

## Dr. Bobby's October Bariatric Bulletin

We cannot solve our problems with the same thinking we used when we created them. - Albert Einstein.

### Support Group

#### August Bariatric Surgery Support Group Meeting

This month's support group meeting will be on Monday August 8th at 6:30 pm. Support group meets in the Annenburg Center for Health and Sciences at Eisenhower Medical Center, 39000 Bob Hope Drive Rancho Mirage, CA. 92270. We will be welcoming Jason Schmidt from bariatric advantage who will provide samples of Bariatric Advantage products and talk about options weight loss surgery patients have for vitamins.



### [Dietitian's Blog](#)

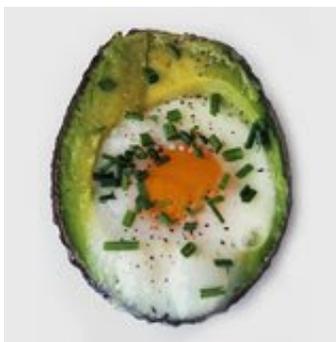
### Feature



#### Featured App

The app, Baritastic is a great tool if you have had weight loss surgery. Features include weight monitoring, a selfie timeline, reminders for meals and vitamins, a timer to separate meal and liquid intake, and a feature to connect an activity monitoring device. They also provide recipes and weekly motivation.

[Check Out the App](#)



#### Featured Recipe

This Baked Egg in Avocado recipe was found in the Featured App: Baritastic. This app provides recipes for high protein meals, shake ideas, and even soft foods for those who've just had surgery. A baked egg in avocado provides about 450 calories and 20 grams of protein. Add a little cheese or chives on top for more flavor.

[Get the Recipe](#)



#### Featured Product

Bariatric Advantage 500 mg calcium chews are delicious. Perfect for a quick candy fix. The chewy bites come in a variety of flavors such as peanut butter chocolate, chocolate, caramel, strawberry, and tropical orange. They are now offering a new flavor, coconut! Perfect for a little variety and a reminder of a piña colada.

[Get Calcium Here](#)

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Sincerely,

Bobby Bhasker-Rao MD, FACS  
Bariatric Surgeon  
Lite Life Surgery