

THINNER TIMES

THE OFFICIAL NEWSLETTER OF STREAMLINE SURGICAL

STREAMLINE SURGICAL

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Welcome to issue 4

Hello and welcome to issue 4 of 'Thinner Times'. Each newsletter we like to share with you the success of our patients, and page 2 of this issue is the most perfect example of why we do, what we do.

On a warm August afternoon (seems a long time ago now!) we held our annual tea party at the beautiful West Dean conference centre in Chichester. This annual event offers an opportunity for past patients to meet up with fellow patients and the team from Streamline Surgical and share their weight loss success.

The tea party is one of our favourite events and each year we love seeing how well everyone has done. This year was our biggest tea party yet with over 70 past patients attending who together had lost a fantastic 3 ton!! An absolutely incredible achievement! This indicates how weight loss surgery really does change lives for the better.

We hope you enjoy the photo gallery on page 2, I'm sure many of you will spot lots of familiar faces!

And as a final note on the tea party, we would like to say a big thank you to the individuals who agreed to be

interviewed and photographed for an article in The Sun newspaper. We were delighted that the newspaper wanted to feature your stories and we are positive that this article has helped other people who are considering weight loss surgery to understand in more detail how it changes lives.

We look forward to seeing even more of you at the 2011 tea party!

As always, this issue of Thinner Times features some great recipes from our very own cook Carol Bowen Ball. Carol recently released her own bariatric cook book, Return to Slender. We would like to congratulate Carol on the release of Return to Slender, a cook book like no other which is much needed! For details on Carol's cook book please visit the Streamline Surgical website & forum.

And finally, we would like to wish all of you a very Merry Christmas and a happy and healthy 2011.

Shaw, Guy and Chris



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“We would like to wish all of you a very Merry Christmas and a happy and healthy 2011”



Tea Party

Saturday 14th August saw 70 past and present patients of Streamline Surgical arrive at the beautiful West Dean Conference centre for our annual tea party. The sun shone and the conversation flowed as you shared with each other your weight loss journeys.

Together, the tea party guests had lost over 3 ton, a fantastic achievement which you should all be very proud of. We have included below a selection of photos from the day, to see the full gallery please visit the Streamline Surgical forum.



Thinner Times Recipes

This issue Carol Bowen Ball our Thinner Times cook has devised a double whammy of delicious recipes for you, our very lucky readers. Firstly, Carol has devised a set of 'Portable Feasts' that will keep you eating healthily whilst on the go. And as an added bonus she has shared with us some yummy festive recipes that will help get you through the Christmas period.

Portable Feasts

Whether you are eating at work or on the go, it's important to keep meals not only high in nutrition but also interesting, with a variety of flavours and textures, so that boredom doesn't set in. Weight-loss surgery patients can't rely upon the staple sandwich of old but can mix and match a whole host of dishes like soups, salads, wraps and fruit skewers to ring the changes on a daily basis.



EDAM AND VEGGIE BEAN WRAPS

SERVES 6
WLS PORTION: 1/2 - 3/4

Many patients say they can't eat traditional bread after surgery but I know a good many who can eat a wrap. This cheese and bean variation would rival any sandwich offering and makes good nutritious lunchbox fare for all the family.

INGREDIENTS

- 1 small red pepper, deseeded and diced
- 160g can sweetcorn kernels, drained
- 420g can mixed beans, drained and rinsed
- 6 tbsp ready-prepared tomato salsa
- 6 soft tortilla wraps
- 100g shredded iceberg lettuce
- 100g light Edam cheese, grated
- 4 tbsp fat-free (0%) Greek yogurt

INSTRUCTIONS

- 1 In a large bowl, mix the red pepper with the sweetcorn, beans and tomato salsa.

- 2 Place a tortilla on a chopping board and arrange some lettuce over the base. Spoon some of the bean mixture down the centre, then top with a handful of the grated cheese. Top with 1 tbsp of the yogurt.
- 3 Carefully roll up the tortilla, tucking the ends in as you go, to encase the filling. Repeat with the remaining tortillas and filling. Cut in half to serve or before packing into a lunchbox.

PER PORTION

Calories:	230
Protein:	13.8g
Carbohydrate:	30.7g
Fat:	5.5g

Soft
Tortilla
Wraps



Edam

'ALL DAY BREAKFAST' CRUSTLESS QUICHE

SERVES 6
WLS PORTION: 1/2 - 1

I love these quiches made without a pastry crust and have many variations of them, some with chicken, fish and vegetables, in fact anything including leftovers that I have in the refrigerator. This one is a personal favourite with ham, eggs, cheese, mushrooms and tomatoes, the veritable 'all day breakfast' combination. Serve warm with a salad.

INGREDIENTS

- 6 large eggs, beaten
- 2 tbsp snipped chives
- 100g cooked ham, diced
- 3 mushrooms, thinly sliced
- salt and freshly ground black pepper
- Fry Light cooking spray
- Babybel Light cheeses, each cut into 6 pieces
- 12 baby cherry tomatoes

INSTRUCTIONS

- 1 Preheat the oven to 180 C/350 F/Gas 4.
- 2 Mix the eggs with the chives, ham, mushrooms and salt and pepper to taste.

- 3 Spray six holes of a deep muffin tray with the Fry Light. Pour in the egg mixture ensuring that the ham and mushrooms are evenly shared.
- 4 Divide the cheese pieces and the tomatoes between them, pressing down lightly into the egg mixture.
- 5 Bake for 25-28 minutes or until the quiches are well-risen, lightly browned but still slightly wobbly in texture (they will continue to cook after removing from the oven so this gives a good creamy rather than over-cooked texture). Serve warm or allow to cool then chill before serving.

Please note - Some patients may struggle with the texture, but if you chew well this should help.

PER PORTION

Calories:	160
Protein:	14.6g
Carbohydrate:	1.1g
Fat:	10.6g

Delicious
Crustless
Quiche

Bariatric Cookery (UK) Ltd



FESTIVE DISHES

STICKY TURKEY AND ORANGE STIR-FRY

SERVES 4
WLS PORTION: 1/2 - 3/4

This would make a wonderfully light Boxing Day meal. It also uses up any left-over cooked turkey and the odd orange or tangerine lurking in the fruit bowl. Serve with rice or noodles if liked.

INGREDIENTS

- 2 tbsp soy sauce
- Grated rind and juice of 1 orange or 2 tangerines
- 2 tbsp honey
- 1 tbsp wholegrain mustard
- 450g cooked turkey, cut into strips
- Fry Light spray
- 2 carrots, peeled and thinly sliced
- 175g broccoli florets
- 2 tbsp water
- 2 tsp chopped fresh ginger
- 1 clove garlic, crushed (optional)
- 4 spring onions, sliced
- 2 red peppers, cored and sliced
- 1 tbsp cornflour

INSTRUCTIONS

- 1 Mix the soy sauce with the orange rind and juice, honey, mustard and turkey. Leave to marinate for 5 minutes.
- 2 Heat a wok or large frying pan until hot. Spray with Fry Light and add the carrots and broccoli. Stir-fry for 3 minutes.

- 3 Remove the turkey from the marinade using a slotted spoon (reserve the marinade). Add to the pan with the water, ginger, garlic if used, spring onions and peppers. Stir-fry for 2-3 minutes or until the vegetables are softened but still crisp.
- 4 Mix the reserved marinade with the cornflour. Stir into the turkey mixture and cook for 1-2 minutes or until slightly thickened. Serve at once with noodles or rice if liked.

PER PORTION

Calories:	256
Protein:	28.9g
Carbohydrate:	26.7g
Fat:	2.1g



I Love British Turkey

Wonderfully Light
Boxing Day
Meal

ICED CHRISTMAS TRIFLE SLICE

SERVES 6
WLS PORTION: 1/2
*SUITABLE FOR FREEZING

This is a low-fat and low-sugar bariatric twist on a festive favourite. It has all the taste and ingredients of a traditional trifle, but frozen into an ice-cream like terrine and cut into slices to serve.

INGREDIENTS

- 2 tbsp toasted flaked almonds
- 250 g low-fat and low-sugar custard
- 1 x 500 g pot fat-free fromage frais
- 5 tbsp granulated Splenda sweetener
- 380g pack frozen British Summer Fruits, thawed
- 160g pack trifle sponges
- 1 tbsp fruit spread

INSTRUCTIONS

- 1 Line a 450 g small loaf tin or dish (about 9 x 21 cm and 6 cm deep) with cling film. Scatter the almonds evenly over the base.
- 2 Mix the custard with the fromage frais and 3 tbsp of the sweetener. Spoon half of this mixture over the almonds and level the surface.
- 3 Mix the thawed fruit mixture with the remaining sweetener and spoon half of this over the custard mixture in the dish. Top with the remaining custard mixture. Keep the remaining fruit mixture in the refrigerator until ready to serve or freeze in a small container until required then allow to defrost for about 1 hour.

- 4 Spread one side of the trifle sponges with the fruit spread and place, spread-side down in a snug-fitting line over the custard in the dish. Press down gently into the custard. Cover with cling film and freeze for 4-5 hours or until firm. The pudding can be frozen for up to 2 months at this stage.
- 5 Remove from the freezer about 30 minutes before turning out to serve. Drizzle with the remaining fruit mixture and cut into slices for serving.

PER PORTION

Calories:	175
Protein:	9.8g
Carbohydrate:	26.1g
Fat:	3.7g

Waitrose



Festive
Favourite

Case Study

Gary Carter - Gastric Bypass patient 9 stone weight loss

Gary Carter, 45, made the decision to have weight loss surgery after years of battling with his weight. As he began to develop obesity related health conditions he knew that he had to make a change. He hoped that a gastric bypass would be the answer.

"My weight problem started when I was at secondary school. I started to get bullied, and I realised the bigger guys were left alone so I began eating more in a way to stop the bullying. But even when school finished I didn't stop. I didn't have many relationships and would turn to food for comfort. I could easily have four packets of crisps in one go and used to drink up to ten two-litre bottles of fizzy drink each week.

"I tried every diet - you name it, I tried it. My weight would yo-yo as I lost interest in the diet and went back to food. I would put all the weight on which I had lost, plus a bit more. Nothing worked for me, and my self-esteem was so low that I felt self-conscious the whole time. On holiday there was no way I would take off my shirt on the beach, no matter how hot it was. At work, I was a manager in charge of around 30 staff, handling a large turnover and so I was quite successful professionally. Yet I would still hear comments and jokes from my staff and customers about my size practically every day which made me really upset.

"Ten years ago I was diagnosed with Type 2 Diabetes and over the last few years suffered with bouts of depression. My weight definitely contributed to this - I believed I was useless and worthless. Then one day I thought enough was enough. I'd had enough of being fat with the jibes and the embarrassment I had every single day. I spoke with my GP and he referred me to Mr. Guy Slater."

"Weighing over 25 stone and with my health issues such as my diabetes I was an ideal candidate for surgery. I found the staff at Streamline Surgical so friendly and they treated me with respect and like a 'normal' person. I am full of admiration for Mr. Guy Slater and can't speak highly enough of him. He has given me back my life, probably about 30 years of it! I am no longer on any medication for diabetes which feels amazing. I don't miss any of the bad foods I used to eat all the time and I can actually look in the mirror now and not feel disgusted. I love going out and shopping now and can buy clothes off the peg which is so nice. I am so much more confident. Before I used to have to put on a certain mask to try to get people to like me and now I don't feel that I need to do that - people will like me for me.

"My wife is so happy with the new me, she calls me her "hunky, new fella!" I promised her before we got married that I would lose the weight and now I have kept my word after years of trying and failing. Some of my friends don't even recognise me which I find gives me a complete buzz and helps my confidence even more. All my family and friends have been so supportive and they are pleased that I am finally happy with myself.

"Now I'm just waiting for things to happen as the whole world has opened up to me. I really want to go abroad soon as this time I won't have the embarrassment of needing an extension belt on the plane and having the tray resting on my belly! This time the tray will be able to fully go down and once I'm on the beach I can take my shirt off without any anxiety. To anyone considering the surgery I say do it, you won't regret it."

"I am no longer on any medication for diabetes which feels amazing."



**9 stone
weight
loss**

Meet the Team – Stacey Brova



Stacey Brova, 40 is Streamline Surgical's Senior Patient Care Co-ordinator. Below she answers our quick fire meet the team questions.

Q. Where do you work?

A. I work from an office at my home in Bushey, Herts.

Q. How long have you worked for Streamline Surgical?

A. 18 months and I have loved every minute!

Q. What is a typical day for you?

A. A typical day for me is speaking on the phone to lots of lovely people and answering any questions, concerns or issues they may have regarding weight loss surgery. A key part of my role is helping people to make the right choices; weight loss surgery is a life changing experience and my role is to help them understand all that is involved before they make this decision.

Q. What do you enjoy most about your job?

A. I'm very lucky as I love every aspect of my job, but the true satisfaction is when I visit people in hospital after surgery, knowing that their new life is beginning.

Q. What do you do outside of work? What are your hobbies?

A. Outside of work I love to spend time with my husband, our 6 children and our beautiful granddaughter. We really enjoy eating out and socializing with friends as much as we can. And of course like most girls I love shopping shopping & more shopping!! I have also recently started to attend a weekly Zumba class which is a great way to stay fit and also meet new people.

Q. What advice would you give to anyone considering weight loss surgery?

A. My advice to anyone considering WLS is go with your heart and change your life for the better. I have never spoken to anyone that has ever regretted having the surgery, in the majority of cases the only regret is not having had the surgery sooner!

Q. What are your plans for Christmas?

A. My plans for Christmas are simple, spend lots of time with family and friends and recharge my batteries ready for what I am sure is going to be a very busy 2011.

In the press

Thanks to all our patients who have recently agreed to be media case studies for us. Patients appearing in the media and sharing their stories allows readers to understand in more detail the journey that weight loss surgery patients go through. Below is a selection of press coverage from the last few months

