

# Weight Matters



## Success

### Zola Lander

When she was diagnosed with high blood pressure, Type 2 diabetes and GERD, Zola Lander began to seriously consider bariatric surgery.

As a nurse for more than 20 years, Lander knew the dangers of her obesity. She had tried every diet in the book, but nothing seemed to work. Finally, on April 30, 2004, she underwent gastric bypass surgery at The Methodist Hospital with surgeon Pat Reardon.

Lander lost 205 pounds after surgery, and nearly two years later, she is happier, more energetic, and enjoys the time she spends time with her husband, children and friends. Also, in May 2005, Lander transferred from Methodist's surgery department to the Methodist Weight Management Center.

"I think it is very helpful to be a former patient and the expert," she said. "Having gone through the same challenges, I can offer sound advice and support to these patients. It has been a wonderful experience."

## Bariatric Surgery Among Options for Obese Patients

Overweight and obese patients today have more options than ever before. Whether a medical weight management program or a form of bariatric surgery is the recommended route, these patients are taking steps to improve their lives and fight off the many diseases associated with obesity.

"People with morbid obesity have a much higher risk of suffering with or even dying from cardiovascular disease, among other diseases," said Sue Thompson, RD, director of The Methodist Hospital Weight Management Center. "Weight loss is the crucial key to living a healthier life, with fewer medications and less discomfort."

On one end of the spectrum are weight management plans incorporating diets, exercise, behavior modification and drug therapy. On the other end is bariatric surgery, available only to carefully screened patients who are considered morbidly obese — 100 pounds or more over their ideal body weight.

Thanks to technological advances, bariatric surgery patients today can often take advantage of a minimally invasive laparoscopic procedure involving small incisions, a one to three night hospital stay and a two to three week recovery time before returning to work. These gastric bypasses involve creation of a smaller stomach in a surgery that can take from just over an hour or up to six hours.

For patients, the actual surgery is only one part of the process. Bariatric surgery requires patients' interaction with psychologists, dietitians and exercise physiologists as well as lifetime follow-up care. Patients who have lost significant amounts of weight at the Methodist Weight Management Center lead much more active lives, stop taking medications they've taken for years, no longer need organ transplants, become pregnant after years of struggle, sleep better and even walk out of wheelchairs for the first time in years.



free

### FREE Orientation Sessions

To learn more about the Methodist Weight Management Center, sign up to attend a FREE upcoming orientation session. To register, please call (832) 667-LOSE or visit [www.methodistweightmanagement.com](http://www.methodistweightmanagement.com).

## A Sense of Style for Any Size

It's easier than ever today to look sleek and fashionable, even if you carry more than your ideal weight. Many department stores now offer tasteful, stylish clothing for larger figures — some even use plus-size mannequins to model their new lines. Here are three basic do's and don'ts when choosing the right look.

### DO

Highlight a one-tone outfit with a small burst of color. Example: a navy, beige or black suit with a brilliant orange tank beneath.

Wear pants, preferably flared or boot-cut, slightly longer to make your legs appear longer and thinner. Try pants with vertical stripes.

Wear fitted suitcoats or jackets that indent to hint at the waist, then glide over the stomach and hips.

### DON'T

Choose big prints — they add pounds.

Wear pleated front pants. The extra material looks like extra pounds.

Pile on layers — they add weight. Baggy means bigger.

Finally, don't forget to add one final ingredient to your wardrobe: an air of confidence. Stand tall, hold your head high and see yourself in the best light. Accentuate the positives!



## Exercise in the Comfort of Your Home

You don't need a big budget or a private gym to work out effectively. Exercise balls — also known as stability and fitness balls — offer a safe, low-impact way to work the abdominal or core muscles. Usually made of rubber or vinyl, these balls vary in size; be sure to purchase one geared to your height and weight. Prices range from \$12 to \$35. Just sitting on the ball causes an imbalance or instability, and your muscles begin to work. While sitting on the ball, try lifting alternate feet and balancing on one foot for a few seconds, or march in place. Consistent workouts with an exercise ball can build your abdominal strength and your balance. Best of all, you can use the exercise ball in the privacy of your home while listening to music or watching television. Be sure to check with your doctor before starting a new exercise program.

## Silken Chocolate Mousse

### Ingredients:

- 4 oz. bittersweet chocolate, finely chopped
- 1/2 cup silken tofu, at room temperature
- 2 teaspoons brandy or orange-flavored liqueur
- 4 large egg whites, preferably organic, at room temperature
- 4 tablespoons Splenda® or sugar substitute

Place the chocolate in the top of a double broiler set over (not touching) barely simmering water and heat until the chocolate melts, stirring often. Remove it from over the water and set aside to cool to room temperature. (If the chocolate is too warm or the tofu is too cold, the mousse will have a grainy texture.)

Place the tofu in a blender or food processor and puree until smooth — 1-2 minutes. Stir the pureed tofu and brandy into the melted chocolate until well blended. Set aside.

In a bowl, using a stand mixer fitted with the whip attachment or a handheld mixer, beat the egg whites on medium speed until they are frothy and opaque, about 2 minutes. Increase the speed to high and beat until soft peaks form — 2-3 minutes, then begin gradually adding Splenda, 1 tablespoon at a time. Beat for about 10 seconds before adding the next spoonful. When all the Splenda has been added, continue to beat until the egg whites are stiff and glossy — 2-3 minutes.

Using a rubber spatula, gently fold 1/3 of the beaten whites into the chocolate mixture. Pour this lightened mixture over the remaining whites, and fold into the whites until incorporated. Spoon the mousse into individual dishes, dividing it evenly, or into a serving bowl. Cover and refrigerate until the mousse is well chilled, about 3 hours. Remove the mousse from the refrigerator 15 minutes before serving. Makes 4 servings.

**Nutritional Information: 1 serving: 1/4 cup; 193 calories; 8 grams of protein; 10 grams of carbohydrates; 16 grams of fat**