



Why Take Calcium after Surgery?

What does calcium do?

Calcium is an essential mineral for humans, especially after bariatric surgery, due to the malabsorptive nature of the procedures. The American Society of Metabolic and Bariatric Surgery (ASMBS) guidelines recommend 1200-1500 mg calcium after bariatric surgery, taken in divided doses (500-600mg each). Calcium citrate is the preferred source of calcium, but another common type of calcium is calcium carbonate. After Roux-en-Y Gastric Bypass, the main site of calcium absorption is skipped over. It is imperative to always remain on your supplements, regardless of lab results, unless specified by a physician.

How do I know if I am deficient?

Signs of hypocalcemia, or low blood calcium, include muscle aches, cramps, or spasms, irregular heartbeat, fatigue, and brain fog. Calcium is stored mostly in the bones, but some is found in your blood as well. If not enough calcium is present from food or supplements, your body will take calcium from your bones to use in your blood. It is important to regularly take calcium supplements, especially if you are not consuming much calcium in your diet.

Calcium supplement options:

Bariatric Advantage calcium citrate chewy bites or chewable or capsules, Bariatric Fusion calcium soft chews, Citracal, Caltrate, or Viactiv.

If you have any questions about finding a calcium supplement, reach out to your dietitian!

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NURSE'S CORNER

Sleep - It's not just for kids

Now that school is back in session and the more relaxed schedule of summer vacation is over, it can be hard to get back into the rhythm of a sleep schedule. Having a consistent sleep schedule of when to go to bed and when to wake up is important for the entire household, not just the kids. Numerous studies have suggested that restricted sleep and poor sleep quality may lead to metabolic disorders, weight gain, and an increased risk of obesity and other chronic health conditions, so it's not just about feeling tired.

Jumping right back to a regular bedtime after the late nights of summer can be hard. Try moving your bedtime back 30 minutes at a time, until you get use to that earlier bedtime. Try turning off screens an hour before bed, as the blue light they emit can suppress the hormone your body creates that helps your sleep pattern called melatonin.

Getting enough sleep, at consistent times, can have a large impact on your overall health, as well as energy levels, and your ability to function well and enjoy the things you love every day.



Ninja CREAMi



Have you seen the craze about Ninja CREAMi on social media? With this machine, you can create your own healthier desserts with just a touch of a button. It turns a variety of foods into milkshakes, sorbet, or ice cream. Experiment with different protein shakes, low fat yogurts, nuts, fruit, unsweetened cocoa powder, and more. Just prep your ingredients, freeze overnight, then blend and enjoy!

Protein Ice Cream

Ingredients:

1 bottle Fairlife or Premier protein shake- any flavor
2 tbsp instant sugar-free pudding- vanilla, chocolate, or cheesecake
Optional: nuts, fresh fruit, peanut butter powder, dark chocolate chips, graham crackers

Instructions:

1. Add protein shake to the ice cream pint container. Mix in the pudding powder.
2. Freeze the pint for 24 hours.
3. Remove pint from freezer. Use the ice cream setting to blend until desired consistency.
4. Add any low-sugar mix-ins, if desired.

Featured Exercise Apps:

Shred

Choose from gym or at home workouts. An AI fitness trainer is available to assist you in any workout setting. Can join fitness groups and connect with friends & family. Has the ability to track weight, hydration, and step count.

Available IOS and Android. Fee with purchase.

FitOn

A free fitness app that can be used on any TV, laptop or phone. Be coached by celebrity trainers like Halle Berry and Julianne Hough. Has wellness and self care components too.

Available IOS and Android.

Asana Rebel

A yoga fitness app that focuses on creating an overall healthy lifestyle, including sleep health. Is a monthly subscription.

Available IOS and Android.

411 ON COTTAGE CHEESE

Cottage cheese recipes have been seen all of the media recently from ice cream to spaghetti bakes. Let's break down the health benefits. It is made from milk that had an acid added to it, which then forms a pebbly consistency. Casein protein is the main source of protein in cottage cheese. A typical 1/2 cup serving size of low-fat cottage cheese will provide about 90 kcals, 12gm protein, and 2.5gm of fat. In addition, it is a great source of calcium. After weight loss surgery, its important to use the non-fat or low-fat options and it is a good way to reach the daily protein goal of 60-80gm. Cottage cheese helps with bone health, muscle growth, & gut health too.

Ways to use cottage cheese:

- Spread it on whole wheat toast with chopped nuts and fruit
- Use it for veggie dips. Flavor with ranch seasoning or taco seasoning or more
- Stir in seasonal produce like peaches or tomatoes for a healthy snack
- Mix into whole wheat pancake batter
- Add to a smoothie or guacamole for a creamy texture

CALCIUM BENEFITS



HELPS TO SUPPORT HEART



BOOSTS FERTILITY



SUPPORTS BONE HEALTH



MAY LOWER RISK OF CANCERS



CONTROLS BLOOD PRESSURE



HELPS TO MAINTAIN TEETH AND GUMS



HELPS TO PREVENT PREMENSTRUAL SYNDROME



HELPS MANAGE BODY WEIGHT

Staff Spotlight



Meet Becky!

She is our front desk receptionist.

Favorite food: Italian

Favorite vacation spot: The Jersey Shore

First job? Waitressing at a family run Pennsylvania Dutch restaurant

Have you ever met anyone famous? Brian Littrell

What is your favorite part of working at Atlanta Bariatrics? The staff. It's like working with your best friends every day!