

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Happy New Year 2022!

Are you getting all your vitamins?

Weight loss surgery with the gastric bypass or sleeve gastrectomy reduces the amount of vitamins you will be able to absorb due to the restriction in, the amount of food you will consume daily and, the size of your stomach. Therefore, vitamins are very important to take after surgery to help maintain your hair, skin, nails, energy levels, and body functions. We encourage all patients to begin planning what vitamins they will use after surgery as soon as you begin the process. Here are the vitamins you will need to take after surgery and why they are important:

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A Better Way to Better Health Care

Announcements

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

Upcoming WLS Support Groups:

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

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

January 27, 2022

February 24, 2022

1st Thursday of the month at 7:00-8:00 pm with Carmen Diaz-Jusino

February 3, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for updated 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.

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1. Multivitamin: chewable with iron daily. Your MVI should include:

- Thiamin - provides energy and help with heart and nerve functioning
- Folic acid - helps with tissue growth and cell function
- Vitamin B12 - helps with metabolism and forming red blood cells
- Vitamin D - maintains teeth and bones
- Vitamin A - forms tissues and skin, helps with eye vision
- Vitamin E - is an antioxidant, helps keep blood cells strong
- Vitamin K - helps with blood clotting
- Copper- helps with iron absorption, forms red blood cells
- Zinc- helps with growth and immunity

Examples: Bariatric Fusion®, Flintstones “complete” or “with iron”, or pharmacy brands

2. Iron: 45mg, chewable with vitamin C, liquid or melts

- Helps transport oxygen to blood cells
- Purchase from the office, pharmacy or prescription if needed

Examples: Bariatric Fusion® Iron soft chew with vitamin C, or pharmacy brand

3. Calcium: 1200 - 1500mg/day, chewable with Vitamin D:

- Keeps bones, muscles, heart and blood cells strong
- Divide calcium into doses of, 500mg 3 times per day or, 600mg 2 times per day
- Take calcium at separate times from MVI and Iron

Examples: Viactive, Caltrate, or pharmacy brands

4. B-Complex: chewable, should include:

- Thiamine (B1)
- Vitamin B6- helps with protein metabolism
- Vitamin B12

Examples: Bariatric Fusion® B50 Complex, or pharmacy brand

5. Vitamin D: 5000 IU chewable (or a weekly Vitamin D by prescription)

Examples: Bariatric Fusion® Vitamin D, or pharmacy brand

We carry the Bariatric Fusion® line of vitamins for purchase at 41 Sanderson Rd., Suite 207, Smithfield, RI 02917. Be sure to talk with your physician about what vitamins you will need. For patients who had the Duodenal Switch or SADI surgery, they will require more vitamins/minerals after surgery. Please consult with your physician if you have any questions.



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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



Butternut Squash Soup

Makes 4, 1 cup servings

Recipe from:

www.yummyhealthyeasy.com

Ingredients:

- ½ tbsp olive oil
- 2 garlic cloves, minced
- 1 onion, diced
- 1 butternut squash, peeled and cubed
- 32oz vegetable broth
- 1 tsp salt

Directions:

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, cook until softened, about 5 minutes
2. Add butternut squash and vegetable broth. Bring to a boil, cover and simmer for 15-20 minutes, until squash is softened
3. Pour contents from pot into a blender, add salt
4. Blend until smooth, pour into bowls and enjoy!