

Beyond the Scale: A Mercy Health Lorain Bariatric Newsletter

Education • Support • Long-Term Success



Welcome to Beyond the Scale

Welcome to Beyond the Scale, the patient newsletter for the Mercy Health Lorain Bariatric Surgery Program. This newsletter was created to support you at every stage of your bariatric journey—from preparation, to recovery, and through long-term success.

Your health is more than a number on the scale. It includes strength, confidence, habits, mindset, and overall well-being. Each issue will provide education, encouragement, resources, and reminders to help you stay informed, motivated, and connected to your care team.

We are honored to walk alongside you on this journey.

We're Accredited!

Mercy Lorain Weight Management Solutions at Mercy Lorain Hospital has achieved accreditation through the American Society for Metabolic and Bariatric Surgery.

This recognition reflects our commitment to national standards for safety, quality, and comprehensive bariatric care.

What this means for you:

- ✓ Care that meets nationally recognized standards
- ✓ A dedicated, multidisciplinary bariatric team
- ✓ Ongoing quality monitoring to support patient safety

We are proud to provide expert, compassionate care to support your long-term success.

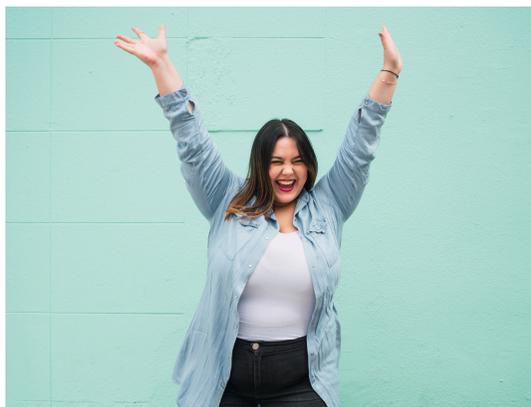


Nutrition & Hydration Tips

Simple Focus for This Month:

- **Prioritize protein** at every meal.
- Sip fluids **consistently throughout the day**
- **Separate eating and drinking** as recommended (no drinking with meals and 30 minutes afterwards).
- **Take vitamins** exactly as prescribed

Small, consistent habits make a big difference.



Non-Scale Victory Spotlight

Non-Scale Victories Matter:

- Improved energy
- Better sleep
- Reduced medications
- Increased mobility
- Improved confidence

Celebrate progress in all forms.

Patient Education Corner

Why Follow-Up Matters

Routine follow-up visits after bariatric surgery are essential to long-term success.

These visits help:

- Monitor nutrition, vitamins, and hydration
- Identify concerns early
- Support healthy weight maintenance
- Reinforce positive lifestyle habits

Even when you feel great, follow-up appointments help protect your health for years to come.





Bariatric Support Group

Support groups provide education, encouragement, and connection with others who understand your journey. All patients—pre-op and post-op—are welcome.

Upcoming In-Person Support Group Meeting

MARCH

Date: March 10, 2026

Time: 5:00-6:00 PM

Location: Medical Office Building First Floor Atrium

Topic: Nutrition

APRIL

Date: April 14, 2026

Time: 5:00-6:00 PM

Location: Medical Office Building First Floor Atrium

Topic: Celebration of Spring

Call 440-222-4180 to register for free meeting

Employee Spotlight

We are proud to share that Anne Miranda, BSN, RN successfully passed the Certified Bariatric Nurse (CBN) exam and officially earned her CBN credential in March 2025.

The CBN credential, recognized by the American Society for Metabolic and Bariatric Surgery (ASMBS), signifies advanced knowledge and expertise in the care of metabolic and bariatric surgery patients.

What this means for you:

- Specialized bariatric expertise
- Evidence-based education and guidance
- Dedicated support before and after surgery

This achievement reflects a strong commitment to excellence and to providing the highest quality care to every patient on their bariatric journey.



Dietitian's Corner

Protein First, Always

Protein is the foundation of your success after bariatric surgery. It supports healing, preserves lean muscle, and helps you feel satisfied longer.

Daily Goal: 60–80 grams (or as directed by your care team)

Simple Protein Ideas:

Greek yogurt
Eggs
Cottage cheese
Tuna or chicken packets
Low-sugar protein shakes ($\geq 20\text{g}$ protein)

Start every meal with protein. If you're full before finishing, you've eaten the most important part first.

Share Your Success!



Your weight loss journey could inspire someone else to take their first step.

Have you reached a milestone or experienced a non-scale victory? We'd love to celebrate your success in an upcoming newsletter!

Share a:

- Short testimonial
- Progress update
- Photo (with permission)

Contact our office if you're interested in being featured — your story could make a meaningful difference.

Closing Encouragement

Remember: progress is not about perfection. Stay engaged, stay connected, and reach out when you need support. Your Mercy Health Lorain bariatric team is here for you—every step of the way.