



Center for Medical and
Surgical Weight Loss

BROWNHealth
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Weight Loss Success Striders

Center for Medical and Surgical Weight Loss / Fall 2025

Hot Topics at Upcoming Meetings

September 19, 2025

Reconstructive Plastic Surgery
after Weight Loss

Guest Speaker: Dr. Rachel Sullivan

October 2025

Patient Panel

November 2025

Ask the Surgeon

December 2025

Surviving the Holidays

2026 Dates: Topics to be determined,

Please send your topic ideas to

CMSWL@brownhealth.org

January 13, February 10; March 10;

April 14; May 12; June 9;

July 14; August 11; September 8;

October 13; November 10; December 8



Special Announcements

- All support groups are in person at The Miriam Hospital. To register in advance for the support groups, please call 401-793-3922 or check our Facebook page.
- Please join our private Facebook group page, **Center for Medical and Surgical Weight Loss**. This is a safe space to share feelings, thoughts, triumphs and challenges as you continue your wellness and better health journey.
- Patients are required to attend AT LEAST ONE WLSS group prior to surgery date.

Less weight, more health.

For more information on options for the treatment for the disease of obesity, call **401-793-3922**.

What to Focus on Post-Surgery or While on Medications:

1. Mindful Eating

Eat slowly and chew thoroughly (aim for 20–30 chews per bite). Stop eating when you feel satisfied—not full. Avoid distractions like TV or scrolling during meals.

2. Protein-First Mentality

Prioritize lean proteins (chicken, eggs, fish, tofu, Greek yogurt). Helps preserve muscle mass, especially important during rapid weight loss. Keeps you full longer and supports healing post-op.

3. Hydration Habits

Sip water consistently through the day (but separate from meals if post-op). Avoid high-calorie liquids like juice or soda—they can sabotage progress quickly.

4. Movement = Momentum

Start with light movement (like walking) and gradually increase intensity. Exercise supports weight maintenance and mental health, even if it doesn't result in immediate weight loss.

5. Emotional Health & Support

Food is often used to soothe emotions. Without addressing this, people may have reoccurrence of weight even after surgery or meds. Seek therapy, support groups, journaling, or guided apps to cope with emotional eating. Peer and professional support boosts long-term success.

Monthly Wellness Tips :

Medications and surgery are tools—not magic solutions. Pair them with consistent lifestyle changes like mindful eating and regular movement to see long-term success.

Why it matters: Weight loss medications (like GLP-1s) and bariatric surgery can reduce hunger and improve metabolism, but **sustainable results depend on changing habits**, especially around food choices, hydration, and emotional eating.

💡 **Pro Tip:** After surgery or while on medications, your hunger cues may change. Use that window to build new habits—eat slowly, chew thoroughly, and focus on protein-first meals.

Want to speak to a WLSS mentor for additional support throughout your journey?

Do you want to “pay it forward” by becoming a WLSS mentor?

If so, please send a request to our CBS email at CMSWL@brownhealth.org

Featured Recipe of the Month

Grilled Salmon with Avocado Salsa

Adapted from [Grilled Salmon with Avocado Salsa - The Cookie Rookie®](#)

Ingredients

For Salmon

- 2 lbs. salmon fillets *skin on or off*
- 1 tbsp olive oil
- 1 tsp kosher salt ½ tsp ancho chili powder
- 1 tsp ground cumin 1 tsp ground paprika

For Avocado Salsa

- 1 tsp onion powder
- 1 tsp ground black pepper
- 1 avocado *cubed*
- ½ red onion *sliced or diced*
- 2 limes *juiced*
- 1 tbsp chopped fresh cilantro

Instructions

1. Mix the salt, chili powder, cumin, paprika, onion powder, and black pepper together. Rub the salmon fillets with olive oil and this seasoning mix.
2. Refrigerate Salmon for at least 30 minutes.
3. Combine the avocado, onion, lime juice, and cilantro. Chill until serving time.
4. Preheat the grill to medium (350-375°F). And Grill the salmon to desired doneness (about 3-4 minutes per side).
5. Top with avocado salsa and enjoy!



This dish is a rich source of protein, fiber, healthy fats and a variety of vitamins and minerals!