

WEIGHT LOSS MEDICATIONS: ARE THEY AN OPTION FOR ME?

THE UNIVERSITY BARIATRICS PROGRAM NEWSLETTER



Welcome to our Fall 2023 newsletter. The main motif for this issue is nonsurgical weight-loss options & the expanding risks & benefits reported for the usage of the newer medications. You will also find some healthy Fall recipe suggestions from our allied bariatric nutritionists. Finally, there are links for our free bariatric support meetings & other topics of interest. We hope you'll share this newsletter with others whom are either embarking on a surgical weight loss journey or are on the fence about it. Your feedback is always welcome.

University Bariatrics

227 W. Janss Rd. #320
Thousand Oaks, CA 91360
Tel/Text: (805) 379-9796
www.universitybariatrics.com

Follow Us on [Facebook](#) & [Instagram](#)

Shots and pills, along with various commercial diet programs, have always played an important role in weight loss journeys of most patients, with many eventually opting for surgical weight loss. Whereas bariatric surgery remains as the most effective and durable treatment for obesity, it may not be the best option for all patients. For a very small minority, certain medical issues may constitute prohibitive risks in nonemergency cases. For others, medical optimization prior to surgery may necessitate a certain degree of preemptive weight loss. Insurance coverage for surgery can be a hurdle for some patients. And for others, they might not feel ready to embark yet on a surgical weight-loss journey. In those cases, working with a bariatric nutritionist remains as the first line management.

However, some patients may require a more aggressive nonsurgical weight loss program. The use of various diet medications has been popular for decades, each with its own safety and effectiveness profile. More recently, a new class of drugs known as GLP-1 agonists have been introduced. Primarily used in the management of diabetes -where too bariatric surgery remains as the most effective treatment-, these medications can be of weight loss assistance. Known by their trade names such as Ozempic, Wegovy, or Mounjaro, their long-term effectiveness and side effect profiles have not yet been fully elucidated. Recent reports allude to a higher degrees of gastrointestinal or other side effects that were previously unknown, as well as the need for necessary precautions:

<https://www.reuters.com/business/healthcare-pharmaceuticals/most-patients-using-weight-loss-drugs-like-wegovy-stop-within-year-data-show-2023-07-11/>

https://jamanetwork.com/journals/jama/fullarticle/2810542?guestAccessKey=10212700-ce5a-4b0e-b483-1427a8f571b0&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jama&utm_content=olf&utm_term=100523&adv=003607940583

<https://apnews.com/article/wegovy-ozempic-weight-loss-drugs-surgery-anesthesia-6e2556948334d0c6aa2ee0c7cbacb77d>

<https://www.reuters.com/business/healthcare-pharmaceuticals/wegovy-other-weight-loss-drugs-scrutinized-over-reports-suicidal-thoughts-2023-09-28/>

The use of these or other medication, therefore, is best done under the supervision of physicians who are ABOM certified and have a specific interest in the field of obesity medicine, and not necessarily via online "health provider" vendors with TV or online ads. To that effect, the University Bariatrics program has partnered with one such (new) practice in our area and can now provide that option for interested patients. For more information, please visit our website & fill out the questionnaire:

<https://www.universitybariatrics.com/service/nonsurgical-weight-loss>.

THE HOLIDAYS SURVIVAL GUIDE

From Heather Gibson, PhD
www.heathergibsonphd.com

The Holiday Season (from Halloween to New Years) can be a tricky time for those working on losing weight or maintaining weight loss. But you can avoid some of those challenges with a little forethought and planning. Take a look at your calendar and consider what are the most important holiday events you have coming up — the work party, the dinner with the cousins, the book-club happy hour — think about where those events will be, what type of food you will look forward to and really enjoy. Then be MINDFUL and go enjoy those items, with awareness, with savoring the experience.

Also, be mindful of avoiding the foods you don't really love, but just show up — you know those 3 day old cookies your neighbor drops off each year, or the pumpkin pie left in the break room when you don't even really love pumpkin pie. Give a little effort now to thinking about your plan to avoid those types of pitfalls. Remind yourself how much more you will enjoy the potatoes that you plan to have at Aunt Carolyn's house and that you wouldn't really choose leftover cookies on a random Wednesday when they get delivered to you.

Set aside time in your busy schedule to make sure you keep planning your day to day meals. Part of the difficulty people run into during this season, is just being so busy that they stop doing their routine. Make time to keep doing the things that make you feel healthy, whether that's having the right groceries in the house, meal planning, exercising. Don't let the holiday "extras" keep you from continuing the basics. Consider building in more non-food traditions. Think about parts of this season that you really love — like looking at lights, holiday home tours, listening to music, shopping, getting together with friends. Consider being creative about how to have those fun and festive experiences and traditions, that are not just focused on food.

A HELPFUL HOLIDAY EATING RECOMMENDATIONS VIDEO

<https://youtu.be/M9eiWYEMde8>

FRESH & FUN FALL RECIPES FROM OUR RDs

Fall Cabbage Casserole (serves 4)

Yasmin Firouzman, RD (www.nutritionook.com)

Ingredients:

- 1-pound lean ground beef
- 1 cup chopped onion
- 3 cloves minced garlic
- 2 cups low sodium chicken broth
- 1 -15 oz can tomato sauce
- ½ cup long-grain white rice
- 8 cups chopped green cabbage
- 2 teaspoons dried dill
- ¼ teaspoon paprika
- 1 cup shredded cheddar cheese
- Salt, pepper and cooking spray.

Directions:

1. Heat sauce pan and coat with a little cooking spray.
2. Add onion and Sauté until translucent
3. Add beef to onion and sauté until beef is no longer pink. Be sure break meat into small pieces while cooking
4. Add garlic and sauté for another 1 minute
5. Add broth, tomato sauce, rice, 1/4 teaspoon salt, ¼ teaspoon pepper and bring to a simmer
6. Cover and allow mixture to simmer until rice is tender. During this time start cooking your cabbage.
7. Grab a large skillet. Heat skillet and coat with a little cooking spray.
8. Add cabbage, dill, paprika, ¼ teaspoon salt and pepper to skillet and Sauté until cabbage is tender
9. Once cooked turn off from heat and grab your baking dish (9 by 13 inch) and coat with cooking spray
10. Spread ½ your cabbage mixture in the bottom of a baking dish and layer with ½ of your beef mixture.
11. Then top with ½ cup cheese and repeat this step one more time.
12. Bake at 350 until brown. 25-30 minutes and Enjoy!!

Quinoa Veggie Bowl (Serves 4 heaping cups)

Alona Geller, MS, RD (www.nutritionheals.com)

Ingredients:

1. 1 cup dry quinoa
2. 1 cup frozen combo of peas/corn/green bean/carrot (or just peas/corn)
3. 1 cup frozen broccoli or cauliflower

Instructions:

- 1) To cook quinoa use 1 3/4 cups water for every cup quinoa to get a fluffy consistency. Continue to follow quinoa label cooking instructions.
- 2) Towards the end of cooking add 1 cup of the frozen mixture combo of peas, corn, green bean, carrot and 1-2 cups frozen broccoli.
- 3) Mix well until veggies look defrosted but not over cooked.
- 4) After the quinoa mixture has cooled off, choose from the below additions to season.
 - 1) Peperoncino, olives and lemon juice
 - 2) Tahini and lemon juice (use water to thin it out to desired consistency)
 - 3) Peanut powder*
 - 4) pumpkinseed protein powder*

**feel free to contact me to learn about the specific brand names I recommend as well as portion size to use for the protein amount tailored to your needs*

2023 Annual bariatric patients' survey results:

Here is the link to the survey: <https://youtu.be/dTXPPKx4ow>

Your feedback is always appreciated:

<https://www.healthgrades.com/review/XLCJK?CID=18psIMMP0001>

Interested in attending bariatric support meetings?

<https://www.surveymonkey.com/r/BARIATRICSUPPORTMEETING>

Know someone who is suffering from their LAP/REALIZE Band?

Revisonal surgery after bands is 100%. Share this link with them so they'd know their options before complications happen:: <https://youtu.be/XkNZzggZ1As>