

Roger Williams Life Changers

Weight loss for a healthy life

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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.

Upcoming WLS Support Groups

We will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm (in English)

August 24, 2023

2nd Thursday of the month at 7:00-8:00 pm (in Spanish)

September 7, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org. You will receive an email to join the meeting. You can also join by phone. See our website www.loseweightri.org under "Patient Resources" for more information on our support groups.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Unlocking a New You: The Life-Changing Benefits of Weight Loss Surgery

Weight loss surgery can open the door to a healthier and more fulfilling life both physically and emotionally. Beyond the weight loss itself, the benefits extend to improved physical health, enhanced emotional well-being, increased energy, long-term weight management, and improved relationships.

Improved Physical Health

Weight loss surgery can improve blood pressure and cholesterol levels thereby reducing the risk of heart disease. It has also been shown to enhance insulin sensitivity and blood sugar control, making it a valuable tool for managing type 2 diabetes. Additionally, conditions such as sleep apnea and joint pain often improve significantly, leading to enhanced overall mobility and quality of life.

Enhanced Emotional Well-being

Being overweight can take a toll on your emotional well-being, leading to low self-esteem, depression, and anxiety. Weight loss surgery can help lift the burden of excess weight and contribute to a significant improvement in mental health. Many individuals report a boost in self-confidence and a renewed sense of self-worth.

Increased Energy and Vitality

Carrying excess weight can be physically exhausting, making even simple tasks challenging. After weight loss surgery, as you become more active, you will likely experience a surge in energy and vitality. With improved stamina, you can engage in activities that were once difficult or impossible, such as playing with your children or grandchildren, pursuing hobbies, and participating in physical activities you've always wanted to try.

Long-term Weight Management

Weight loss surgery is a powerful tool for long-term weight management. By making significant changes to your digestive system, weight loss surgery helps control hunger and portion sizes, which helps as you make dietary changes. It provides an opportunity to relearn eating habits and make smarter food choices. Emphasis on exercise becomes important and finding a routine that works for you is essential.

Improved Quality of Relationships

Excess weight can sometimes strain relationships, impacting intimacy, social interactions, and overall quality of life. As you become healthier and more confident, you may find it easier to engage in social activities, meet new people, and form deeper connections. Additionally, sharing your weight loss journey with others can inspire and motivate those around you to prioritize their health.

It is important to approach weight loss surgery as a life-changing opportunity to embrace a healthier lifestyle and build a brighter future. Remember to consult with healthcare professionals, gather support from loved ones, and celebrate every milestone achieved on your journey to a happier and healthier you.



Arugula, Watermelon and Feta Salad

Ingredients:

- 1/8 cup freshly squeezed orange juice
- 1/8 cup freshly squeezed lemon juice (1 lemon)
- 1/8 cup minced shallots (1 large), optional
- 1/2 tablespoon honey
- 1/4 cup good olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups baby arugula, washed and spun dry
- 2 cups seedless watermelon, rind removed, cut in 1-inch cubes
- 6 ounces good feta cheese, 1/2-inch diced or crumbled
- 1/8 cup whole fresh mint leaves, julienned (optional)

Directions:

1. Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion.
2. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well.

Makes 2-3 servings.

From foodnetwork.com



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Email Diana.Beaton@chartercare.org