



Are you dealing with constipation after surgery?

We can help! Instead of suffering, here are some ways to find relief:

- Pair protein foods like hummus, low fat cheese sticks, or natural peanut butter with wheat thins or triscuit crackers
- Drink 64 oz or more of fluid each day. Set timers for 30 minutes after meals as reminders to drink again
- Choose protein options with fiber, like beans, lentils, hummus, or shelled edamame
- Exercise- this helps get everything moving!
- Make a protein rich smoothie with fruits and vegetables instead of just having a protein shake
- Choose a protein drink with fiber like Bariatric Advantage or Bariatric Fusion
- If you get plenty of fluids and are still constipated, use Benefiber daily. Start with 2 tsp once a day and increase to 3x/day as needed. You can add it to your protein drink too.
- Have a few bites of cooked vegetables or canned fruit at meals to add fiber
- Use Miralax up to 3x/day if you have not had a bowel movement in 2 days or more



Tips for Staying Hydrated in the Summer



Invest in a fun water bottle

Add sugar-free flavorings to enhance water

Eat hydrating fruit that is in-season, such as berries and watermelon

Check the color of your urine- should be clear or light-colored

Set a daily fluid goal and see how many days of the week you are able to hit it!

Staff Spotlight

Meet Nazik!

She is our bariatric surgery scheduler.

Favorite food? Meatloaf! I'm a sucker for the classics

Favorite tv show? I love stand-up comedy!

What are some of your hobbies? Being a mom! My three kiddos keep me on go. We love swimming, going to the parks, and hanging out with our puppy - Shilah!

Favorite travel destination? My favorite city under the sun - Las Vegas baby! They have so much for kiddos to do now. We love going!

Fun fact: I love zombies! My daughters are named after characters in zombie video games :)

What is your favorite part of working at Atlanta Bariatrics? I love being a part of the team and helping to change people's lives every day!



WHOLE WHEAT ORZO WITH ROASTED VEGETABLES

Ingredients:

2 medium zucchini, chopped
1 red onion, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
4 portobello mushrooms, chopped
1/4 cup chopped fresh parsley
2 garlic cloves, minced
1/4 cup lemon juice
1 teaspoon olive oil
1 teaspoon minced fresh oregano
1/2 teaspoon black pepper
1/4 teaspoon salt
1/2 cup whole-wheat orzo, dry
1/2 teaspoon olive oil
3 cups no-salt-added chicken stock



Directions:

Heat oven to 400 F. In a large bowl, combine the zucchini, onion, bell peppers, mushrooms, parsley, garlic, lemon juice, olive oil, oregano, black pepper and salt. Set aside for 10 minutes to marinate. Lightly coat a 10-by-15-inch pan with cooking spray. Arrange vegetables on the pan in a single layer. Roast in the oven for 20 minutes or until vegetables are crisp-tender. Meanwhile, in a medium saucepan, heat the orzo and oil on medium heat. Stir until the pasta is lightly browned. Add the chicken stock; stir frequently. Once the orzo is soft and tender, remove from heat and drain. Add the roasted vegetables to the orzo.

This recipe is full of fiber from the vegetables and whole wheat orzo!

Recipe from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/whole-wheat-orzo-with-roasted-vegetables/rcp-20197774>

We are Launching a New Program

Atlanta Bariatrics has launched a Health and Wellness program for our current bariatric patients featuring a combination of weight loss medications and nutritional counseling. We are now a full-service weight loss center offering Wegovy. Wegovy is an FDA approved weekly injectable medication used for weight management in adults with overweight or obesity. Wegovy acts by regulating appetite and food intake to help one manage their weight. Weight loss medications, in combination with a healthy lifestyle, are beneficial in helping one lose weight and keep the weight off. Check out the core steps of our upcoming program below:

Health & Wellness Program

