kim or Hilary: Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com



Young Adult Medical & Surgical Weight Loss Program (<21 years old)

Obesity is among the easiest medical conditions to recognize but most difficult to treat. Between 16 and 33 percent of children and adolescents are obese, and overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. Contact the Rose Bariatric Program about creating a new healthy lifestyle. View the 9 News story for additional background information!

<http://www.9news.com/rss/article.aspx?storyid=128533>

Goals for the Rose Bariatric Young Adult program include: Promoting a healthy body image, fostering parental support & education about food and physical activity, and nutritional and behavioral modification. For more information visit www.RoseKnowsWeightLoss.com and contact Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com

Rose Bariatric Center Free Support Groups

We offer the following programs as part of Rose Bariatric Center's comprehensive commitment to your continued success.



Gastric Bypass Support Group

Date: 1st Monday of the month at 6:30pm

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after surgery to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355



Gastric Sleeve & Duodenal Switch Support Group

Date: 2nd Monday of the month at 6:30pm

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after surgery to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355



Gastric Band & Intra-gastric Balloon Support Group

Date: 4th Monday of the month at 6:30pm. *(Note: not the last Monday of the month!)*

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after their procedures to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and participate in your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355

All support groups offered in person, via phone & online!

GlobalMeet Enabled



Join us each month onsite at the Rose Bariatric Center, call in with your phone, and now participate online with your smart phone, computer or tablet.
Online attendance available for any support group or class displaying the GlobalMeet "M" logo.

Tips: successfully attend classes and groups online

- If this is your first time using GlobalMeet, be sure to log in 10-15 minutes in advance to download any software components for your browser, or find the **GlobalMeet** app in the iTunes or Google app store.
- Ensure your webcam is working properly if you wish to join in the discussion.
- Bring your questions, concerns and success stories to share!

Bariatric Recipe of the Month

Pumpkin Protein Pancakes

Minutes to Prepare: 5-10

Minutes to Bake: Varies

Number of Servings: 3

Ingredients

1 Egg, beaten

1/4 cup Pumpkin Puree (not pie filling)

1 scoop Vanilla Protein Powder

3 Tablespoons Multigrain Pancake Mix

1 Tablespoon Almond Meal

3 Tablespoons Sugar Free Caramel Torani Syrup

1/2 teaspoon Pumpkin Pie Spice

Optional: 2 Tablespoons Chopped Pecans



Directions

- Mix all ingredients together.
- Spray pan with non-stick spray.
- Spoon 4 heaping tablespoons at a time onto pan. Makes 3" pancakes.
- Cook on low until golden, flip, pat flat, cook until done. Keep warm in low oven until all batter is used.
- Serve with warm Sugar Free Maple Syrup.
- Serving Suggestion: smear some Almond Butter, Ricotta Cheese, or Cream Cheese in the middle of two pancakes and wrap in foil for an easy breakfast on-the-go!

NUTRITION INFO

Per serving: Calories 133, Total Fat 3.3 g, Total Carbohydrates 10.2 g, Protein 15.7 g

Recipe adapted from <http://theworldaccordingtoeggface.blogspot.com/search?q=pumpkin+pancakes>

Rose Bariatric Center Fee-Based Programs

Invest In Your Success!



Registered Dietitian Consultations Available

Our **dietitians** are experts in food and nutrition – especially pertaining to people who have had bariatric surgery. Dietitians will help promote your good health through appropriate eating habits and help you stay on track. If you have questions, have hit a weight plateau, or want assistance – we are here for you!

The goal of the dietary department is to provide medical nutritional intervention for our patients. You may contact our Dietitians for a one-on-one consult. To set up an an appointment, contact us at 303-779-9355 or email Hilary.rounds@sodexo.com

Popular 2015 Menu Planning Series!

Event Date: 3rd Wednesday of the month at 6pm

Instructor: Lauren Henke, RDN

Description: Learn what to look for when grocery shopping, gain new recipe ideas, and learn how to effectively plan your success!

Location: Rose Bariatric Center, 4545 E. 9th Ave in Denver, Suite 650
(NE corner Clermont and 9th Ave, next to main hospital).

Fee: \$25 per month. Only \$20 per month if you pre-register for 3 or more classes!

RSVP: Must RSVP with our Dietitians at 303-779-9355 or email Lauren.Henke@Sodexo.com

Event Date	Class Topic
October 21, 2015	Holiday Planning and Menus Learn how to eat during holiday parties and prepare Bariatric meals during the holiday season.
November 18, 2015	Delicious Desserts Learn how to prepare yummy desserts that everyone will like and enjoy – and still fit your rules of the tool!
December 2015	No Menu Planning Class in December – See you in January 2016!

Rose Recommends: Fitness Specialists

Want an outlet for your new energy? Excited to keep your success going?

NORTH Metro Denver



Adventure Fitness Athletic Club is a bariatric and orthopedic-focused facility working with pre- and post-op patients. AFAC offers:

- Personal Training
- Inside & Outside Group Classes such as Body Sculpt, Functional Training, Nordic Walk, Running Club & more (see [website](#) for list).
- State of the Art Exercise Equipment
- Dedicated Bariatric Leader & Licensed Clinical Social Worker (LCSW)
- In-house Support Groups, Massage Therapy
- Climbing Wall and Bouldering Cave

Check website for Grand Opening special.

Adventurer Membership offered for \$29.99, includes free Fitness Assessment & Body Analysis.

Location & Contact: 12301 Grant St. Suite #210, Thornton, CO 80241. 303.920.2030 option #8 or visit www.AdventureFitnessAthleticClub.com



Trainers:

Craig Shires owner of Adventure Fitness Athletic Club, is a certified Master Trainer and OTA and PTA certified as well as many other certifications, and has been serving Rose Bariatric Center since 2006. His philosophy focuses on continual life-long learning.

- **Malini Shires** is a Personal Trainer, Lifestyle and Weight Management Specialist. Malini has a passion for health and fitness, coupled with her teaching background, leading to a trainer certification through A.C.E. in 2006.
- **Corbette Soltysiak** was born and raised in Michigan and has a Bachelor's degree from Michigan State University in exercise science. She is a certified Personal Trainer through NASM. Corbette's goal is to guide and support people in getting results, confidence and to find their own love of health and fitness.

SOUTH Metro Denver



Colorado Center for Health & Sports Science (CCHSS) – Neil Wolkodoff, PhD

Description: CCHSS offers a variety of medical fitness assessments, exercise options with state-of-the-art equipment, segmental body composition assessments to aid patients in setting their overall exercise plan, gait analysis and shoe orthotic fabrication, and VO2 Metabolic testing to enable people to use personal target heart rate zones for increases results.

Fat composition testing and analysis available. Dr. Wolkodoff has worked with our bariatric patients for years and provides personalized assistance.

Instructor: Neil Wolkodoff, PhD

Location: 2468 S. Colorado Blvd, Denver, CO 80222 inside Colorado Home Fitness, Call for hours

Contact Info: visit www.cochss.com, email neil@cochss.com or call 303.596.6519.

D2K Personal Training, Darrin Kubik



Description: One-on-one personal training with Darrin Kubik, Personal Trainer, W.I.T.S. certified. Serving Rose Bariatric Center patients for over 5 years!

Location: Essential Fitness - 5425 Landmark Place, Suite 305, Greenwood Village, CO 80111

Contact Info: Call 720.333.9063, email dkubik1234@yahoo.com or www.d2kfitness.com

Cherokee Cingoranelli



Description: One-on-one personal training sessions with Cherokee, personal trainer. She can train you at your house or at her location. Cherokee has been a partner with Rose Bariatric Center for many years. Contact her directly to set up an appointment!

Contact Info: Call 303.257.3976 or email cherokeefitness@yahoo.com

Fitness Partners: CENTRAL Metro Denver

Phoenix Fitness Denver

At Phoenix Fitness our mission is to help people improve their quality of life by creating a clear path to an active and sustainable lifestyle. We educate our clients, hold them accountable, and help them overcome barriers in a supportive environment that fosters change.

Phoenix Fitness is a non-membership based company that specializes in people through all stages of the weight loss journey. We offer **one-on-one personal training**, **small group personal training**, self-paced online workouts, InBody Scan, and nutritional support. We are committed to supporting you every step of the way.

1st Class is always Free, and join the Free Saturday morning walk groups.

If you have any questions concerning fitness, how to get started or join the free walking group, please contact Geof Shuford at info@phoenixfitnessdenver.com or call 720 295 2804. Geof and Erica and the team understand and are here to help you!

Geof Shuford, Phoenix Fitness Denver



Description: Geof is an NSCA-certified personal trainer. He is a part of a top-notch fitness team whose focus and commitment is to the pre- and post-surgery bariatric client.

Instructor: Geof Shuford, NSCA Certified Personal Trainer

Contact: email info@phoenixfitnessdenver.com or call 919.621.4269.

Schedules: View class fitness schedules and meet our coaches at www.PhoenixFitnessDenver.com

Location & Contact: Central Denver (Near Sports Authority Field). 2575 W. 8th Ave.,

Denver, Colorado 80204.

Colorado Personal Fitness

Colorado Personal Fitness is founded on the principal of functional training to help our clients get the most out of their lives. We use bodyweight, TRX, bands and other fun tools to help our clients reach their goals in a safe, fun and rewarding way. We have help clients lose weight, feel great and enjoy a quality of life they deserve. 2nd Location coming soon, and we offer clients a free consult to ensure you are comfortable with us!

Sean Sewell NSCA, NPTI, TRX Certified Personal Trainer



Description: Specializing in Functional Training – programs to enhance your day-to-day life and activities. I love helping clients achieve your fitness goals!

Instructor: Sean Sewell, NSCA, TRX- Force and NPTI Certified Personal and Group Trainer

Location: Absolute Personal Fitness 12364 W. Alameda Parkway #105, Lakewood CO 80228. Also available in-home in Denver / Cherry Creek area.

Contact Info: email ptseansewell@gmail.com phone 303-886-3208 or visit ColoradoPersonalFitness.com



PHOENIX *fitness*

Talks Exercise and Healthy Habits

Thursday October 15th

6: 30 pm

Exercise Tips and Goal Setting

*At Phoenix Fitness
we help you reach
all of your fitness
goals in a
comfortable &
effective
environment*

Discount InBody Scans

*PRESENTED BY
GEOF SHUFORD &
ERICA SANGINITI*

*RSVP to Hilary Rounds by October 12th
First 10 people to RSVP will be entered into a drawing!*

4545 East 9th Ave
Suite 650
Denver, CO 80220



Rose
Medical Center
Center for Bariatrics

Important Contact Information

Denver Center for Bariatric Surgery
Michael Snyder, MD, FACS

Patient Appointments & Assistance
303-280-0900

Office Address:

4600 Hale Parkway, Suite 340
Denver, CO 80220

Website: DenverBariatrics.com

Rose Bariatric Center Director Kim Delamont, NP
303-320-2134

Post-operative dietary questions?

Reach our Rose Bariatric Center Dietitians at 303-779-9355
or by email at Hilary.Rounds@Sodexo.com

Teleconference and Online Class & Seminar Access Information



Online: HCA.pgimeet.com/RB1

Phone: 1-866-214-0726

Access code: 407555#

All Rose Bariatric Center Newsletters
available online at RoseKnowsWeightLoss.com

Visit RoseBariatricBlog.com for News & Updates