



Dear OH Readers,

The holiday season is fast approaching and we're thinking of you. Are you ready to be hit with the usual pressures of family gatherings? Ready to be hit with that PLUS nearly endless quantities of food being pushed near your face? I'm certainly not the first person you've heard this from, but the mantra is worth repeating: consciously develop your strategies for dealing with the holidays, follow those strategies, share your experiences with a trusted peer, and don't be too hard on yourself. One of the worst things we can do is to bail out of the support community (or surgeon follow up visits) out of embarrassment. Don't let that happen to you. If times get rough, remember to convince yourself that you're no more of a failure than any of the rest of us. Cathy Wilson and Jeremy Gentles are here (see pages 13 and 22) to help you stay on track during the holidays in the areas of emotional wellbeing and exercise. And as if that weren't enough, we also have Terry Simpson, MD (page 10) and Shelley Meyer, DO, RD (page 40) also chiming in on the holiday advice.

On the nutrition theme, two registered dietitians write to you in this issue on the topics of food labels (Jeannette Kotrys, RD, page 18) and getting enough water (by Jennifer Naples, MS, RD, LD, CDE, page 43). For each of these, we hope you notice a couple of things. First, we're making sure to include many of your responses to our "what do YOU think?" request for input on line. You had great insights, tips, and observations about food labels and hydration strategies. Thanks for helping co-author this issue! Second, if we're doing our job well, hopefully by now you've begun to notice our desire to make our on line Health Tracker as useful as possible. As you approach the seasonal gauntlet of food temptations you might want to log your way through it as you stay on track. Your MyOH section offers little icons of water glasses and pie charts that break down your calorie sources and exercise activity types. We here at OH really do want you to get your protein and water (most surgeons recommend > 60g/day protein and > 64 ounces of water per day).

Also, in this issue we expanded our OH Community section (page 4) from two to four pages. We're focused on being all about you. Your blogs and kudos to fellow inspirational members on line are incredible. We really appreciate all the support you give. Keep up the great work!

This issue is dedicated to the memory of our friend Traci Kirk Thompson.

All my best,
Eric Klein
 ObesityHelp.com Founder

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