

The Healthy Crew: Getting to know your Surgical Weight Loss Staff



Tracy Rowland – BSN, RN Bariatric Practice Manager

I am a dedicated Registered Nurse with 27 years of experience in healthcare and the current Practice Manager for three offices including the St. Joes Surgical Weight Loss Center, while committed to providing compassionate, patient-centered care.

Throughout my career, I have developed strong clinical knowledge while maintaining a passion for serving others and supporting families during critical moments in their lives. I look forward each day to supporting our patients by leading our excellent team, advocating for each of your journeys here, promoting safety and the deliverance of outstanding care.

Outside of nursing, I enjoy vacationing and exploring new destinations, which allows me recharge and embrace new experiences. I also own a small cookie-baking business, combining creativity and entrepreneurship with my love of bringing joy to others.

Most importantly, I cherish spending quality time with my family, who are the foundation of everything I do. My husband and I have been married 5 years, and we have a blended family of 6 children, 4 grandchildren and 2 lovable labs.

Bariatric Breakthroughs 2026: Stay Ahead of the Trends

At the **St. Joseph Weight Loss Center**, we've always stayed ahead of the trends—and 2026 is no exception. Today, bariatric surgery is **not just a procedure**; it's part of a **complete, lifelong approach** to weight management.

Our program combines:

Surgery – the most effective tool for long-term weight loss

Nutrition guidance – personalized plans to meet your needs

Medications – when appropriate, to enhance results

Ongoing support – follow-ups, labs, and expert guidance

By integrating all these elements, we help our patients **achieve lasting success and better health**. At St. Joseph, your journey doesn't stop in the OR—it continues every step of the way - life-long.

GLP-1 Medications vs. Bariatric Surgery:

Competition or Partnership? This is the biggest topic in bariatrics right now. Use of GLP-1 medications has increased by 67%, while surgery volumes have declined slightly. **However, bariatric surgery still produces 5 times more weight loss than GLP-1 medications at 2 years.**

Many patients now use GLP-1 medications: Before surgery to lower surgical risk. After surgery to treat weight regain.

Surgery is now part of a broader treatment model—not the only option, but still the most effective long-term.

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St. Joseph Weight Loss Center Lab – 452 Broadway Street – Youngstown, OH

“Opening Soon” Did you hear the great news! The St. Joseph Weight Loss Center is thrilled to announce the upcoming launch of our own in-office lab facility, dedicated to conducting routine post-op bariatric lab tests starting in 2026. Stay tuned for updates on the official opening date and hours of operation!

Spring Clean Your Diet for a Healthier You After Weight Loss Surgery – By: Kim Triveri RDN LD

Spring is a season of renewal, making it the perfect time to refocus on your nutrition and strengthen the healthy habits that support your weight loss surgery success. Just as we clean and organize our homes, it's important to "spring clean" our diet and daily routines to protect our health, maintain weight loss, and prevent nutritional deficiencies.

Weight loss surgery is a powerful tool—but lifelong nutrition habits are the key to long-term success. *According to the American Society for Metabolic and Bariatric Surgery, patients who stay consistent with protein intake, vitamin supplementation, and healthy eating habits have the best long-term outcomes.*

Refresh Your Protein Priorities

Protein remains your most important nutrient after surgery. It helps maintain muscle mass, supports healing, and keeps your metabolism strong.

- Are you meeting your protein goal daily? Are you keeping food records daily?
- Are you choosing lean, high-quality protein sources? Do you know what foods are protein foods?
- Are you prioritizing protein at every meal?
- Good options include lean meats, eggs, dairy, protein shakes, and plant-based proteins. If you've fallen out of the habit, now is the perfect time to recommit.

Clean Out Empty Calories

Spring is a great time to remove foods that do not support your health goals.

Eliminate: Sugary drinks, Smoothies, Milkshakes, Carbonated Beverages, Flavored Coffee Drinks, Juices, Sweets, Candies, Desserts, Appetizers, Chips, Highly Processed Foods and Snacks. Along with grazing on low-nutrient foods.

These foods can slow weight loss and contribute to weight gain.

Recommit to Your Bariatric Vitamins

Taking your bariatric vitamins daily is not optional—it is essential. Weight loss surgery changes how your body absorbs nutrients life-long, and without proper supplementation, you may develop deficiencies that affect your bones, nerves, heart, and brain.

Make sure you are consistently taking the correct supplement and the correct dose and type:

- Your bariatric approved multivitamin
- Calcium with Vitamin D
- Iron
- Vitamin D and other supplements as recommended
- Thiamine

Consistency now helps prevent serious complications later. Call today to find out what you should be taking daily life-long.

Refresh Your Hydration Habits

Proper hydration supports metabolism, energy, and overall health.

- **Goal is.** 48–64 oz of water daily, plus 30 oz of any additional sugar free, caffeine free, calorie free, non-alcoholic, non-carbonated beverages
- Sip fluids slowly consistently throughout the day

Dehydration can cause fatigue, headaches, poor overall function and can lead to weight gain.

Reset Your Daily Routine

Spring is also a great time to rebuild a healthy structure:

- Eat regular, plan, pack and prepare meals and snacks, increase physical activity as days get longer so should your physical activity

Avoid skipping meals

Your Surgery Is a Tool—Your Habits Are the Key

Weight loss surgery gave you a powerful tool to improve your health and quality of life. By recommitting to your nutrition, vitamins, and healthy habits, you protect your success and your future.

If you have questions or need support, your bariatric care team is here to help you every step of the way.

Bariatric Breakthroughs 2026: Stay Ahead of the Trends Continued

Revision Bariatric Surgery is Rapidly Increasing

Revision surgery is one of the fastest growing areas.

Common reasons:

Reasons for Revisional Bariatric Surgery

Revisional surgery is performed when a previous weight loss procedure is no longer providing the desired results or is causing complications.

Some of the most common reasons include:

- 1. Weight Regain**
- 2. Inadequate Weight Loss**
- 3. Gastroesophageal Reflux Disease (GERD) / Heartburn**
- 4. Stomach or Pouch Stretching**
- 5. Complications from the Original Surgery**
- 6. Surgical or Anatomical Issues**
- 7. Metabolic or Comorbidity Considerations**

Treating Weight Regain After Surgery

Weight regain is now openly recognized and treated medically.

New options St. Joseph Weight Loss Center offers include:

- GLP-1 medications after surgery
- Revision procedures
- Nutrition optimization
- Behavioral therapy
- Weight regain is now viewed as a **medical condition—not patient failure.**

Call us today to find out what the future holds for you

Bariatric Surgeons:

Dr. Benjamin Biteman

Dr. Michael Dever

Dr. Nicholas Gastaldo

Dr. Robert Woodruff

The biggest thank you we can receive is referrals that you send us from family and friends.

Pistachio Crunch Salad



Ingredients

- ½ head green cabbage, finely shredded
- ½ head red cabbage, finely shredded
- 1 bunch green onion, sliced
- 2 cups shredded chicken
- 2 cups shelled edamame
- 1 cup matchstick carrots
- ½ red bell pepper, sliced
- 1 cup Pistachio
- 1 cup Fiber One Cereal
- 1 cup chopped cilantro

Sesame Citrus Dressing

- ¼ cup olive oil
- Juice and zest of 1 orange
- 2 tbsp rice vinegar
- 1 tbsp low-sodium soy sauce
- ½ tsp garlic powder
- Dash of sesame seeds

Directions

1. For the dressing, place all ingredients into a small bowl, whisk together until well combined.
2. Place salad ingredients into a large bowl and toss to combine. Add about half of the dressing and toss. Add more dressing as desired and serve right away.

St Joseph Weight Loss Center Fun Facts

1st Surgery: 2002

Total Primary Bariatric Surgeries: 3355

Total Surgeries in 2025 = 117

Gastric Bypass – 63

Duodenal Switch - 1

Gastric Sleeve – 52

The St. Joseph Weight Loss Center Suite of Services

- Surgical Weight Loss
- Personalized Pre- and Post-Operative Surgical Weight Loss Counseling
- Personalized Non-Surgical Medical Weight Loss Counseling
- FDA Approved Weight Loss Medications
- Registered Dietitian Guided Nutrition Protein-Preserving Weight Loss
- Assessment and Treatment of Micronutrient Deficiencies and Malnutrition
- Our Exclusive St. Joseph Weight Loss Center Post-Operative Supplement Shop
- St. Joseph Weight Loss Center 3 Hour Pre-Surgical Class and Patient Guide to Bariatric Surgery
- St. Joseph Weight Loss Center Thiamine Support Grant
- Smoking Cessation
- Quarterly Weight Loss Center Newsletter
- Monthly Bariatric Support Group Meetings
- Interactive Bariatric Cooking Classes
- Grocery Shopping Support Groups
- Clothing Exchanges
- Quarterly Bariatric Quality Initiatives
- Walking Clubs and Community Wellness Activities Lifetime of Weight Guidance Care
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