

## What Kind of Adjustment Do You Need:

Band,  
Behavior, or  
Attitude?



## What is a Band Adjustment?

- Adding or subtracting saline to the inner balloon of the gastric band around your stomach with a fine needle into your access port
- Adjustments are often called “fills”
- The first adjustment is typically made 6 weeks after surgery and may be adjusted monthly during your weight loss period
- Each person is unique and will be adjusted on an individual basis

## You Need a Band Inflation When:

- Your weight loss has slowed or stopped
- You have weighed the same for 3-4 weeks in a row
- You are gaining weight despite eating right, exercising, and have a great attitude
- You are making healthy food choices, in appropriate portion sizes, nevertheless getting hungry between meals
- You can still eat white bread, fibrous vegetables, and large portions
- Note: You cannot tell ONLY by the amount you are eating since you should be able to eat different amounts over the course of a day and from day to day.

## You Need a Band Deflation When:

- You cannot swallow your saliva
- You are unable to drink clear liquid
- You are unable to suddenly eat solid food or unable to eat solid food by day 7 after inflation
- You have frequent Heartburn, Belching, and Regurgitation
- You are vomiting
- You experience reflux at night for more than a week
- You have difficulty swallowing
- You can only eat soft foods
- You have a sore throat, wheezing, chronic coughing and hoarseness not associated with infection

## Perfect Adjustment

- You are losing at least 1-2 lbs. per week (the last 20 lbs. to achieve healthy weight will be slower)
- AND you are eating as directed (solid protein and vegetables)
- AND you are easily satisfied by a very small portion (not less than  $\frac{1}{4}$  cup and not more than 1 cup solid food total per meal)
- AND you are not hungry sooner than 3-4 hours after eating the directed amount of solid food

## What to do After a Band Adjustment: Inflation or Deflation

- 2 days liquid protein every 2-3 hours
- 2 days puree (no chew) protein & vegetables every  $2\frac{1}{2}$  -  $3\frac{1}{2}$  hours
- 2 days easy chew protein and vegetables  $\frac{1}{8}$  cup of each to start not more than  $\frac{1}{2}$  cup each for a total of  $\frac{1}{4}$  to 1 cup of food per meal every 3-4 hours
- On the 7<sup>th</sup> day record your meals in your food and fitness diary
- Be sure to drink plenty of water –  $\frac{1}{2}$  your body weight in ounces of water daily - Bare minimum of 64 oz. daily
- Always keep your protein higher than your carbohydrates at each meal and for the total for the day to keep your metabolism fired up!

## You Need a Behavior Adjustment When:



- You are not eating at least 60 grams of protein daily
- You are not getting 25 grams of fiber daily (fruits and veggies have fiber)
- You are not drinking enough water (bare minimum 64 oz)
- You are consuming liquid calories (except a protein shake in the morning)
  - Soup, Alcohol, and Fruit Juices are liquid saboteurs
- You are not making healthy food choices
- You are not avoiding soft foods
  - Cheese, peanut butter, cottage cheese, mashed potatoes etc. are not health foods

## You Need a Behavior Adjustment When:

- You are drinking too much Alcohol or drinking Alcohol too frequently. (Women –1 drink daily & Men - 2 drinks daily is the definition of moderation – if allowing two days weekly completely alcohol free. FYI - 4 drinks is a binge for guys and 3 drinks is a binge for gals if consumed within 2 hours)
- You are eating too much junk food (Cookies, ice cream, pudding, chips, chocolate, nuts, pies, cakes, candy) eat these “treats” only occasionally as they are not part of a healthy eating plan
- You are eating at fast food places too often

## You Need a Behavior Adjustment When:

- You are not eating your protein first
- You are not eating your vegetable second
- You are not eating your fruits (if you are not getting at least 5 servings of veggies and fruits daily in addition to at least 3 servings of protein)
- You think POTATOES are vegetables! (they are a starchy root not a healthy veggie)
- Your portion sizes are too large
  - greater than 4 oz of meat or fish
  - greater than ½ cup of vegetables
  - if you are eating a starch it should be no more than ¼ cup and then you should decrease your vegetable for that meal and eat them later as a snack when you get hungry again

## You Need a Behavior Adjustment When:



- You are Vomiting – there should be no vomiting at all – typically vomiting is caused because you are not following the rules
- You have Reflux, Heartburn, Belching, or Regurgitation (rich, spicy, fatty, and fried foods, chocolate, caffeine, alcohol, oranges, lemons, tomatoes, pepper, peppermint & baking soda toothpaste & carbonated drinks are band unfriendly)

## You Need a Behavior Adjustment When:



- You are sensitive to artificial sweeteners (they are 100's of times sweeter than sugar and seem to stimulate appetite in some people)
- You are eating "DIET" foods (real foods taste better, are more satisfying, & diet foods don't save much in calories, your body cannot break down artificial trans fats so they get stored)
- You are not using your Food and Fitness Journal
- You do not bring your Food and Fitness Journal to your appointments

## You Need a Behavior Adjustment When:



- You are not eating small meals/snack every 3-4 hours regardless of hunger when you are in the weight loss phase –Eat by the clock!
- You are not "breaking your fast" within 30 minutes of awakening (breakfast – can be a protein shake)
- You are not eating at least 3 meals daily with one morning snack & one afternoon snack when losing weight
- You are eating when you are not hungry **after** you are in the maintenance phase (achieved healthy weight)
- You are not sitting down to eat
- You are distracted when you are eating (watching TV, reading a newspaper or book, talking, driving)
- You are not eating slowly
- You are not putting your fork down between bites

## You Need a Behavior Adjustment When:



- You do not stop eating at the first sign of fullness
- You are not taking 20-30 minutes to eat and then stopping
- You are not cutting your food in pinky fingertip size bites
- You are not taking small bites using a kid spoon, cocktail fork or chopsticks
- You are drinking with your meals or sooner than 60-90 minutes after eating

## You Need a Behavior Adjustment When:

- You are grazing
- You are not participating in physical activity for 30 minutes at least 3 times weekly (this is above your normal activities per-band)
- You are not taking stairs instead of elevators
- You are not walking on the escalators instead of riding them
- You are not parking further away from the entrances
- You are using drive-through instead of going inside

## You Need an Attitude Adjustment When:

- You are obsessing about food, weight, eating, and dieting
- You have not learned to accept a compliment
- You are weighing yourself more than once weekly
- You are “dieting”
- You are depriving yourself
- You label foods as “good” and “bad “
- You punish or reward yourself with food

## You Need an Attitude Adjustment When:

- You have unrealistic expectations about the weight loss journey
- You do not ask yourself do I really need this to eat or do I just want it?
- You see food as comfort
- You see food as a companion, your best friend
- You think you have to “keep up” with your meal companions

## You Need an Attitude Adjustment When:

- You see food as entertainment
- You don't see over eating your band as your worst enemy, i.e. Very dangerous
- You don't journal your feelings at the time you want to eat when you are not hungry
- You don't plan ahead and have activities on hand to do like, sewing, painting, any hobby that requires the use of your hands instead of eating
- You are just too busy to follow-up for fills, to exercise daily, to see the nutritionist or psychologist

## You Need an Attitude Adjustment When:

- When you are not committed to YOUR weight loss journey
- You forget the band is just a TOOL
- You are not totally honest with yourself about how much you are actually eating and exercising
- You are using food to deal with emotional issues
- You have not identified what emotions are driving your eating behaviors
- You cannot think of more appropriate ways to deal with your emotions
- You have not dealt with your saboteurs directly

## You Need an Attitude Adjustment When:

- You are not taking control of **your** responsibility for developing new habits physically, emotionally, and socially
- You do not believe that the road to success is in changing your thought process
- You do not accept that your past behavior is what led to your weight problem
- You do not recognize the need to change your behaviors
- You are not being honest about your own behaviors

## You Need to Know:

- The psychological aspects of obesity are the most important and most challenging for bariatric surgery patients
- To be successful at changing a lifetime of self-destructive behavior we learn to change the way we think!
- It is necessary to learn to identify self-defeating, negative thoughts before we can replace them with the healthy positive thoughts that will actually help us be successful with all the necessary behavioral changes

## Distorted Thinking:

- Your thinking is distorted when you use **demand** words like:
  - I should of, could of, would of ,ought to, have to, need & must ...
- Your thinking is distorted when you use **absolute** words like:
  - Always, never, right, wrong
- Your thinking is distorted when you rate yourself or others with **labels**
  - "I'm a jerk, I'm a failure, She's worthless
- Your thinking is distorted when you use **extreme** words that magnify the problem like:
  - Awful, horrible, terrible, and catastrophe

## Distorted Thinking:

- Your thinking is distorted when you **blame** yourself for things for which you were not fully responsible or blame others while overlooking how you contributed to the problem
- Your thinking is distorted when you **jump to conclusions or assume** without any definite evidence
  - Mind-reading: you assume that people are reacting negatively to you
  - Fortune-telling: you predict things will turn out badly
  - Don't forget what ASS U ME stands for 😊

## Distorted Thinking:

- Your thinking is distorted when you **over-generalize**
  - you view one negative event as a never - ending pattern of negativity or defeat - very pessimistic
- Your thinking is distorted when you **disqualify the positives**
  - You dwell on the negatives and the positives don't count

## You Need an Attitude Adjustment When:

- Your thinking is distorted when you say to yourself:  
(remember - how you think determines how you feel and how you behave)
  - I must clean my plate
  - It would be rude not to eat at a party
  - A little bit won't hurt
  - I can't speak up and tell people who are trying to sabotage my weight loss to STOP
  - I am lazy, not worthy, inferior, disgusting etc.
  - I can't do this, it's too hard
  - Everybody cheats
  - Everybody drinks
  - I've worked really hard so I deserve that treat

## You Need an Attitude Adjustment When:

- You are dissatisfied with your results because you think:
  - “I am not losing fast enough”
  - “I expected to lose more”
  - “I thought it would be easier than this
  - “No one told me I couldn’t eat some of the things I like”
- You think your situation is hopeless
  - you are full of self-doubt and poor self-image

## Is Your Thinking Rational:

- Is it literally true?
- What evidence do I have to prove it?
- Is my thought consistent with reality?
- Is my thinking good for my physical health?
- Is my thinking consistent with my goals?
- Do my thoughts prevent or cause significant conflict with important people in my life?

## Is Your Thinking Rational:

- Do my thoughts help me feel the way I want to feel?
- Is this thought helpful or self-defeating?
- Is my belief logical?
- Is it really awful, terrible, horrible, a catastrophe?
- Can I really not stand it?

## Healthy Expectations

- There are many psychological and social factors that will continually challenge your personal commitment
- Feeling uncertain about your new lifestyle is normal
- Being concerned about others' views of bariatric surgery is normal
- Fear of failing is normal
- Fear of succeeding is normal

## Healthy Expectations

- Fear of your changing identity is normal
- Almost everyone struggles with their weight – even most healthy weighted people
- Grieving the loss of food is normal
- Grieving the loss of your favorite clothes is normal
- Grieving the loss of your obese social network is normal – yes, you will lose friends after you lose weight

## Healthy Thinking

- I can
- I want to
- I wish
- It is in my best interest to
- It would be wise to
- I choose to

## Healthy Thinking

- I have decided
- My goals are
- No one is making me
- Usually
- Often
- In my opinion, I agree with
- In my opinion, I disagree with

## Healthy Thinking

- It's not a crisis, I don't need to call 911 for it, so it's just **a problem** and I can call it what it is and deal with it
- It's not a catastrophe, it's not going to kill me - it's a challenge and I can solve it
- It's not horrible, I'm not a sugar cube so I won't melt, I don't like it, but I can cope
- It's unfortunate

## Healthy Thinking

- Choose to stop romanticizing food
- Choose to stop organizing your activities around eating
- Choose to stop treating anxiety with food
- Choose to see food is not love
- Choose to see food will not fix or solve any problem

## When to Seek Professional Help Major Depression

- When your depressed or irritable mood lasts more days than not, most of the day for 14 days
  - AND you have 5 of the following symptoms
    - ❑ Trouble falling asleep, staying asleep or early morning awakening (S)
    - ❑ Anhedonia (lack of interest in activities, pleasure (sex) (I)
    - ❑ Feeling worthless or excessively guilty (G)
    - ❑ Fatigue or lack of energy (E)
    - ❑ Poor concentration (C)
    - ❑ No appetite or increased appetite with overeating (A)
    - ❑ Physical sensation of agitation or moving slowly (P)
    - ❑ Thoughts of death or suicide regardless of intent or plan to harm yourself or someone else (S)
- (mnemonic SIG E CAPS)

## When to Seek Professional Help for Minor Depression or Dysthymia

- Minor Depression is 2 but not more than 5 of the symptoms on the Major Depression (previous) slide
- Dysthymia is a more mild, chronic depressive disorder characterized by loss of enthusiasm, motivation, and/or decreased capacity for joy with symptoms present almost every day for 2 or more years
- AND 2 or more of the following symptoms
  - ❑ Daytime fatigue or low energy
  - ❑ Sleeping too much or not enough
  - ❑ Poor appetite or overeating
  - ❑ Negative, pessimism, hopelessness
  - ❑ Low self-esteem
  - ❑ Trouble concentrating or making decisions
  - ❑ Social withdraw or isolation
  - ❑ Brooding about the past
  - ❑ Irritability or excessive anger

## Anxiety

- There are many different anxiety disorders requiring professional help – the big 8 causes
  - Generalized Anxiety Disorder
  - Stress-Related Anxiety
  - Panic Disorders
  - Social Phobia
  - Obsessive Compulsive Disorder (OCD)
  - Post Traumatic Stress Disorder (PTSD)
  - Medical Illnesses presenting with anxiety symptoms
  - Anxiety symptoms linked to a primary mental disorder like depression, substance abuse, organic brain syndromes, & schizophrenia

## Symptoms of Anxiety

- Trembling, shakiness, restlessness, muscle tension
  - Shortness of breath, smothering sensation
  - Rapid heart beat
  - Sweating with cold hands & cold feet
  - Lightheadedness and dizziness
  - Feelings of choking
  - Tingling of the skin
  - Diarrhea and/or frequent urination
  - Feelings of unreality
  - Difficulty falling asleep
  - Poor attention and concentration
  - Nervousness, edginess, or tension
  - Chest pain or discomfort
  - Fear of losing control or going crazy
- 4 or more of these symptoms – call Dr. T

## Binge Eating Disorder

- o A binge is eating what most people would consider a large amount of food in a 2-hour period
- o AND experiencing a lack of control over eating (you cannot stop eating or cannot control what or how much you are eating)
- o Occurring, on average, two days a week
  - Plus 3 or more of the following
  - Eating rapidly
  - Eating until uncomfortably full
  - Eating when not physically hungry
  - Eating alone out of embarrassment of volume (you don't want anyone to know what or how much you are eating)
  - Feeling disgusted, depressed, or guilty after eating

## Bipolar Disorder Type I

- Symptoms of Mania
  - ❑ A pronounced and persistent euphoric mood or irritability lasting one week AND 3 or more of the following
  - ❑ Elevated self-esteem or grandiosity
  - ❑ Decreased need for sleep
  - ❑ Rapid and pressured speech – hard for others to get a word in edgewise
  - ❑ Racing Thoughts
  - ❑ Distractibility
  - ❑ Increased physical activity or physical agitation
  - ❑ Risky behaviors revealing a lack of constraint in emotional expression or poor judgment such as sexual acting out, gambling, excessive spending, drugs, excessive alcohol

## Symptoms of Dysphoric Mania

- ❑ Marked irritability
- ❑ Severe agitation or anxiety
- ❑ Unrelenting worry & despair with pessimism
- ❑ Marked insomnia (inability to sleep – can be unable to fall asleep, stay asleep or awakening early)
- ❑ Decreased need for sleep

## Symptoms of Hypomania

- Uncharacteristically elevated mood lasting 4 days, AND 3 or 4 symptoms of mania
- ❑ Elated mood with mild grandiosity
- ❑ Increased energy and mental productivity
- ❑ Decreased need for sleep
- ❑ Quite talkative
- ❑ Irritability

*When Life Becomes Overwhelming Let me Help You Get a Fresh Start !*

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