As she was nearing the age of 40, Jenny Davis decided to change her life for the better through weight loss surgery. She was tired of being "trapped" by her current weight.

"My life was just very boring and sedentary," said Jenny. "My life was ruled by my food, and I didn't want to do that anymore."

After doing a bit of research, Jenny decided Erlanger Metabolic and Bariatric Surgery Center was her best option for weight loss surgery. She registered with the team, talked with Dr. Sanborn via live webinar, and the rest is history. On March 13, 2018, Jenny underwent bariatric surgery with Dr. Daniel Cronk.

"Fast-forward to today, and I look in the mirror and I'm a totally different person, inside and out" said Jenny. "I've lost 70 pounds, and I'm still going."

Since the beginning of her weight loss journey, Jenny was determined to give it her all—she refused to do anything less than 100%.

"I told Dr. Cronk the day that I had my surgery that I will go all the way, I will not be a 70% statistic," she said. "I'm going to make this a new life for myself."

Nearly a year after her surgery, Jenny participated in the 2019 Erlanger Chattanooga Half Marathon after the support team at the bariatric center encouraged her to join their team. Though she didn't initially realize the impact it would have on her, she'll never forget the moments her family cheered her on as she ran.

"My family was there. They met us a couple times on the course, rooting us on," said Jenny. "That was such a good feeling, for my girls to be able to see their mom accomplishing something that she never thought she'd be able to do."

"I want to thank Jenny Davis for sharing her story, she has shown strength and determination throughout her journey. She takes an active lead in the management of her disease of obesity recognizing it is a lifelong chronic condition. I want to thank her for how she supports individuals new to this journey; especially through our support groups by sharing her experience."

– Karen Sarnosky, MSN, FNP-BC, CBN
Ask the navigator

Dear Navigator,

I am scheduled for surgery but have not come to your consent class. I have heard a lot of information is covered in that class, but I have a couple of questions specific to the hospital stay.

How long will I be in the hospital? And what should I bring with me?

These are great questions and though each one is covered in the consent class, they are so frequently asked that I thought it would be a great topic for this “Dear Navigator” column.

How long will you be in the hospital?

You should expect to stay one or two nights in the hospital. A large majority of patients will go home the next day, but on occasion if a patient is not meeting goals, or the surgeon feels more time is needed, the patient will be instructed to stay an additional night. I always challenge my patients to work hard to get home.

What should you bring?

There are 6 things I recommend you bring with you for your stay at Erlanger.

1. A pair of pajama pants or shorts with an elastic band. Hospital gowns will be provided for patients while in the hospital, but if you have ever worn a hospital gown you know they are not very modest. You will be asked to do a lot of walking, starting the night of your surgery. To provide that modesty bring comfortable, loose fitting or elastic banded clothing.

2. An easy, slip on pair of shoes with good traction. A loosely laced tennis shoe or a slip on deck shoe is great to provide good support and prevention of falls while walking. Flip flops, though easy to slip on are not that great for traction and may put a patient at risk for a fall. If you don’t have a shoe that works, don’t worry! The hospital will give you a pair of socks that have tread on the bottom that can be worn when you are out walking in the hallways.

3. CPAP or BiPAP. If you are a sleep apnea patient and wear one of these at home for sleep, we will want you to bring it with you for your stay hospital stay. They can be used to assist in recovering patients after surgery, and for rest while on the unit.

4. Current home medication list. You may be instructed to hold a medication before surgery, or medications may be altered during your pre-operative diet phase to accommodate lower caloric intake. These changes will need to be relayed to pre-testing, but will also be verified in the pre-operative area by your nurse. Remember we are human, don't depend on your memory, write it down and bring it with you.

5. Identification. Remember to bring a photo ID or driver's license, insurance card, and cash or card to pay the co-pay for prescription medications. At Erlanger we have a great in hospital program provided by CVS Pharmacy, found in our medical mall, that will bring your new prescribed medications for discharge directly to your room. CVS will ask that you pay your co-pay in order for this service to be offered. They may also need your insurance information if it is not on file with their company.

6. Creature comforts and phone charger. No one likes to go without brushing their teeth, so make sure to bring the things you might need for a one night stay anywhere. Though Erlanger can provide things like a toothbrush if you forget, they may not be able to accommodate that favorite kind of Chap Stick or face wash. Don't forget your phone charger, though there are phone tree stations around the hospital that have most phone charger connections on them, no one wants a dead phone when they are trying to connect with family.

A few other reminders:

• No make-up, no face lotions. Don't come looking like you’re going to host the morning news, au-natural is how we want you.

• No nail polish. You may be asked to remove finger nail polish and fake nails so that your oxygenation can be monitored with a pulse oximeter.

• No metal. If it’s removal and metal, such as rings, earrings, or other jewelry, make sure you take it out.

And that is my list. We hope it helps you as you prepare for your surgery day!

If you’d like to “Ask the Navigator,” email your questions to metabolicsurgery@erlanger.org.
**Easy Weeknight Steak Fajita Skillet**

**Servings:** 4  |  **Prep Time:** 15 minutes  |  **Cooking Time:** 30 minutes

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**Ingredients:**
- 1 tbsp extra-virgin olive oil
- 1 medium yellow onion cut into strips
- 1 red bell pepper seeded and cut into strips
- 1 yellow bell pepper seeded and cut into strips
- 2 tsp. garlic minced
- ½ lb. thin-cut steak (look for the kind that says “for pan frying”), cut into strips*
- Salt and pepper to taste
- 1 packet low sodium fajita seasoning (McCormick’s or Mrs. Dash)
- 4 c. frozen cauliflower rice
- 2 tbsp. tomato paste
- ½ c. water

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**Instructions:**
1. Place a skillet over medium heat and allow it to get hot. Add oil.
2. Sauté onion, peppers, and garlic until softened, about 5–7 mins.
3. While vegetables are sautéing, place steak strips in a bowl and toss with half of fajita seasoning, along with salt and pepper.
4. Add steak to pan and sauté until browned.
5. Add cauliflower rice and mix well, cook until thawed before adding the tomato paste, remaining spices and water, if needed. (If mixture is too thick to mix in tomato paste, add water.)
6. Reduce heat to medium-low and cover. Allow to cook about 10–15 minutes, stirring often.
7. Taste and adjust seasonings. Add toppings of choice: jalapeño peppers, shredded low fat cheese, or diced avocado.

*Consider freezing leftovers & reusing for another night’s meal to save time.*
MYTH or FACT?

The goal of bariatric surgery is to do something to the stomach to help you lose weight that makes you feel full faster while eating less food.

This is a great topic to discuss since it is often a source of confusion when it comes to guiding eating habits after surgery. A lot of people tend to mix up the different sensations that result from eating, fullness and satiety. The feeling of fullness is best thought of as a result of stretching the stomach by food. It is often uncomfortable and is probably best thought of as a punitive response by the body. In contrast, the feeling of satiety is simply the lack of desire to continue eating.

By itself, satiety lacks the uncomfortable bloated sensation that usually accompanies fullness. Think of satiety as the feeling that the body is satisfied that nutrition goals are being met. Since carbohydrates aren’t as essential for overall nutrition, they don’t appear to result in the same level of satiety as proteins and fats. With large amounts of carbohydrates, you can achieve fullness without satiety. Meaning you have that potentially uncomfortable sensation without your body’s nutritional needs being satisfied. Most of us have been accustomed to the feeling of fullness signifying that we’ve eaten enough, but it likely means we’ve eaten too much with the body’s nutritional needs not being met. Therefore, hunger will continue and make it hard to lose weight.

The great thing is that it is also possible to reach the feeling of satiety without being bogged down by feeling full. It is usually achieved by eating the proper mix of nutrients. For most bariatric patients, that typically consists of foods low in carbohydrates since they often get in the way of the more essential proteins and fats.

So, the need to eat until you’re full is a MYTH. The goal of bariatric surgery is actually to change the way the body responds to food, so patients can better achieve satiety, and that leads to better weight loss. Feel free to eat until you’re satisfied, but not until you’re full. If you still feel hungry after you eat, you’re probably not eating the right mix of nutrients, so we should examine what you’re eating, not just the amount.

**HEALTHY RECIPE**

**UNJURY Chocolate Peanut Butter Balls**

**Ingredients:**
- ¾ cup Reduced fat peanut butter
- 3 scoops, or packets of Chocolate UNJURY (Classic or Splendor)

**Instructions:**
1. Measure ¾ cup Reduced fat peanut butter and add to mixing bowl.
2. Add 3 scoops of chocolate UNJURY, 1 scoop at a time, stirring well after each scoop until dough is formed.
3. Roll dough into 11 balls.
4. Freeze overnight.

**Nutritional Info**

<table>
<thead>
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<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories: 131</td>
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<tr>
<td>Total Fat: 0 g</td>
</tr>
<tr>
<td>Total Carbs: 9 g</td>
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<tr>
<td>Sugar: 3 g</td>
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<tr>
<td>Protein: 10 g</td>
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Optional additions:
Dried fruit (raisins, cranberries or cherries), spices (cinnamon or nutmeg), oatmeal, chopped nuts (pecans, walnuts or almonds)
Eating to Satiety, Not Fullness

It is possible to reach the feeling of satiety without being bogged down by feeling full. Think of satiety as the feeling that the body is satisfied that nutrition goals are met. People tend to mix up the different sensations of fullness and satiety that result from eating.

The feeling of fullness is best thought of as a result of stretching the stomach by food, which can be uncomfortable. In contrast, the feeling of satiety is simply the lack of desire to continue eating. Satiety is usually achieved by eating the proper mix of nutrients. For most bariatric patients, that typically consists of foods low in carbohydrates and higher in protein.

Here are some ways to reach “satisfaction” without being overly full:

1. Eat protein first.
2. Take small bites.
3. Eat slowly and chew food to the consistency of applesauce.
4. Have meals no larger than 4 oz or ½ cup.
5. Eat meals no further than 4½ hours apart.
6. Stop eating when no longer hungry.
7. Be aware of other signs of “fullness”: runny nose, belching, hiccups, discomfort, nausea/vomiting.
Employee Spotlight

Meet Audrey! She’s part of Erlanger’s Metabolic and Bariatric team. Audrey works as the Bariatric Dietitian for Drs. Sanborn and Cronk. In this position, she educates patients on their nutrition, including pre-surgical and post-surgical diets, both in group classes and individually. She also assists with special events, like the Metabolic Milestones event, hosts dietetic interns, and conducts several support groups.

Audrey chose to become a registered dietitian due to her own personal struggles with nutrition and a desire to learn more about how to eat well. She found she loved the area of weight management because she felt she could relate well to other’s difficulties and could offer hope and help to them.

“It is most rewarding to meet patients, get to know them, and actually see their progress over time,” said Audrey. “It becomes personal when this happens, and I feel that their successes are my successes, their struggles are my own.”

After receiving a Bachelor of Science degree in human ecology with a concentration in food and nutrition from UTC, Audrey became a registered dietitian and obtained her master’s degree in clinical nutrition from East Tennessee State University. Following graduation, she worked as a clinical dietitian in a variety of settings. Audrey has worked with patients in hospitals, dialysis centers, nursing homes, outpatient diabetes education centers, a Head Start Program, home health, and bariatrics. She also became a certified diabetes educator in 2016.

Audrey joined the Erlanger team in June 2019. She chose Erlanger because the Metabolic and Bariatric Center is top notch—and she’s since enjoyed all of the complexities that go along with her work.

“It is a Center of Excellence, which means we don’t just meet the standard but excel above it,” she said.

Audrey has lived in or near Chattanooga for the majority of her life. She and her husband of nine years have a two-year-old son, who she lovingly refers to as her greatest accomplishment. In her free time, she likes to spend time with loved ones, explore the outdoors, and take painting classes.

HEALTHY RECIPE

BLT Deviled Eggs

Ingredients:
- 1 dozen large eggs
- 8 slices bacon (or turkey bacon)
- ¼ cup Fage Total Greek yogurt-buy a small single serve container
- ¼ cup Hellmann’s mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon lemon juice
- ½ teaspoon fine sea salt
- 1/8 teaspoon ground black pepper
- 1 shallot, minced
- 12 grape tomatoes, cut into quarters, or 1 medium ripe Roma tomato, cut into small cubes
- Micro green arugula or use a few medium romaine lettuce leaves, halved and very thinly sliced

Instructions:
1. Put eggs in a medium pot, cover with water by 1 inch and bring to boil over medium-high heat. Cover, remove from heat and leave undisturbed for 12 minutes. Drain, fill with cool water, add ice and set aside until chilled, about 5 minutes. Peel and cut eggs in half transferring whites to a platter and yolks to a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp, 8 to 10 minutes. Transfer to a paper-towel-lined plate. Coarsely chop when cool enough to handle.
3. Combine the cooked yolks, yogurt, mayonnaise, mustard, lemon juice, salt, pepper and shallot – mash with a fork until well combined and smooth.
4. Just before serving, fold in the tomato and half the bacon. Put a few shreds of lettuce into each egg and add a dollop of yolk mixture into the middle. Garnish with a little more of the bacon.

Recipe by Bariatric Eating at https://www.bariatriceating.com/2015/blt-deviled-eggs/
SAVE THE DATE FOR

CELEBRATING METABOLIC MILESTONES

WITH

Erlanger Metabolic and Bariatric Surgery Center

12/13/19

STRATTON HALL

To register, visit erlanger.org/milestones
# Upcoming Support Groups

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<th>DATE &amp; LOCATION</th>
<th>TOPIC</th>
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<td><strong>OCTOBER</strong></td>
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<tr>
<td>October 2 – Erlanger Baroness</td>
<td>Organizing Your Kitchen</td>
<td>Rachel Newmyer</td>
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<tr>
<td>October 7 – Erlanger East</td>
<td>Organizing Your Kitchen</td>
<td>Audrey Picklesimer</td>
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<td>October 17 – Hixson*</td>
<td>Open Forum</td>
<td>Liz Gates</td>
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<td>October 21 – Erlanger East</td>
<td>Field Trip to EarthFare</td>
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<td>October 28 – Hixson*</td>
<td>Wins Other Than Weight Loss</td>
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<td>Dining Out/Menu Watch Phrases</td>
<td>Audrey Picklesimer</td>
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<tr>
<td>November 6 – Erlanger Baroness</td>
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<td>November 11 – Hixson*</td>
<td>Planning Ahead for Holiday Stress</td>
<td>Karen Sarnosky</td>
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<td>November 18 – Erlanger East</td>
<td>Are You Spending Too Much on Groceries?</td>
<td>Audrey Picklesimer</td>
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<td>November 25 – Hixson*</td>
<td>Using Social Media for Success</td>
<td>Liz Gates</td>
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<td><strong>DECEMBER</strong></td>
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<td>December 2 – Erlanger East</td>
<td>Cookbook Planning</td>
<td>Audrey Picklesimer</td>
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<tr>
<td>December 4 – Erlanger Baroness</td>
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<td>December 9 – Hixson*</td>
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<td>December 30 – Hixson*</td>
<td>TSmart Goals vs. Resolutions</td>
<td>Liz Gates</td>
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**Erlanger East Hospital**: 1755 Gunbarrel Road, Chattanooga, TN 37421  
First and third Mondays each month 5:30–6:30 PM  
*Located through the Women’s & Children’s Lobby, Entrance B, in Classroom B.*

**Erlanger Primary Care - Hixson**: 1724 Hamill Road, Suite 214, Hixson, TN 37434  
Second, fourth, and fifth Mondays each month 6:00–7:00 PM  
*Located on the second floor, in the lobby of the Erlanger Primary Care - Hixson office.*  
*Please note the Siskin support group has now moved to Hixson and has a later start time.*

**Erlanger Baroness Hospital (downtown)**: 979 E. 3rd Street, Suite C-620, Chattanooga, TN 37403  
First Wednesday of each month 12:00–12:45 PM  
*Located in the Medical Mall within Erlanger Baroness Hospital. Take the C Elevator to the sixth floor.*

If Monday is a holiday, no support group meeting will be held.

Know someone interested in bariatric surgery? Call our office at **423-778-2906** to sign up for a free seminar.  
If you have suggestions for future support group topics, please email **metabolicsurgery@erlanger.org**.