

Your Connection to Healthy Weight



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

February, 2021

Helpful Hints for You

What if I told you there are different kinds of hunger and that you should try to only listen to some? These different kinds come from different sources, and some are more accurate than others about your body's need for nutrients. Below are a couple of examples:

- Physical hunger which is caused by an empty stomach and time passing since the last meal. This is the most reliable hunger, and the one you should listen to.
- Emotional hunger often comes from emotions such as sadness or boredom and lends itself to overeating of high sugar, high fat foods.
- Sense hunger results from seeing or smelling food and becoming hungry.

Emotional hunger and sense hunger are not always wrong but are more often to be misleading about whether or not your body needs more food.



News to Use

Bariatric Surgery Reverses the Progression of Type 2 Diabetes

Obesity increases the likelihood of many chronic diseases including type 2 diabetes. Recent research has shown that only 52% of people with diabetes in the US are able to keep their A1C below the recommended A1c goal of 7.0%.

In a study of 318 patients who had type 2 diabetes, those who had a gastric bypass had the most significant reduction in A1c compared to gastric banding and gastric sleeve surgery. Of the patients that received bariatric surgery 24% experienced at least 5 years of an A1C below 6.0%. This means a reduction or removal of the need to take diabetes medication. Moreover, lower A1C percentages are associated with reduced risks of complications associated with diabetes, including nerve, eye, and kidney damage, as well as liver and heart disease.

Learn more about the relationship between bariatric surgery and diabetes at: <https://www.healthline.com/health-news/aging-how-gastric-bypass-eliminates-type-2-diabetes->

Upcoming Events

FREE WEIGHT LOSS SEMINAR

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. View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

WELLNESS WEIGH A WEIGHT LOSS SUPPORT GROUP

"LEARN YOUR VITAMINS"

February 20; 12 noon — 1 p.m.

Southern Regional
Terrace Level Classroom

***Please RSVP ahead of time, as attendance is limited to adhere to Covid-19 policies.**

Recipe of the Month

Turkey Meatballs

Ingredients

- 1/2 small yellow onion, diced small
- 2 each garlic cloves, minced
- 1 egg, beaten
- 1/3 cup bread crumbs, whole wheat
- 2 tsp tomato paste
- 1/3 cup fresh parsley, chopped
- 1/3 cup parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp basil, dried, leaves
- 1 lb. turkey, ground
- 2 tsp olive oil

Nutrition Facts

Serving size: 2 meatballs
Makes 8 servings
Calories: 230
Total Fat: 8 grams
Protein: 32 grams
Carbohydrates: 6 grams

Directions:

1. Preheat an oven to 350 °F
2. Mix all the ingredients, except for the olive oil
3. Roll all the mixture into 1-1.5" balls
4. Place a large-skillet over med-high heat and add olive oil. Once heated, add meatballs one at a time and cook until golden brown on each side. Once seared, place on a baking sheet.
6. Place the pan in the oven for 10-15 minutes until fully cooked through. Use a meat thermometer to check for internal temp. of 165° F
7. Enjoy with your favorite veggies and pasta sauce for a complete meal! Zucchini noodles are a great option.



Southern Regional Medical Center