

The Bariatric Scoop

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Danyll Cox, RN
SBL Bariatric Care Coordinator

Hello everyone, I'm Danyll the new Bariatric Care Coordinator. I have been an RN at Sarah Bush Lincoln for 23 years. I've worked in the hospital caring for surgical patients as well as in pre-op and recovery. I've also spent time in clinical areas including the Pre-Surgical Clearance Clinic and Infusion Center. I am so excited to take on this new role in bariatrics. I look forward to working with you.

I enjoy meeting new people and helping any way I can. I like building relationships with people and helping them progress through the program.

I understand weight issues and the struggles that go along with it. I have been a yo-yo person with health, weight, and fitness. About two years ago, I got on a consistent regimen, but it's still a daily struggle and requires decisions and personal choices.

I started this position on June 17 and I love it! All the staff and patients are making me feel welcome and have been very patient as I continue to learn. I appreciate everyone I have met so far.

On a personal note, I live an active, rural life. My husband farms and I have twin adult sons. I love the outdoors and working in my flower gardens. I'm also an animal lover, especially horses and dogs. Draft horse shows consume my vacation time in the summer months. I would technically consider myself a home body for the most part.

I love God, family, friends, and all the beauty nature has to offer.

1	2		3	4		5	6
7				6			1
	8		4	9		2	
				6			
	3		5	1		8	
9			2				8
8	4		6	7		1	9

FUN FACTS ABOUT AUGUST

1. August is named after Augustus Caesar, the first Roman emperor.
2. In the northern hemisphere, August is the last month of summer.
3. In the southern hemisphere, August is the last month of winter.
4. The birthstones for August are peridot and sardonyx.
5. The world's first roller coaster opened at Coney Island on August 16, 1884.
6. The longest total solar eclipse of the 21st century occurred on August 11, 1999.
7. August is considered National Golf Month in the U.S.
8. The Olympics games were originally held in August.



EXERCISE YOUR WAY TO A HEALTHY HEART

Physical inactivity, high blood pressure, and smoking are risk factors for heart disease. These risk factors can be reduced by living a healthy lifestyle, including exercise.

Eight ways exercise helps your heart:

1. Reduces your risk of getting heart disease and can help prevent existing heart disease from getting worse.
2. Lowers your risk of getting high blood pressure.
3. Lowers blood pressure in some people who have high blood pressure.
4. Raises your high-density lipoprotein (HDL), or “good,” cholesterol.
5. Lowers your low-density lipoprotein (LDL), or “bad,” cholesterol.
6. Lowers the amount of triglycerides, a form of fat, in your bloodstream.
7. Helps you lose extra weight, which can strain your heart.
8. Makes your heart and lungs work more efficiently.

Over time, fat and cholesterol can build up in your blood vessels. When arteries that supply the heart and brain with blood become clogged, a heart attack or stroke can occur. Exercise can help keep the blood vessels open. This can help prevent heart disease or stroke.

Exercise may also protect against stroke. Walking, stair climbing, dancing, jogging, and other activities of at least moderate intensity also reduce stroke risk. Plus, exercise can help you prevent or manage several chronic diseases that become more common with age: type 2 diabetes, osteoporosis, and arthritis.

Both your body and mind can benefit from exercise. Exercise can help you manage stress. Stress can affect the heart directly and can impact other risk factors and behaviors that affect the heart. These may include blood pressure, cholesterol levels, smoking, and overeating. Cutting down on stress, however, can at least make your life more enjoyable. Exercise can also boost your self-image and help counter anxiety and depression.

You don't have to strain your body to benefit from exercise. Even moderate exercise is good for you. The CDC and the American Heart Association recommend at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity each week for substantial health benefits. They also recommend muscle-strengthening activity at least 2 days a week. Examples of moderate activities include:

- Walking
- Gardening
- Doing housework
- Ballroom dancing

For more benefit to your heart and lungs, try more vigorous aerobic activity such as:

- Jogging or running
- Swimming laps
- Bicycling briskly
- Aerobic dancing
- Cross-country skiing
- Rowing

Choose activities you like and build up your endurance. Be sure to drink plenty of water during exercise and check with healthcare provider before starting any new exercise program

Make exercise a part of your life with these tips:

- Walk, jog, or bike around town instead of driving.
- Take an activity break during the day instead of eating a snack.
- Find out if your local mall opens early for indoor walkers.
- Listen to music or watch TV to keep yourself entertained while you exercise.
- Surround yourself with people who support and encourage you.
- Set realistic exercise goals and reward yourself when you achieve your goals.
- Park your car in the back of the parking lot to have a longer walk into the store when you go shopping.



Appreciate what you can do, and continue to prioritize daily movement for your health and well-being. Progress comes in many forms. Don't allow the scale to be your only measure of success. Take time to reflect on what you have achieved, and keep going after your goals. Stay consistent with

your health behaviors, and always strive to make choices that not only leave you feeling good, but also feel good making.

This article is from the SBL Health Library:
<https://library.sarahbush.org/Search/1,1553>

WATERMELON ICE POPS

Saturday, August 3 is Watermelon Day! This looks like a delicious summer recipe

INGREDIENTS:

5 cups seedless watermelon pulp
1/3 cup frozen blueberries
1/4 cup sugar (consider a sugar substitute)
2 1/2 cups lime Greek yogurt or vanilla Greek yogurt (add 2 drops green food coloring)

DIRECTIONS:

Step 1

In a blender, puree watermelon and sugar in batches until smooth and strain into a medium bowl. Cover and freeze until the watermelon puree is slushy, but not solid, about two to three hours. Remove from freezer and stir well. Add blueberries and stir.

Step 2

Divide the pureed watermelon among twelve 5-oz disposable cups, leaving about a 1/2 inch from the rim. Place the cups in freezer for two hours, or until puree is solid.

Step 3

Spoon approximately four tablespoons of the yogurt into each watermelon cup, and smooth the top. Cover each cup with plastic wrap. Cut a small slit in the center of each piece of plastic wrap and insert a popsicle stick into each pop so that it almost reaches the bottom of the cup. Freeze overnight, or until solid. The pops can be frozen for up to two days.

Step 4

When ready to serve, peel the cup off the pop. Serve immediately.

Serving size, 1 pop. Calories 84. Total fat 1g. Sat. Fat 0g. Cholesterol 20 mg. Total Carb 13 g. Fibers 7g. Proteins 4 g.



SUPPORT GROUP MEETINGS

Watch for information about our support group. We have missed a couple of months, but will start back up on Tuesday, August 20.

6 - 7 pm

Center for Healthy Living Conference Room or via Zoom. Open to all bariatric patients.



Zoom Meeting Link

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

A LITTLE LAUGH

When do you stop at green and go to red?

When eating watermelon

Why didn't the watermelon marry the honeydew?

Because fruits cantaloupe

Sarah Bush Lincoln Hospice



Save the date!
September 3 - Mattoon Eagles Club
www.sarahbush.org/binga