

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

We will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RD

May 25, 2023

2nd Thursday of the month at 7:00-8:00 pm with
Carmen Diaz-Jusino or Paula Arroyo (in Spanish)

June 1, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

Navigating the Emotional Side of Weight Loss Surgery: Coping with Change and Expectations

Weight loss surgery can be a life-changing decision that can help you overcome the health challenges and emotional struggles that come with being overweight. However, it's important to understand that it's not a quick fix. It requires commitment and a willingness to embrace significant changes in your lifestyle and habits. Navigating the emotional side of weight loss surgery is critical to achieve long-term success.

Here are some tips for coping with change and expectations after weight loss surgery:

- Have realistic expectations about the outcomes of weight loss surgery. It can lead to significant weight loss, but you still may experience challenges with food and body image. It's important to stay focused on the positive changes that you've made and celebrate your progress, even if it's not as fast as you had hoped.
- Understand that weight loss surgery brings about significant changes in your life. From the way you eat to the way you move, everything is going to be different. While these changes are necessary for achieving the desired outcomes, it's essential to remember that it's not going to happen overnight.
- Seek support from a mental health professional, participate in support groups, and connect with others who have gone through the same process to help you cope with the emotional side of weight loss surgery.
- Have open and honest conversations with your loved ones about your goals and expectations, and seek their support throughout the process.
- Remember that weight loss surgery is just one tool in your weight loss journey. It's essential to develop healthy habits around food and exercise to support your long-term success.

Here are some tips for coping with the physical side effects:

- Stay in touch with your healthcare provider and report any concerns or symptoms that you may be experiencing. They can help you manage any physical side effects and ensure that you're on track to achieve your weight loss goals.
- Follow the post-surgery dietary guidelines to ensure proper healing and to avoid complications.
- Listen to your body and take things slowly. It's essential to give yourself time to heal and adjust to the changes that are happening.

With the right mindset and support system, it's possible to overcome challenges and achieve your weight loss goals. Remember to be patient with yourself, seek support when you need it, and develop healthy habits around food and exercise to support your long-term success.



Avocado Chicken Salad Lettuce Wraps

Ingredients:

- 1 medium ripe avocado, pitted and diced
- 2 tablespoons sour cream
- 1 tablespoon lime juice
- 2 tablespoons minced fresh cilantro
- 2 tablespoons minced red onion
- 1/2 teaspoon garlic powder
- 2 cups cubed or shredded cooked chicken
- Salt and pepper to taste
- 8-10 butter lettuce leaves

Directions:

1. In a medium bowl, mash avocado with sour cream and lime juice. Stir in cilantro, onion, garlic powder, and chicken cubes until combined. Season chicken salad with salt and pepper to taste.
2. Fill butter lettuce leaves with chicken salad and serve immediately. Enjoy!

Store chicken salad separate from lettuce in refrigerator up to 4 days. Makes 4 servings.

Nutrition

Serving: 2 lettuce wraps, Calories: 231, Carbohydrates: 7g, Protein: 22g, Fat: 13g, Fiber: 4g

wholeandheavenlyoven.com 2023.



Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org