

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Treatment of these two conditions should be integrated for optimal outcomes

Connection between Obesity and Depression

A major review in *Clinical Psychology: Science and Practice* reveals that research indicates people who are obese may be more likely to become depressed, and people who are depressed may be more likely to become obese.

To understand the potential links between obesity and depression, researchers led by Sarah M. Markowitz, M.S. examined the data that suggest a connection between the conditions and found evidence for causal pathways from obesity to depression and depression to obesity.

People who are obese may be more likely to become depressed because they experience themselves as in poor health and are dissatisfied with their appearance. This occurrence was particularly prevalent among women.

People who are depressed may be more likely to become obese because of physiological changes in their hormone and immune systems that occur in depression. Also, they have more difficulty taking good care of themselves because of depression, with difficulty adhering to fitness regimens, overeating, and having negative thoughts.

Dieting, which can worsen mood, and antidepressants, which can cause weight gain, should be minimized in patient who are obese and depressed.

On the other hand, treatments such as exercise and stress reduction can help to manage both obesity and depression at the same time.

"The treatment of depression and obesity should be integrated," the authors conclude. "This way, healthcare providers are working together to treat both conditions, rather than each in isolation."

Weight loss surgery, such as adjustable gastric banding, has also been shown to lead



to significant improvement or resolution of depression. Occasionally however, some patients may become depressed after surgery.

At Virginia Hospital Center, our Weight Loss Surgery Center incorporates psychology support as an integral part of the program. Our clinical psychologist, Dr Sally Ann Greer, evaluates all patients prior to surgery and is available to help them at all times after surgery.

LAP-BAND WEIGHT LOSS TIPS

These 8 simple rules will allow you to take the most advantage out of your lap band:

1. **Eat 3 meals a day, but no snacks!**
2. **Always stop eating or drinking as soon as you feel full.**
3. **Eat slowly and chew well!**
4. **Do not drink with your meals.**
5. **Do not drink liquids that have high calories.**
6. **Always eat your protein first.**
7. **Take your multi-vitamin supplements each day.**
8. **Exercise regularly, 30 minutes / day.**

HEALTHY EATING CORNER

SZECHWAN BURGERS

Prep/Cook Time: 20 minutes

- 1 1/2 lb. ground beef
- 1 can (10 3/4 oz.) 98% Fat Free Cream of Mushroom Soup
- 1/3 cup water
- 1/3 cup peanut butter
- 1 tbsp. soy sauce
- 1/4 tsp. garlic powder
- 1/8 tsp. crushed red pepper
- 6 round sandwich rolls, split

SHAPE beef into 6 patties, 1/2" thick. COOK patties in skillet until browned. Pour off fat. ADD soup, water, peanut butter, soy, garlic and red pepper. Heat to a boil. Cover and cook over low heat 5 min. or until patties are done. Serve on rolls. Serves 6.

