



GARDEN STATE BARIATRICS

Reclaim Your Health, Your Body... *Renew Your Life*

The Bariatric Buzz: August 2019



In This Month's Newsletter

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Happy Summer!

Welcome to our latest addition of The **Bariatric Buzz** newsletter. We hope everyone is having a fantastic Summer.

We are excited to present our new design and layout. This newsletter is meant to keep you informed of the latest happenings within

-Tip
Hot Topics From Our Blog
Latest GSWBC Podcast
How To Keep Connected
Interesting Tidbit

our practice and to offer you tips and guidance for a healthy, active life.

As always, we welcome your feedback!

Physician Insights

Each month, we will highlight one of our practitioners. This month, we start with Dr. Bilof.



Dr. Bilof

Dr. Bilof is the heart and soul of Garden State Bariatrics Wellness Center.

Interesting fact: Dr. Bilof changed his medical career from vascular surgery to bariatric surgery, at the suggestion of his wife, Kara, after continuously meeting chronically ill patients that were suffering from type 2 diabetes and other medical conditions. He retrained in bariatrics, unheard of in the medical field, and started his practice in bariatric surgery.

He has dedicated his career to helping those in dire need of health improvement – change their lives. He is committed to helping his patients live a full, healthy life.

The most valuable part of his job is the extraordinary impact bariatric surgery has had on his patients' lives. Their health is improved, and their life reclaimed. "The fact that bariatric surgery reduces type 2 diabetes in 80–90% of cases confirms my decision to follow the path of bariatrics," shares Dr. Bilof.

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MORE



Hear Straight From Dr. Bilof

Dr. Bilof has dedicated his career to helping people live healthier lives.

He believes, "Bariatric surgery is not just about a solution to lose weight – you have to look at the whole patient – not just the 'problem' of their weight – but their overall medical condition."

As their doctor, I want to ensure their medical conditions get better.

Dr. Bilof practices what he preaches – he takes care of his body and his health.

Listen To Dr. Bilof's
Story

Patient of the Month



Meet JD

My life was eating food. And lots of it. My grandmother, mom and wife are all fantastic cooks. I couldn't pass up a hot dog truck if I tried. While my wife was sleeping, I would sneak away and visit my mistress – White Castle! I would order a sack of burgers and eat them on the way home and go back to bed. I had no will power and ate my troubles away. My weight eventually blew up to over 400lbs. I tried every single diet pill and crazy diet that ever existed. I would lose the weight then gain it back double. My knees were shot and at one point I was using a walker. I had high blood pressure and my blood work was horrible. My primary doctor said I probably wouldn't be around much longer if I didn't do something about my weight.

In February of 2017 I had bariatric surgery...

Click below to read more of JD's very personal and honest journey.

READ MORE



Welcome Karla!

We are pleased to introduce **Karla Hamal, RD**, our newest registered dietitian in our Millburn office. Karla was actually once part of the GSBWC team and has returned to continue her fabulous work.

Karla has a wealth of experience and is a highly trained, with a previous tenure at Saint Barnabas Hospital. Karla specializes in diet and nutrition, and eating adjustment after bariatric surgery.

As a seasoned professional, Karla prides herself on the relationships she builds with her patients. She customizes a plan for each person based on their history and nutritional needs and continuously reevaluates the results and progress.

She partners with Dr. Bilof and his team to ensure an individualized plan is created as a collaborative effort.

Please join us in welcoming Karla. She is an incredible asset to our team.



Recipe of the Month

Simple Peach and Parma Ham Salad

Ingredients:

- 2 handfuls salad leaves
- 1 zucchini, spiralized
- 4 oz light feta, cut into chunks
- 10 cherry baby tomatoes, halved
- 4 slices Parma ham
- 2 ripe peaches, each cut into 8 wedges
- low-fat cooking spray
- 1 tsp chopped fresh thyme
- salt and freshly ground black pepper
- drizzle of balsamic dressing or other fat-free or low-fat dressing of choice

Directions:

Divide the salad leaves, zucchini, feta, tomatoes and ham between two (or more) serving plates. Spritz the peach wedges with low-fat cooking spray. Heat a griddle pan until hot, add the peach wedges and cook until just tinged brown, turning over once – just a couple of minutes.

Scatter the peach wedges over the salad, season to taste and drizzle with dressing to serve.

SERVES 2

CALORIES PER PORTION: 225

PROTEIN: 20.9 g

CARBOHYDRATE: 18.9 g

FAT: 7.4 g

PRINT RECIPE

Source: bariatriccooking.com



Tips From Your Dietitian

Post bariatric surgery, your stomach is a fraction of the size pre-surgery. It changes the way food enters into your intestines.

After surgery, you have to approach your eating as retraining your brain with new habits. It's important to get adequate nourishment while keeping your weight-loss goals on track. This involves certain tactics like eating and drinking slowly, drinking liquids between meals, keeping meals small, chewing your food thoroughly, avoiding foods high in fat and sugar and taking your recommended vitamin and supplements daily.

Once you practice this new method of eating, it will become second-nature. It's even more inspiring when you see the weight start to melt off.

Hot Topics From Our Blog!



Tips for Healthy Snacking

Snacking after bariatric surgery can be controversial. Some surgeons do not recommend snacking after weight-loss surgery while others find it helpful while you adjust to your new post-op lifestyle. However, everyone agrees that if you do snack, you need to have a plan so you do not end up making unhealthy choices.

Having healthy snacking options available at work especially can help prevent you from succumbing to unhealthy temptations around the office. Having healthy snacks on hand can also help you stay fueled when you are in the middle of a big project and cannot leave the office or you feel your blood sugar dropping...

[Read Full Article](#)

The GSBWC Podcast: Listen Up!



The Hospital Experience

This podcast features Jenifer Stein, MS, RDN, the Program Navigator –Bariatric and Colorectal Surgery Programs.

If you are considering Bariatric surgery, you probably have questions. This podcast will help you navigate the hospital experience.

[Listen to the Podcast](#)

Keep Connected!



Patient Portal: Access To Your Account 24/7

Have you subscribed to GSBWC's patient portal? It's the best way to stay connected, with 24/7 access to your health care. View your visit history, prescriptions, notes and make an appointment...all at your fingertips – any time of the day.

[Login or Subscribe Now](#)



Continuous Support

At GSBWC, we pride ourselves in providing support before, during and after your surgery. One of the tools we use is the Baritastic app. Baritastic helps patient achieve goals and meet requirements before and after surgery:

- Track weight loss
- Track nutrition and water
- Get reminders for vitamins, shakes, meals, etc.
- Access bariatric friendly recipes
- Request appointments
- Manage your journey to surgery
- Stay connected to the Garden State Bariatrics Team

[Download Our Weightloss App](#)

Interesting Fact



Interesting Fact

The Famous Do It Too

Although the image of celebrities on TV or magazines is over-glamorized, many celebrities were not necessarily born that way.

Sharon Osbourne, Randy Rackson, “The help” actress Octavia Spencer and several others took the opportunity to improve their lives with the help of bariatric surgery.

We're Always Here For You

Garden State Bariatrics is an MBSAQIP accredited bariatric practice that provides surgical and on-going medical care. The entire Garden State Bariatrics team is rigorously chosen for their passion for patients’ surgical, nutritional and lifelong success. We are privileged to be your health care provider of choice and we are always here for you, whenever you need us. Please call us with any questions or concerns you may have.

Dr. Michael Bilof & Dr. Basil Yurcisin



AMERICAN COLLEGE OF SURGEONS
Inspiring Quality: Highest Standards, Better Outcomes



Garden State Bariatric & Wellness Center

Millburn, NJ

225 Millburn Ave Suite 204, Millburn, NJ 07041
973-218-1990

Toms River, NJ

1430 Hooper Ave #203, Toms River, NJ 08753
732-269-6800

Browns Mills, NJ

200 Trenton Rd, Browns Mills, NJ 08015
(609) 893-6611 Ext:4727

[Visit Our Website](#)