

Weight Loss Success Striders

May 2025

HOT TOPICS AT UPCOMING MEETINGS

May 13, 2025
Spring Into Fitness

June 10, 2025
*Guest Speaker: Dr Lauren Roussel
Plastic Surgery: General Overview*

July 8, 2025
Stress Management/Self Care

August 12, 2025
Obesity Medication Management

September 19, 2025
*Reconstructive Plastic Surgery after
Weight Loss*

October 14, 2025
Patient Panel

November 11, 2025
Ask the Surgeon

December 09, 2025
Surviving the Holidays



SPECIAL ANNOUNCEMENTS

- All support groups are in person at The Miriam Hospital. To receive the link to join the virtual support groups, please call 401-793-3922 or check our Facebook page.
- Please join our private Facebook group page, *Center for Bariatric Surgery*. This is a safe space to share feelings, thoughts, triumphs and challenges as you continue your wellness journey.
- Bariatric Surgery Patients are REQUIRED to attend AT LEAST ONE WLSS group prior to surgery date.

A newsletter from the Center for Bariatric Surgery



Center for Bariatric Surgery
The Miriam Hospital

BROWNHealth
UNIVERSITY

Less weight. More health.

For more information on weight loss surgery, call 401-793-3922.

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Reactive Hypoglycemia after Bariatric Surgery

After bariatric surgery, you may experience hypoglycemia, which means low blood sugar that occurs after a long period of time without eating. *Reactive* hypoglycemia is different and refers to low blood sugar that occurs after eating foods that are high in sugar or simple carbohydrates— usually within four hours after eating. Dumping syndrome can cause reactive hypoglycemia after Roux-en-Y gastric bypass or duodenal switch surgery. This complication of the surgery happens when food passes through the digestive tract so quickly that not enough glucose is derived from food. Usually, a blood sugar level that falls below 70 mg/dL would indicate hypoglycemia.

It is not always known what exactly causes hypoglycemia as sometimes it can be due to physiological responses with how the body releases insulin or even from lifestyle/dietary habits. Each person's body can respond and react to low blood sugar differently, but it is very common to suddenly experience uncomfortable symptoms (mild or even more severe) when it happens. Symptoms include feeling shaky, dizziness, increased heart rate, slurred speech and double vision. These symptoms occur 30 minutes to 2 hours or more after eating. Hypoglycemia can be dangerous if untreated. To learn how to prevent and treat reactive hypoglycemia, please speak with your Registered Dietitian.

MONTHLY WELLNESS TIPS

1. Focus more on improving your overall health and wellness instead of weight loss.
2. Aim to eat a balanced meal or snack every 3 hours. This means eating fiber-rich healthy carbohydrates paired with a protein and/or healthy fat..
3. Move your body daily.
4. Pay attention to your hunger and fullness cues.
5. Remember that small changes can really add up and lead to big results!

Want to speak to a weight loss surgery mentor for additional support throughout your journey?

Already had weight loss surgery and want to "pay it forward" by becoming a mentor?

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

FEATURED RECIPE OF THE MONTH

Quinoa & Feta Chickpea Salad

Adapted from <https://everything-delish.com/>

Ingredients:

- 1 cup quinoa
- 1 cup lite feta, crumbled
- 2 baby cucumbers, chopped
- 1 can chickpeas, rinsed and drained
- ½ cup mint, chopped
- 1/3 cup parsley, chopped
- ½ red onion diced
- ½ cup walnuts, chopped



Dressing:

- ½ cup olive oil
- 1 lemon, juiced
- 1 garlic clove, grated
- Salt & pepper to taste

Instructions:

1. Cook quinoa and let fully cool.
2. Make the dressing by mixing all dressing ingredients together. Set aside.
3. In a large bowl, combine all salad ingredients and dressing then mix well.
4. Optional: Finish with more black pepper and fresh mint. Enjoy!

Nutrition Focus: *This salad is a rich source of protein, fiber, healthy fats and a variety of vitamins and minerals.*

FACEBOOK



To join the Facebook group, search the Facebook Groups page for Center for Bariatric Surgery. Then, click 'Join Group' to request access to the group page.

Please note this is a private group operated by the Miriam Hospital for CBS patients only. You will be asked to confirm that you are a patient.

**Less weight.
More health.**

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