



The Alexander Center for Obesity Surgery



HOPE

Volume 1, Issue 1

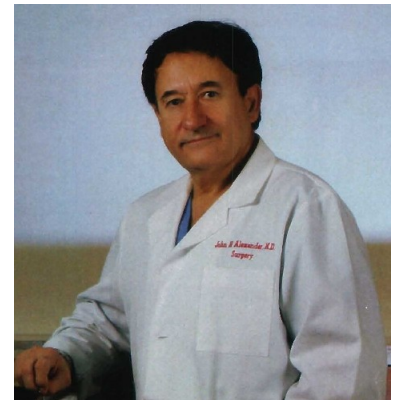
June 2011

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Introducing "Hope"

This newsletter is our first, and we have decided to call it "Hope." Our purpose is to promote health and wellness to our patients and to those who are considering bariatric or reconstructive surgery. We wish to encourage our patients to continue to strive to live a healthy, happy lifestyle. We "HOPE" you will find our newsletter informative and inspirational.



John H. Alexander, M.D., F.A.C.S.

Dreaming About That Hourglass Figure? Learn about the Alexander Corset* Tummy Tuck

After weight loss, many patients are left with excess skin, especially in the abdominal area. Dr. Alexander has developed a special technique, named the Alexander Corset*, which not only removes excess skin and fat, but leaves the patient with a beautiful hourglass figure. Many patients are thrilled to hear that in most cases insurance covers the procedure. In the event that the procedure is not covered, the office can refer you to a medical financing company. In addition to the Alexander Corset, Dr. Alexander also has developed a technique to remove excess tissue from the upper arms and thighs with minimal scarring. We encourage you to come in for a consultation about these procedures.





The After Surgery Blues

Bariatric surgery is a life changing experience. No matter how much preparation is done, the realities of the procedure don't always hit home until after the surgery is completed. Patients experience mixed emotions at this time, including feelings of loss or sadness. The Alexander Center houses a full time psychologist and nutritionist who can help you work through this transitional period. Please contact our office to set up an appointment.



We're Moving!



The Alexander Center is moving to Forest Park Medical Center this summer. Be on the lookout for a Grand Opening Invitation! The new office boasts three exam rooms, a procedure room, and spacious waiting room. We are all excited about the move and can't wait for patients to see our new office!

Guiltless Strawberry Shortcake

Ingredients:

- *Two big cartons of fresh strawberries, sliced (the more the better)**
- *1 large container sugar free/fat free Cool Whip**
- *1 large box of sugar free jello**
- *Sugar free/ fat free angel food cake (either store bought or made with mix)**

*Slice strawberries and set aside. In a mixing bowl mix entire packet of jello in 1/2 cup hot water (this makes a thick syrup).

*Tear angel food cake into chunks and add a layer of strawberries.

*Pour jello mixture over strawberries and cake; add a layer of Cool Whip.

*Repeat this layering technique

* Refrigerate and Enjoy



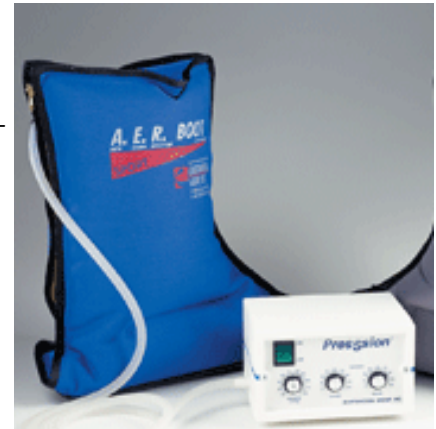


Blood Clot Prevention

Deep vein thrombosis (DVT) is the formation of a blood clot in a deep vein, most commonly the leg veins or the deep veins of the pelvis. The most serious complication of a DVT is that the clot could dislodge and travel to the lungs, which is a rare but potentially life threatening situation. There are several factors which can increase a person's risk for DVT, including surgery, hospitalization, immobilization, smoking, obesity, age, and inborn tendencies to form clots.

While patients are in the hospital several measures are taken to help prevent blood clots, including medication, lab analysis, and pneumatic compression leg wraps. Dr. Alexander believes that DVT prevention should not end at hospital discharge, but should continue at home as well. In addition to frequent walks after surgery, he now prescribes pneumatic compression leg wraps (otherwise known as boots) for use at home!

As the veins of the lower legs are compressed, enzymes are released which help the body prevent clotting. In addition to blood clot prevention, the compression boots help with lymphedema and swollen ankles.



Remember to Take Your Vitamins

Following bariatric surgery the size of the stomach has been greatly reduced. Due to limited food intake, quality food choices are critical. Even with the best of efforts, sometimes patients are unable to consume all necessary nutrients. Dr. Alexander advises all of his patients to take a multivitamin supplement of their choice. He also recom-

mends a daily iron pill and Vitamin B12 supplement. B12 can be purchased at any store, or for \$20 can be injected monthly at our office.

Dr. Alexander also recommends that his patients take a calcium supplement of their choosing. At your next visit, ask the front desk if there are any samples available.

*Stressed spelled
backwards is
desserts. Coincidence?
I think not!*



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Special Points of Interest:

John H. Alexander, M.D., F.A.C.S., is board-certified by the American Board of Surgery (ABS), a fellow of the American College of Surgeons (ACS) and a member of the American Society for Metabolic and Bariatric Surgery



We're on the Web!
www.DrJohnAlexander.com

Protein, Protein, Protein

Adequate protein consumption after bariatric surgery is important.

Protein aids in wound healing and keeps your skin, hair, bones and nails healthy. It helps form hormones, enzymes, and immune system antibodies which help the body function properly. Protein supports your natural metabolism so it helps your body lose weight more quickly. It helps you burn fat instead of muscle! Protein also helps you feeling full for longer periods of time.

Dr. Alexander recommends that patients drink EAS shakes after surgery. The chocolate flavor gets rave reviews. The shakes taste best when refrigerated. Occasionally we have samples at the office. The next time you are in ask us about them!

