



## December Newsletter

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### The Weigh Station

#### Return to Victory!

The holiday season is in full swing and I am thankful for all of the memories this year has brought. As always, there were twists and turns but I enjoyed this past year nonetheless. Life has a funny way of redirecting your plans and making you step outside your comfort zone. The question is, are you where you thought you would be at this point in time? Many of you have set goals for yourselves earlier this year in January or even December of last year thinking you would meet your goal. Many of you have succeeded and claimed victory and others are not quite there or have fallen short.

This past week a woman came in and asked for our help. She had been a patient in 2008 but subsequently quit the program. Her physician referred her to us again once she gained 72 pounds back of the 180 she had lost. When asked why she had not returned earlier she explained she “was extremely embarrassed by her failure”. Her physician placed her back on blood pressure pills accompanied with Type II diabetic medicine which she was off of when she left us.

As disheartened as she was, it was time to give her some encouragement. I explained to her many people will fail and return for a variety of reasons but that does not have to be the

end of the story. This process is a journey, and it might take longer for some but as long as you continue to put effort in you will succeed. I showed her an article about phentermine and how a low dose of the drug, given under the guidance of a qualified and educated bariatric physician, is proven to be successful in promoting weight loss. Phentermine can safely be taken over an extended period of time as a low dosage.

This patient opened up to me and revealed she had become a depressed and emotional eater; she over indulged once something triggered an emotional response. She noted her clothes no longer fit the way they used to when she saw her weight rise. She became discouraged and thought 'what difference does it make now', forgetting how much weight she had lost in 2008.

The nice thing about written charts with a graph is I am able to show her where she was, where she is now and where she could be. As we continued our conversation during her physical exam, we identified triggers in her life that have caused her to go back to grazing through the house on weekends and eating more than she should at tailgate parties. She said, "I walked around looking at others and thought to myself 'I really don't look that bad'".

Her physicians admonition regarding her health and lifestyle choices caught up to her when her blood sugars returned to critical levels. Her hemoglobin A1c, which had been 4.2, was now 12.6. She recognized how not holding herself accountable had harmed her.

I questioned her how she was going to approach the holidays and if she had developed a 'game plan'. She replied, "I'm approaching the holidays with the new attitude that I'm in control, not the food". She was determined to follow the program and to get back to where she initially started from. I then showed her the photo of her when she was down to 180 pounds. I offered support and encouragement as the tears rolled down her face and told her she can do better. It is possible if you diligently follow the program. So as we approach the holidays, remember you do not have to eat everything and you do not have to eat a lot. Listen to your body and remember that eating is a form of self respect.

Special thank you to The Weigh Station staff and all they do for our patients. They truly want to see everyone succeed and strive to provide quality care and support. Also, remember that feedback is always welcome! We love to hear your feedback and comments about your favorite recipes, recent visits, and anything else!

Merry Christmas and Happy New Year to all my Weigh Station family and friends. We wish you a blessed holiday season with the vision to have your weight under control and be a testimonial.

Blessings to all,  
Chuck Shaffer MD

# The Recipe of the Month

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## Orange Ginger Turkey Meatloaf



*Makes 4 Servings*

### Ingredients

1 orange  
¼ C flax meal  
1 egg white  
1 tbsp fresh ginger  
2 cloves garlic, finely chopped  
½ C cilantro, chopped  
4 scallions, thinly sliced  
1 ¼ lb lean ground turkey  
2 tbsp low sugar ketchup  
6 C mixed greens  
1 tbsp olive oil

### Directions

1. Heat oven to 375°F. Line a rimmed baking sheet with foil.
2. Using a vegetable peeler, remove 2 strips of zest from the orange and thinly slice on a diagonal; transfer the zest to a large bowl and set the orange aside.
3. Combine the flax meal with egg white, ginger, garlic, 1 tbsp water and ½ tsp salt and pepper each to the bowl with the zest. Whisk to combine, stir in the cilantro and half of the scallions. Add the turkey mix until incorporated.
4. Transfer the mixture to the prepared baking sheet, shape into a 9 x 3.5 inch loaf and bake for 25 minutes. Brush the ketchup over the entire loaf and continue cooking until the internal temperature is 160 degrees; allow to bake an additional 10 to 15 minutes.
5. Let rest for 5 minutes before slicing. Cut away the peel and white pith of the orange and thinly slice into rounds. In a large bowl, gently toss the orange slices, greens, oil, cilantro leaves, remaining scallions and ¼ tsp of salt and pepper. Serve with meatloaf.