One of the wonderful things about being a bariatric surgeon is that I have the privilege of getting to know patients who are in the process of making one of the most important health care decisions in their lives – the decision to undergo bariatric surgery. During this process, I visit with patients and hear about their families, careers, plans for the future, and their thoughts regarding bariatric surgery. Patients also have an opportunity to ask questions and share any concerns. While most questions reflect entirely appropriate concerns about how bariatric surgery will affect their lives, there are a few common misconceptions that patients may have heard about bariatric surgery:

Myth #1: “Bariatric surgery is the easy way out.”
I actually think the opposite is true. Most patients that I visit with have struggled with the negative health consequences of obesity for many years. They have tried many weight loss programs and have even been successful with losing weight – temporarily. By the time many patients pursue bariatric surgery, they often have several additional obesity-related health problems including high blood pressure, diabetes or sleep apnea. The reality is that bariatric surgery works best for patients who are willing to commit to lifelong dietary, exercise and behavioral changes that are needed for sustained success. This is not easy but it is absolutely worth it.

Myth #2: “Bariatric surgery is a cosmetic procedure.”
While bariatric surgery will result in significant weight loss – approximately 15-30 pounds per month for the first couple of months and 50-80% of excess body weight after the first 1-2 years – the benefits of bariatric surgery mostly lie beneath the skin. Most patients will experience either complete resolution or substantial improvements in their diabetes, high blood pressure, joint pain, sleep apnea, heart disease, and reflux symptoms, among others. Most will also need to take significantly fewer medications. As important, their quality of life will improve and they will be able to enjoy activities that they previously were unable to do.

One patient recently told me that due to her obesity, she couldn’t walk comfortably anymore because her knees and back bothered her. She just wanted to be able to go on walks with her two-year old daughter and play with her without experiencing the pain. Bariatric surgery would likely make this possible. Bariatric surgery is not merely about changing one’s outward appearance. It’s about resolution of health problems and improved quality of life.

Myth #3: “Bariatric surgery is too risky.”
An explosion of the highest quality scientific literature over the past several years has confirmed that bariatric surgery is extremely safe. In fact, the risk of complications following bariatric surgery is virtually identical to the complication rate for similar types of surgery on the stomach and intestines. In my mind, not pursuing bariatric surgery may be more risky because the obesity-related health problems persist and frequently lead to unnecessary hospitalizations, added medical costs and even premature death.

Bariatric surgery is an extremely effective tool that, when combined with lifelong dietary and behavioral changes, can result in profound health improvements. While there are risks with any elective procedure, the benefits of bariatric surgery substantially outweigh those risks in patients who are willing to make the commitment. Our team is ready and willing to support you.

—Dr. Luke Funk
What’s Eating Tami?! News You Can Chew from Dietitian Tami Schiltz

It is officially safe to say that we are done with winter and with that excitement and relief comes fresh produce! We all know that eating locally is beneficial to our farmers, but we benefit as well... and not just nutritionally.

“It’s too expensive to eat healthy!” Food cost is no doubt a barrier for some, but with a little creativity it is always possible to find a way to “rob Peter to pay Paul”—meaning, if you aren’t spending your money on soda or convenience foods anymore, then there is more to go around for fresh, healthy foods. There is no better time to take advantage of healthy foods at a lower cost than when shopping at your local farmer’s market. By skipping the middle man, farmers are able to provide fresh produce to you at wholesale price. Also, most farmers markets accept SNAP and WIC cards, so be sure to keep that in mind if you utilize those programs. Something else that is unique this time of year is that many farms offer opportunities for you to visit the farm and pick your own produce which can save you even more. Check out http://www.travelwisconsin.com/things-to-do/local-foods/farm-markets-pick-your-own for farms near you.

Be adventurous! Many patients after surgery notice that their tastes have changed. I can’t tell you how many patients have asked, “When can I have salads?” before their 3 month post-op visit. Use this opportunity to try new things. The farmer’s market is a great place to do this for several reasons. First off, many farmers will let you taste test...if you ask nicely. Second, because the food is grown locally you don’t lose the flavor during processing, travel time, and when food is sitting on the grocery store shelf. (Statistics show that produce purchased in supermarkets may have been shipped from distant states and countries traveling an average of 1,300 miles for as many as 7 to 14 days.) Third and most importantly, foods purchased at the farmer’s market retain their nutritional content better because farmers can pick their produce at the very peak of its flavor. So, if you have sworn off a certain vegetable because your mom forced you to eat it when you were a child, now is a good time to give it another try. Farmers also have really creative, tasty suggestions on how to prepare their foods.

A great resource for learning how to get the most out of your fresh produce is http://www.localthyme.com. This website provides meal plans and recipes for those who buy and eat local and seasonal foods with the main goal of helping you avoid “veggie guilt” (definition: feelings of remorse or guilt due to unused or wasted vegetables). We’ve all been there! If you are putting in the effort to go the extra mile to buy fresh produce then be sure to put just as much effort into how you are going to prepare it by planning ahead.

Enough with all my rambling…on to What’s Eating Tami!

If you are like me, Pinterest has become like a second child to me (don’t worry…my first still gets the majority of my attention). This has actually been a great thing, because I too, am getting more adventurous with trying new foods and ways to cook things. I recently tried a new “ranch” dip recipe that is packed with fiber and protein that you can use when eating all those fresh veggies. I also wanted to share my new favorite salad for all those fresh greens you purchase at the Farmer’s Market. And as a bonus, I wanted to share two recipes that have helped me get creative when eating the good ol raw veggie standbys...cauliflower and broccoli. They are all Tami Tested and Approved! Enjoy...
## Wisconsin In Season Produce

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<td>Cucumbers, Zucchini, Red Potatoes, Onions, Sweet Corn, Tomatoes, Green Beans, Peppers, Melons, Garlic</td>
<td>Winter Squash, Pumpkins, Gourds, Mums, Indian Corn</td>
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## United States In Season Produce

This chart shows peak growing season for the general United States. The peak season in your region may be longer or shorter.

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**Recipe: Ranch Hummus Dip**

**Ranch Hummus Dip**

**DIRECTIONS**

Place all ingredients in a food processor or blender and process until smooth.

**INGREDIENTS**

1 (15-oz) can garbanzo beans, rinsed and drained  
1 cup fat free cottage cheese  
¼ cup nonfat Greek yogurt  
1 (1-oz) packet ranch dip mix (or can make your own)  
1 Tbsp. olive oil  
1 Tbsp. fresh lemon juice


Taste tested & approved by: Dietitian, Tami Schiltz

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**Recipe: GREEK YOGURT DIJON SALAD DRESSING**

**GREEK YOGURT DIJON SALAD DRESSING**

**DIRECTIONS**

Place all ingredients in a bowl and whisk together, gradually adding the olive oil.

**INGREDIENTS**

¼ c plain Greek yogurt  
¼ c Dijon mustard  
1 Tbsp apple cider vinegar  
2 Tbsp Agave or use less and add Stevia  
2 Tbsp olive oil  
salt & pepper

Source: http://mscupcakesandkleenips.com/2013/07/10/creating-greek-yogurt-mustard-dijon-salad-dressing/

Taste tested & approved by: Dietitian, Tami Schiltz
Recipe: Broccoli and Cheddar Quinoa Bites

**DIRECTIONS**

1. Preheat oven to 350 Degrees.
2. Bring the quinoa and water to a boil, reduce the heat, simmer until tender and the water has been absorbed, about 15 minutes and let cool.
3. Mix everything, spoon into mini muffin pans and bake in oven until lightly golden brown on top, about 15-20 minutes.


Taste tested & approved by: Your dietitian, Tami Shultz

Recipe: Cauliflower Garlic “Breadsticks”

**DIRECTIONS**

1. Preheat the oven to 350°F (175°C) and line a loaf pan with parchment paper so that the excess paper hangs over the sides; lightly grease the parchment paper. Set aside.
2. Heat the olive oil in a small pan over low heat; add the garlic and cook until fragrant, about 1 minute max. Turn the heat off and set aside.
3. In a food processor, pulse the cauliflower florets (it should be evenly chopped but not completely pulvérized).
4. Transfer cauliflower rice to a microwave-safe dish and microwave on high for 8 minutes, until cooked.
5. Place the cauliflower rice in a tea towel (or thick paper towel) and twist it to squeeze as much moisture as you can. This is very important. The cauliflower rice needs to be dry, otherwise you’ll end up with mushy breadsticks.
6. Transfer the cauliflower rice to a mixing bowl, add egg, mozzarella, Italian herb seasoning, garlic oil, salt and pepper and mix well.
7. Spread cauliflower mixture in the prepared loaf pan.
8. Bake until the loaf is set and starting to turn golden, about 25 to 30 minutes.
9. When the “loaf” is cooked, use the parchment paper to lift out of the loaf pan and carefully flip it over onto a plate, then carefully peel off the parchment paper.
10. Bake for another 10 minutes until golden.
11. Take it out of the oven and preheat the broiler. Sprinkle cheese and Italian herb seasoning on top of the loaf.
12. Broil a couple minutes until the cheese is melted and golden in spots.
13. Let cool a couple of minutes before cutting into sticks.
14. Serve hot or warm or cold (if you let it cool the crust will harden and it will be easy to hold)

INGREDIENTS

- 1 small head cauliflower, cut into small florets
- 1 egg, lightly beaten
- ½ cup shredded reduced fat mozzarella cheese
- 2 cloves garlic, grated or minced
- 1 tablespoon olive oil
- ½ teaspoon fine grain sea salt
- ½ teaspoon dried Italian herb seasoning
- ½ teaspoon ground black pepper
- Toppings:
  - 2 tbsp shredded reduced fat mozzarella cheese
  - A pinch of dried Italian herb season
  - Manna for dipping
Farmers Markets in Madison

North

Northside Farmers’ Market
When: Sundays 8:30am - 12:30pm | May - October
Where: Northside TownCenter, corner of Sherman Road and Northport Drive
Website: www.northsidefarmersmarket.org

Southwest & West

Southwest Madison Farmers’ Market
When: Wednesdays 3pm - 7pm | May - October
Where: United Church of Christ, Gilbert Road
Website: www.facebook.com/pages/Madison-WI-Southwest-Community-Farmers-Market/86387742218

Hilldale Farmers’ Market
Hilldale Farmers’ Market, May - Early November Outdoors
When: Wednesdays and Saturdays 7am - 1pm | May - early November
Where: Hilldale Mall, outdoors in rear parking lot
Website: www.hilldale.com/farmersmarket.html

Hilldale Farmers’ Market, Winter Indoors
When: Wednesdays and Saturdays 7am - 1pm | November - April
Where: Hilldale Mall, inside shopping center
Website: www.hilldale.com/farmersmarket.html

Westside Community Market
When: Saturdays 7am - 1pm | April - November
Where: Hill Farms Department of Transportation Parking Lot
Website: www.westsidecommunitymarket.org

Please check websites for exact dates of each market!
**East & Far East**

**Eastside Farmers’ Market**  
*When:* Tuesdays 4pm - 7pm | May - October  
*Where:* 953 Jenifer Street  
*Website:* [www.willystreet.coop/ESFM](http://www.willystreet.coop/ESFM)

**Capital View Farmers’ Market**  
*When:* Wednesdays 3pm - 7pm | June - October  
*Where:* Corner of Northstar and Sharpsburg Drive Grandview Commons Neighborhood, east of the Interstate off Cottage Grove Road  
*Website:* [www.capitolviewfarmersmarket.com](http://www.capitolviewfarmersmarket.com)

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**Isthmus**

**Dane County’s Farmers’ Market**  
*Wednesday Market*  
*When:* Wednesdays 8:30am - 2pm | April - November  
*Where:* 200 block of Martin Luther King Jr. Boulevard in front of the City-County Building  
*Website:* [www.dcfm.org](http://www.dcfm.org)

**Saturday Market on the Square**  
*When:* Saturdays 6am - 2pm | April - November  
*Where:* Capitol Square  
*Website:* [www.dcfm.org](http://www.dcfm.org)

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**South**

**Southside Farmers’ Market**  
*Labor Temple Market*  
*When:* Sundays 11am - 3pm, and Tuesdays 2pm - 6pm | spring - late October  
*Where:* Labor Temple, 1602 South Park Street  
*Website:* [www.southmadisonfarmersmarket.com](http://www.southmadisonfarmersmarket.com)

**Rimrock Road Market**  
*When:* Mondays 2pm - 6pm | early June - late October  
*Where:* 2524 Rimrock Road  
*Website:* [www.southmadisonfarmersmarket.com](http://www.southmadisonfarmersmarket.com)

**Villager Mall Market**  
*When:* Fridays 2pm - 6pm | early June - late October  
*Where:* The Villager Mall  
*Website:* [www.southmadisonfarmersmarket.com](http://www.southmadisonfarmersmarket.com)

**Brittingham Park Farmers’ Market**  
*When:* Tuesdays 3pm - 6pm | early June - late September  
*Where:* Brittingham Park Pavilion, 829 W. Washington Avenue  

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Please check websites for exact dates of each market!
If you’ve never been to a farmers market (or if it has been a while), there are many reasons to go! Here are our favorite tips & tricks!

- **You will find high-quality products** at the peak of their flavor and freshness, many of which were hand-picked just hours before being sold at the market (when did your local grocery store offer that?!). Farmers’ markets feature varieties of produce not often found in grocery stores, including many organic and heirloom products.

- **Prices for in season produce may be similar to grocery store prices.** Additionally, you are supporting local farmers and businesses right here in Wisconsin.

- **It is a great experience!** Farmers’ markets offer a fun atmosphere, are a great activity with friends or family, and offer an opportunity to get some walking in.

- **Mail call!** If available, sign up for weekly email updates for information on local farms, special events, featured items to look for, farm profiles, recipes and more!

- **Plan, plan, plan!** Before you go, find recipes you will enjoy that feature in-season produce and other products likely to be at the market. (Tip: check out the In Season guide in this newsletter and farmers’ market websites for more information on produce at its’ peak.) While shopping, chat up the sellers and your fellow farmers’ market shoppers to exchange ideas.

- **Read, shop, cook!** Get a copy of the cookbook by the Madison Area CSA Coalition, “From Asparagus to Zucchini: A Guide to Cooking Farm Fresh Seasonal Produce” from a local library, bookstore, or online for more recipe ideas.

- **Get a guide to the goods!** At the market, pick up a free copy of this year’s Farm Fresh Atlas for a week-by-week guide of what is at the height of its season. You can also check out the In Season guide in this newsletter!

- **Go hands-free and green!** Bring along a roomy tote bag or backpack, and your own recycled plastic baggies to take everything home in.

- **Cash is in!** Most vendors cannot accept checks or credit/debit cards. Make sure you have cash (including small bills and some change) for your purchases.

- **For the best selection (and less traffic), go early!** For smaller crowds, and often some great last-minute deals on produce that is not going back to the farm, go late!

- **Look for a bargain!** Some vendors offer a discount on less-than-visually-perfect (but still high quality, delicious and nutritious) items. (Tip: these can be a great option if you intend to cook or puree your items.) Be sure to check all purchases for freshness. Some vendors may also discount unsold products towards the end of the day to avoid taking it back to the farm. Take your time browsing, price shopping, and sampling to find items that fit your budget.

- **Make it a habit!** The farmers’ market is never the same twice, so visit frequently as items come into season. Consider trying something new every time you go.

- **Keep it fresh!** Most items are best when used within one week. Thoroughly wash and dry leafy produce as soon as possible; store with a dry paper towel to absorb excess moisture. Store unrefrigerated items in a large countertop basket or bowl away from heat and sunlight.

- **Put your freezer to work!** There are unlimited options for freezing, canning, and drying fresh produce to enjoy during colder months or for make-it-yourself convenience meals. Try making favorite recipes in batches to enjoy now and later, or to share and swap with friends.

- **Get involved!** Consider volunteering at the information booth or becoming a “Friend” of the Dane County Farmers’ Market (see website for information).

- **Share your experiences!** We’d love to hear about and see pictures of your farmers’ market shopping adventures, favorite finds and new recipes!
Happiness is a direction, not a destination. —unknown

The difference between ordinary and extraordinary is that little extra. —Jimmy Johnson

If you're doing your best, you won't have any time to worry about failure. —M. Jackson Brown Jr.

Love yourself. —lovelymemories.tumblr.com

Where there is love, there is life. —Gandhi

An eye for an eye, only makes the whole world blind. —Gandhi

The purpose of life is a life of purpose. —Robert Byrne

The future belongs to those who believe in the beauty of their dreams. —Eleanor Roosevelt

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. —Lao Tzu

We can't solve problems by using the same kind of thinking we used to create them. —Albert Einstein
CRITICAL KEYS TO RELAPSE PREVENTION

You’ve worked hard to achieve weight loss and you realize that the tools you now have will continue to require lifelong planning and adherence. Relapse prevention starts from the moment you begin preparing for weight loss (be it by surgery, the Very Low Calorie Diet or otherwise). Relapse prevention means taking charge of your situation. The following are some strategies to help you take control, achieve and maintain success on your road to improved health & well-being.

1. Develop Your Relapse Prevention Toolkit and Keep It Up-To-Date
    Having a strong after-surgery (or after VLCD) plan to deal with any veering off course you might have is the single most important tool for preventing a relapse. Develop a plan for what to do if your motivation starts to wane or if your behavior threatens to take you off the road of healthy eating into the guardrails. Your plan may include a motivational “tool kit” including “parachutes” to which you have easy access. Keep this toolkit handy for when you may need it unexpectedly (e.g. in written form in your wallet, car, or home). Keep your motivational tool kit and parachutes current and up to date. Everyone’s motivational tool kit is different. Some people include photographs of loved ones as reminders of why and for whom they are striving to maintain good health. Others write personal insights or motivational statements to encourage them to stay on course and continue striving toward their personal health goals (e.g. reminders of what drove their decision to change like medical issues or pain, wanting to improve their quality of life, hoping to see milestones in their grandchildren’s lives). You will likely know best what needs to go into your personal tool kit. Be sure to include positive reminders to help you keep focused on your long range goals—whether this involves friends, family, other people, animals, particular feelings, images, or accomplishments, words or thoughts or mental exercises (e.g. for stress management). These are the things that will help pull you through tough times. Include in your tool kit reminders about how far you have come in your strong commitment to improve your health and well-being and reminders about the importance of following through with your weight management efforts. Develop the tool kit long before you will ever need it; be creative about what might really be motivating for you should you veer off course. Revise your tool kit as needed so it is always relevant and current. For example, your tool kit in the first year after surgery may be quite different from the tool kit you’ll have 5 years after surgery.

2. Find Support
    Create a firm foundation of support for yourself, a network of people with whom you feel connected. Join organizations or groups to find/reinforce/create your social support network. That network needs to actively support your weight loss and maintenance efforts, your new eating-changed world. That network might include educational meeting groups, support groups, on-line resources, and/or family and friendship networks. Keep a contact list of your support system easily accessible (e.g. in your relapse prevention “toolkit”) so if the need arises you can get support quickly. Remember that staff at the Medical and Surgical Weight Management Program are part of your support network and here to support you when needed!

3. Journal
    Record and affirm your feelings, behavior and food-related activities. Record moments of clarity, insight and confusion. Record your feelings and emotions and reactions to what is going on in your life. Some people prefer to keep their journal private while others share what they have written with others whom they trust. Whether your journal is private, for you only, or more public (e.g. a blog or a Facebook page) the journal will keep you accountable to yourself and provide you with a place to write about your struggles.
    To get into the journaling habit, some people establish a journaling routine—certain times of the day devoted to this activity. Others make entries as needed. Review and reflect on your entries and learn from them, taking notice of how far you have come. Sometimes clarity, perspective, and insight will come from stepping back.
4. Be Aware of and Pay Attention to YOUR Particular Warning Signs and Triggers

Make efforts to remove as many specific triggers as you can from your life (for example, if stress was a significant trigger in the first place, find healthy ways to reduce stress. Here is a list of common warning signs and situations that can spark a relapse:

1. Dishonesty, defensiveness or denial about your food-related behaviors.
2. Difficulty managing cravings and urges; obsessing over food.
3. Significant feelings of loneliness, depression, frustration, anger, boredom, resentment, guilt, shame, anxiety or worry. Remember that distress is the most common cause of relapse and the most common reaction to it.
   Emotional problems, relationship problems, fatigue, depression, anxiety, work place stress—all can weaken your impulse control and lead you to seek comfort rather than maintaining your effort to reach your goals.

**District can be addressed!**

4. Overconfidence or believing “relapse cannot happen to me.”
5. Complacency and procrastination and diminished motivation.
6. Expecting too much from others or yourself; perfectionism in home or work life and in your weight loss efforts.
7. Avoiding daily structure, responsibilities, and routines e.g. eating and sleeping irregularly; sudden changes in your routine such as missing work, doctor's appointments or support meetings.
8. Use of mood-altering drugs or chemicals.
9. Expecting too much change too quickly.
10. Not reaching out to your support group; becoming more isolated.
11. Significant marital, relationship, or family stressors/losses.
12. Illness; chronic pain.
14. Multiple significant life changes (job, financial, interpersonal, losses, moves, social pressures or conflicts, change in marital status, etc.) over a relatively short time.
15. Socializing with individuals in settings which lure you into old behaviors.

5. Focus on You and Be Reasonable In Your Self-Appraisal

Stay healthy. Treat your body right including sleeping enough; exercising; doing fun things; being productive; relaxing; maintaining emotional and physical balance of work, play, activity and rest. The better your physical body feels the better your emotional state and the less likely you are to relapse!

Be kind to yourself. Forgive yourself (rather than being hard on yourself) when you have a lapse. Learn from situations where you veer off course and keep reminding yourself of your successes and achievements. Remind yourself that you cannot please everyone else but how hard you are working to please yourself.

Recognize you are apt to have times of feeling blue. Changing your relationship with food can be disturbing, unsettling, frustrating, and just plain sad at times! It’s okay to grieve the loss, the sacrifices and the changes. And if you get stuck in your grief, that is if the tail starts wagging the dog and you feel a loss of control in terms of reigning in your sadness, tap into your support resources—friends, family, your family physician, and/or professional mental health providers.

Be reasonable with the expectations you set for yourself. Lifestyle changes need to evolve and to be tweaked often so that they can ultimately develop into long term habits and patterns that serve you well. Set small goals incrementally—one day at a time, then in slow, ever-increasing amounts. Break goals into small portions so that if you veer off course of a small goal versus a big one, it easier to get back on target. Avoid punishing yourself if you slip. Praise yourself for activating your parachute-calling anyone you have identified who can help get you back on track—your therapist, a friend, a family member. Remember the more time that passes in your weight loss efforts, the easier changes will tend to be and the more solid your change habits will become.

Life is filled with joys and struggles. Being able to manage and maintain your weight and health goals through “thick and thin” takes resolve and effort. With persistence and good use of the tools in your toolkit you can be the author of your own personal success story!
What to do When Your Insurance Changes and Does Not Cover UW Health Medical and Surgical Weight Management Services

Michele Vargo, Registered Nurse

You had insurance that offered coverage for weight management services and now they do not cover weight management services. Or maybe you’ve recently moved or switched jobs and had to change insurance to a company that does not cover weight management services. Remember you are not alone and we are still here to help!

The entire staff at the clinic would like to see every person who has had weight loss surgery at UW Hospital every year on or near the anniversary of your surgery. We understand there will be times when this is not possible, but we highly recommend annual follow ups. If you are moving, please establish care with another Bariatric Center of Excellence program. You can find Center of Excellence programs at http://asmbs.org/member-search. You are able to search all 50 states for physicians who are willing to follow other surgeons’ patients. If you need your medical records sent to your new provider, please contact UW Medical records at 608-263-6030.

We are willing to work with your primary care physicians to ensure you get your annual labs and are taking the correct supplements. If your new provider or primary care physician needs to speak with our staff, please have them call 608-265-7090 and speak with Michele Vargo, RN or Steve Heuer, PA. Labs that have been drawn outside of UW, whether you are following up with our clinic or not, should be faxed to 608-265-1279. Please see the reference guide on the next page for recommended annual lab work and life-long supplements.

The UW Health Medical and Surgical Weight Management Program is committed to providing you the best care, including classes, support groups and online resources to help you and your family make informed decisions. We understand the key to making the right decision about bariatric surgery, medical weight management and maintaining a healthy lifestyle is to have the right information at your fingertips. Our Support Group and Lifestyle Class remain available regardless of your insurance coverage.

About Our Support Group
We offer a free patient-led support group for anyone who has had surgery or has participated in a weight loss program, and anyone considering medical or surgical weight management. Friends, family members and support people are also welcome.
5:30–7 pm, second Monday of each month
UW Health East Clinic, 5249 E. Terrace Drive, Madison
The support group is free and no registration is required.

About Our Lifestyle Class
We offer a Lifestyle class taught by program staff to review the basics of a healthy lifestyle for anyone who has had surgery or has participated in a weight loss program, and anyone considering medical or surgical weight management. Friends, family members and support people are also welcome.
4:30–5:20 pm, second and fourth Mondays of each month
UW Health East Clinic, 5249 E. Terrace Drive, Madison
The class is $5 at the door per participant. You may also purchase five classes for $20 and 12 classes for $45.
Annual Lab Work for Gastric Bypass (RNY) & Sleeve Gastrectomy:
- CBC
- CMP
- Pre-Albumin
- PTH (Parathyroid Hormone)
- Phosphate
- Magnesium
- Iron
- TIBC (Total Iron Binding Capacity)
- Folate
- Ferritin
- Vitamin B 12
- Vitamin B 1 (whole blood Thiamine)
- Vitamin D, 25-Hydroxy by HPLC
- HgA1C if diabetic

Annual Lab work for Lap Band:
- CBC
- CMP
- Pre-Albumin
- Ferritin
- Vitamin B 12 if on Metformin
- Vitamin B 1 (whole blood Thiamine)
- Vitamin D, 25-Hydroxy by HPLC
- HgA1C if diabetic

Life-Long Supplements for Gastric Bypass (RNY) & Sleeve Gastrectomy:
- Chewable Multivitamin—2 per day
- Calcium Citrate—1,200 to 1,500 mg per day
- Vitamin B 12—500 mcg per day under tongue
- Vitamin B-Complex or B-50—1 per day
- Vitamin D 3—5000 IU per day
- Ferrous Fumarate or Ferrous Gluconate—325 mg per day (take with Vitamin C 500 mg and do not take within 4 hours of any Calcium)

Life-Long Supplements for Lap Band:
- Chewable Multivitamin—2 per day
- Calcium Citrate—1,200 to 1,500 mg per day
- Vitamin B-Complex or B-50—1 per day

UW Health Medical and Surgical Weight Management Program
Contact Information

UW Health East Clinic
5249 E. Terrace Drive
Madison, WI 53718
Phone: 608-265-7090
Email: bariatric@surgery.wisc.edu
Web Site: uwhealth.org/weightloss
Facebook Page: www.facebook.com/uwbariatric
Mobile App: “UW Health Bariatrics”

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.
The first step of your weight loss journey begins here.

Download our app to learn more about medical and surgical weight loss options.
Our Team

Physician Assistant
Steve Heuer, PA-C

Registered Dietitians
Tami Schiltz
Andy Stader

Health Psychologists
Scott Ritchie
Joel Wish

Registered Nurse
Michele Vargo

Admin. Supervisor
Dawn Gogert

Medical Assistant
Kristi Bettcher

Program Manager
Mary O’Connell

UW Health Medical and Surgical Weight Management
Program Surgeons

Guilherme M Campos, MD  Luke Funk, MD  Michael Garren, MD  Jake Greenberg, MD
The UW Health Medical and Surgical Weight Management Program is a Center of Excellence, as designated by the American College of Surgeons Bariatric Surgery Center Network. This designation reflects the program’s achievement of the highest standards in the field of bariatric surgery and ongoing commitment to providing high-quality, patient-centered care.

We offer patients the means to lose weight safely, restore health and improve quality of life with our medical and surgical program options. We stress the most important aspect of weight loss is improved health after surgery or medical therapy. The true measure of our program’s success is the improvement or elimination of many weight-related health conditions.

For more information, please contact us at:

5249 E. Terrace Drive
Madison, Wisconsin 53718
Website: www.uwhealth.org/weightloss
(608) 265-7090 | (800) 323-8942 E-mail: bariatric@surgery.wisc.edu

We want to hear from you!

What is the one thing that could make your experience with the UW Health Medical & Surgical Weight Management Program better? Questions, Comments, Article Suggestions, and Topics You’d Like to Read More About:

□ Please contact me to follow-up regarding my suggestions.

□ Please add me to the e-mail distribution list for future editions of this newsletter.

Name __________________________
Phone & E-Mail ___________________