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Healthy Festive Season

Tips

- ☼ Don't stretch Christmas celebrations out for several weeks—stick to a day or two of indulgence only.
- ☼ Don't forget to count alcohol when you are adding up your kilojoule intake
- ☼ Don't have a second helping at Christmas functions.
- ☼ Don't pile your plate too high.
- ☼ Make the most of long days and plan outdoor activities such as walking, cricket, footy, tennis or swimming at the beach.
- ☼ During school holidays, organize your children so you don't miss out on your usual exercise routine. Can someone watch your children while you go to the gym or for a swim or walk/
- ☼ Get a pedometer and track your steps to make sure you reach the recommended 10,000 steps a day.
- ☼ Aim to do an extra 10 minutes of walking each day.
- ☼ Pay attention to your body's signals of hunger and fullness. Learn to know when you start to feel full and stop eating at that point.
- ☼ Eat slowly. Take small bites of solid food and chew them very well. It may take 20 to 30 minutes to finish a meal.
- ☼ Water is the preferred drink. Enjoy low fat milk or sugar-free low carbonated drinks in moderation.
- ☼ Choose to eat foods that have a low-GI because they'll keep you fuller for longer. These include vegetables, beans, fruit, whole-grain cereals, oats, rye bread, brown rice and pasta.

Acknowledgements:

- ☼ Dietitians Association of Australia,
- ☼ 'Good Health' magazine (Dec 2011)



RECIPE

Salmon with Tomato Caper Sauce – Serves 2

2 x 140g portions of salmon (or any fish)
 ½ x 400g can of diced tomatoes
 2 Tbsp. Baby Capers
 1 Tbsp. Tomato Paste
 2 Tbsp. Artichoke hearts (optional) diced
 ¼ Cup Green Stuffed olives diced
 Juice of one lemon
 1 Tbsp. Olive oil
 ½ Tbsp. Butter (optional)
 2 Tbsp. chopped flat leaf parsley (optional)



Preheat oven to 180°C. Place salmon on baking paper on baking sheet and season.
 In a small bowl mix, capers, tomato paste, diced tomatoes, artichoke hearts, olives and lemon juice.
 On medium high heat fry garlic in oil and butter in a frypan until fragrant.
 Place salmon in oven and set timer to 10 minutes or salmon is just pink in the middle or until it is cooked to your liking.
 Add caper mix to frypan and bring to the boil and reduce heat.
 Once salmon is cooked take it out of the oven and place it in the sauce and turn of the heat.
 Serve immediately with cauliflower mash and steamed vegetables.

This is my favourite sauce for fish. I make many variations to this sauce. Omitting the tomato and parsley and adding a tablespoon of extra butter, dill and a few anchovy fillets is also a favourite for us. You can make this anyway and with any extras that you like.

Cauliflower Mash – Makes about 6-10 portions

1 Head of Cauliflower cleaned and portioned for steaming
 Salt and Pepper to taste
 Milk, Cream or Butter to taste (optional)

Clean cauliflower and stems and portion.
 Steam in a steamer until very tender. This is about 20-30 minutes.
 Mash steamed cauliflower with a stick blender until very smooth and mashed.
 At this stage you may put the extra portions into zip lock freezer bags and then freeze them flat for easy defrosting once they have cooled.
 Salt and Pepper to taste and add a dash of cream or milk or butter to taste if desired.

I usually make about 3 heads of cauliflower at a time and freeze 2 portions per bag for easy meals at night. This mash is excellent served instead of mash potato with nowhere near the same amount of carbohydrates. It can also be used to thicken sauces. This mash can be used during optifast or puree stages of banding.

Special thanks to our patient Hulya for providing the yummy recipe for this edition.

Activity and Healthy Eating

Comparison Tables



Making healthy food choices and being more active can appear overwhelming but in reality, small simple changes can help reduce the risk of cardiovascular disease and help achieve and maintain a healthy weight.

The tables below demonstrate the differences between kilojoules used and kilojoules consumed through the physical activity and food choices we make.

Sedentary	kJ	Active	kJ
Waiting 30 min for home delivery of food	63	Cooking for 30 min	105
Using a lawn service	0	Gardening and mowing each for 30 min	1505
Letting the dog out the door	8	Walking the dog for 30 min	523
Driving 40 min, walking 5 min (parking)	92	Walking 15 min to bus stop twice a day	500
Hiring someone to clean and iron	0	Ironing and vacuuming each for 30 min	635
Taking escalator or lift up 3 flights	1	Walking up 3 flights of stairs	63
Parking as close as possible, 10 sec walk	1	Parking in a slightly further away spot, walking 2 min	33
Using remote control to change TV channel	<4	Getting up and changing the TV channel	13
Driving to the corner shop to get the paper	8	Walk to the corner shop for 10 min	167
Getting off the bus and walking five min to work	84	Getting off the bus stop one stop earlier and walking 15 min to work	252
Shopping online 1 hour	125	Shopping at mall, walking 1 hour	606-1003
Drive to local shops for lunch	8	Meet a friend and walk 20 min to local café	334
Playing a computer game for 30 min	80	Playing a ball game for 30 min	546

Freshen up for the Festive Season

Did you know about our sister clinic, **Plushmed Specialist Medical Centre**?

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- General Surgery
- Orthopaedic Surgery
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- Cosmetic Injectables
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Please also visit the **Plushmed** website at www.plushmed.com.au



The Management and Staff of SIOS wish all our patients a happy, healthy and enjoyable Festive Season. We hope that 2012 brings you the success and prosperity that you deserve.

We look forward to seeing you for your regular follow up here at the SIOS Clinic with our team.

*Warmest Wishes
THE SIOS TEAM*

HOLIDAY CLOSURE

***Our last consulting day for 2011 will be
Wednesday 21st December and
our first consulting day for 2012 will be
Tuesday 10th January.***

***For emergencies only during this period, please call
0408 409 725.***

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In the next issue:

- ✿ Rhonda's weight loss journey,
- ✿ The colour of health.
- ✿ The good egg