

## LEADERSHIP WORKSHOP PLANNED

Satellite support group leaders and people wishing to become leaders are invited to the CBS Leadership Workshop on Saturday, August 16, from 10 a.m. to 1:30 p.m. in the St. Vincent Charity Hospital board room. A light lunch will be served.

CBS psychologist Dr. Anita Maxim will discuss group leadership skills and teach how to conduct a successful group. Dr. Courtney Holbrook will present a psychological update, and Peter Valencic, M.S., R.D., L.D., will provide a nutritional update.

"The program provides an annual review of leadership skills that satellite support group leaders need," notes CBS Executive Director Karen Schulz, R.N., M.S.N.

To attend, please contact Sherri Ternovan at 216.592.2815. Attendees can park in the office building parking lot and follow the signs leading from the pedestrian bridge to the hospital board room.

## GRADUATION CELEBRATION PLANS SET

Everyone is invited to celebrate success at the 2008 CBS Graduation on Friday, September 26. The event will be held at the Embassy Suites & Hotels Cleveland – Rockside in Independence. Registration is from 5:30 to 6:30 p.m., with dinner beginning at 7 p.m.

To graduate, you should be at least one year past surgery and have reached your personal goal weight. If you qualify and have not graduated yet, please contact Leah Gercak, 216.592.2819, for an invitation.

Graduates attend the event for free. Guests may attend for \$27 per person. The registration deadline is Monday, September 1.

If you would like to stay at the Embassy Suite, please call 216.986.9900 and mention that you are attending the CBS graduation. The hotel is located at 5800 Rockside Woods Boulevard.

Seating requests will be honored when possible. Send requests, reservations and payments (checks made payable to St. Vincent Charity Hospital) in the same envelope.

Please fill out the form below and return as noted.

## ST. VINCENT CHARITY HOSPITAL CENTER FOR BARIATRIC SURGERY

A partnership of  
The Sisters of Charity of St. Augustine Health System and University Hospitals HealthSystem

### EDITORS

Karen Schulz, R.N., M.S.N.; Publisher  
Tracy Burt, Editor; tracy.burt@akhia.com

You can post comments, concerns, questions, ideas and notes of encouragement on our Web site at [www.stvincentcharity.com](http://www.stvincentcharity.com).

## Center for Bariatric Surgery ST. VINCENT CHARITY HOSPITAL

2351 E. 22nd Street Cleveland, OH 44115  
216.592.2801 or 888.362.9732

## Recipes FOR SUCCESS!

### Grilled Citrus Shrimp and Bacon Wraps

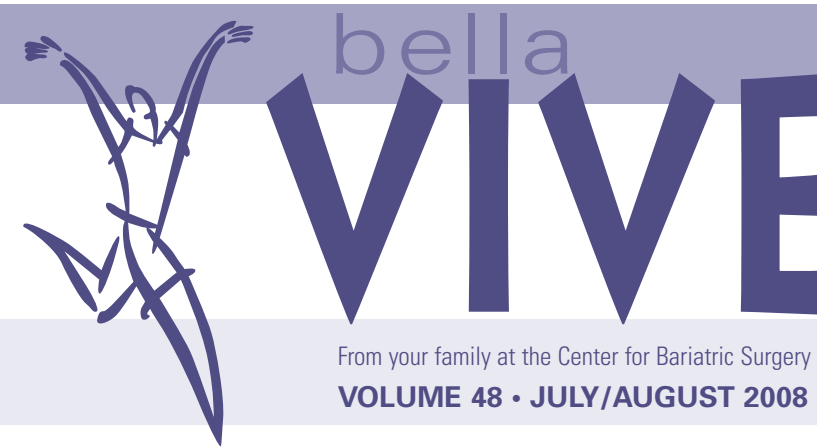
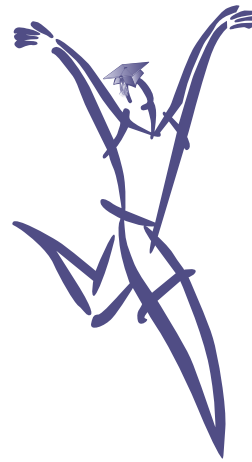
**Ingredients:**  
18 jumbo shrimp shelled and deveined; cover and chill in marinade for at least one hour.  
9 slices of turkey bacon; cut the slices in half and partially cook but do not crisp.

**Marinade:**  
½ c. orange juice  
½ c. fresh lemon juice  
2 T. ketchup  
¼ t. hot pepper sauce  
2 T. olive oil  
½ small red onion, finely chopped  
½ c. fresh cilantro, finely chopped

Remove shrimp from the marinade. Wrap a piece of bacon around each shrimp and secure with a toothpick. Place shrimp on hot grill for 3 to 4 minutes; turn and grill for 3 to 4 minutes longer or until shrimp are cooked through.

#### Nutritional information per one taco:

Calories: 60	Total Fat: 4 grams
Protein: 6 grams	Total Carbs: 0.5 grams



From your family at the Center for Bariatric Surgery  
**VOLUME 48 • JULY/AUGUST 2008**

## GASTRIC BYPASS SURGERY REDUCES CANCER RISKS

Recent study findings point to lower cancer risks for patients who have undergone gastric bypass surgery. At the annual American Society for Metabolic & Bariatric Surgery meeting in Washington, D.C., in June, Dr. Nicolas Christou of McGill University in Montreal reported that the incidences of breast cancer tumors were reduced by 85 percent and colon cancer tumors by 70 percent in the surgical patients studied.

Researchers compared 1,035 gastric bypass patients who underwent surgery between 1986 and 2002 to a carefully matched control group of 5,746 obese people who did not have the procedure. The surgery patients, who lost an average of 67 percent of their extra body weight, were followed for five years after surgery. Only 2 percent of surgery patients developed any type of cancer, and 8.5 percent of the control group members developed cancer.

While breast and colon cancers decreased most dramatically, other cancer risks were reduced, too. The study showed a 70 percent reduction in pancreatic cancer, a 60 percent reduction in skin cancer, and a 15 percent reduction in uterine cancer.

CBS Executive Director Karen Schulz, R.N., M.S.N., who attended the briefing at the national conference, explains that medical professionals don't know the particular causes behind the cancer risk reduction, but possible reasons are being discussed. Fat can increase estrogen production which plays a role in certain cancers, so losing fat can lessen estrogen's effects. After surgery, patients make healthier food choices and become more physically active which may also affect risks.

"The study findings highlight that weight loss surgery has many beneficial effects," Karen notes.

## FINDING SUPPORT: LORAIN COUNTY GETS NEW GROUP

The Lorain Support Group meets on the last Monday of each month from 7 to 8:30 p.m. at the Avon Lake Public Library, 32649 Electric Blvd. The new group began meeting in February in the Park Conference Room.

"It is a relaxing atmosphere where you can sit and talk," explains group founder Eileen Rupert, adding that the group provides a nice local option for support.

The Lorain Support Group welcomes bariatric patients, family members and anyone interested in learning more about bariatric surgery. Eileen encourages group discussions and has plans for guest speakers. Possible programs include cosmetic surgery after bariatric weight loss, exercising after surgery and nutrition.

Eileen plans to develop an online newsletter to share information, including recipes for healthy snacks she sometimes makes for the meetings. Meeting information can also be found on the CBS Web site's support group calendar.

For more information or to suggest meeting topics, contact Eileen at 440.933.4819 or at [stagelady@oh.rr.com](mailto:stagelady@oh.rr.com).



## Support Group ACTIVITIES

Attending group meetings is an important part of staying informed and getting much needed support from those who understand your experiences. Find support group updates on our Web site. Open your Internet browser and either copy and paste in or type the following address: [https://www.exemploportal.net/pp\\_L172/default.asp](https://www.exemploportal.net/pp_L172/default.asp) Under patient ID, type in your Social Security number. For the password, type in stvincent1 in all small letters. Be sure to select "existing patient log on."

### Pre-surgical Readiness Support Group

#### Topic: Nutrition and Eating

Learn some nutritional eating and behavioral guidelines to follow as you prepare for life after gastric bypass surgery.

Wednesday, August 13, 5:30 - 7 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

#### Topic: Body Image

Learn how your surgery can affect the way you see yourself and how others see you, too. Discover realistic approaches to body image issues.

Wednesday, September 10, 5:30 - 7 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

#### Topic: Eating Triggers

What sends you reaching for food? Examine common eating triggers patients face and ways to overcome them.

Wednesday, October 8, 5:30 - 7 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

### Pre-surgical Readiness: Lifestyle Changes

Learn exercises and successful lifestyle tips to prepare to make the most of your surgical experience.

Wednesday, August 27, 5:30 - 7 p.m.  
Wednesday, September 24, 5:30 - 7 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

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This ongoing column provides answers to commonly asked patient questions.

**What is Obstructive Sleep Apnea?**

Obstructive sleep apnea (OSA) is a sleep disorder characterized by pauses in breathing during sleep. This serious condition can affect a person's ability to safely perform normal daily activities.

The throat is surrounded by muscles that open and close the airway while a person speaks, swallows or breathes. Obstructive hypopnea is caused when these muscles relax inappropriately during sleep, the throat is abnormally small, or if the airway is narrowed. This can result in snoring and decreased airflow in and out of the lungs. Complete closure of the airway resulting in no air movement is called an obstructive apnea.

Changes in blood oxygen and carbon dioxide levels occur when breathing is abnormal during sleep. The brain recognizes that there has been an interruption in normal breathing even when these levels change only slightly. The brain also recognizes when more work is required to get air into the lungs, like when the throat is completely or partially blocked, and causes partial awakening from sleep. Although the brain may be partially awake, the person may not sense that he/she is awake. When these awakenings occur, the throat muscles contract, the airway is reopened and normal breathing

resumes, sometimes accompanied by a loud snore or snort. The person often goes back to sleep quickly, usually without being aware of the episode. Some patients with OSA awake suddenly and completely with a sensation of gasping, smothering or choking. Once sleep resumes, the throat muscles relax, the airway closes and the pattern repeats itself. This cycle can occur many times throughout the night, causing severe daytime sleepiness. Daytime sleepiness may develop gradually over a period of time to the point that the person accepts it as being normal.

Sleep apnea is diagnosed with an overnight sleep study called a polysomnogram. The most common treatment for sleep apnea is the use of a continuous positive airway pressure (CPAP) device, which keeps the airway open during sleep by means of a pressurized air flow into the throat. For some patients, the improvement in the quality of sleep and quality of life due to CPAP treatment will be noticed after a single night's use.

Don't stop using the CPAP until your doctor tells you that it is safe to do so. CBS recommends that a repeat sleep study be ordered by your PCP every 6 months or after substantial weight loss to determine whether OSA is still present, or if any CPAP pressure changes need to be made.

**PATIENTS SHARE SUPPRISES, REALIZATIONS**


Patients attending the May Post-surgical Support Group meeting looked at some "Surprises After Surgery" and shared how they handled them.

Andrea Horvath, L.I.S.W., a CBS social worker, led the group with a game she created. A variety of surprise scenarios were written on paper slips and placed in a basket. Each patient drew a slip out of the basket and if the surprise on the paper applied to them, they explained how they got through the situation.

The surprises ranged from easy topics like "Quantity of food is less to feel satisfied," "I can buy cheaper clothes," and "I have tried

many foods I had not tried before" to very serious topics such as "Some longstanding relationships would end," "I get more angry," and "I would need to seek mental health counseling."

As Andrea explained, "When I talk in seminar, there are things that sort of blindside you, things that will change your life forever and things that I call blips on the screen that you just have to go through right now and then you will go on and your life will be fine. They can be temporary or they can be something that will require a major change with something."



**GET BACK ON TRACK**

The CBS staff is available to help post-surgical patients whose weight loss has stalled. Registration begins in August for the fall session of Back on Track. Contact Peter Valencic, M.S., R.D., L.D., at 216.592.2801, ext. 33711 to register. Peter and Dr. Mark Salomone also offer individual help.

**Support Group  
ACTIVITIES**

(continued from page 1)

**New Patient Meeting**

Learn tips to get through the early stages of recovery.

Thursday, August 21, 9:30 – 10:30 a.m.  
Thursday, September 18, 9:30 – 10:30 a.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

**Diet Review Class** (formerly Transitions)

Post-operative gastric bypass patients who are at least three months past surgery can review using their pouches as a weight loss tool and following good eating behaviors. A CBS dietitian and nurse present information and answer questions.

Thursday, August 28, 5:30 – 6:30 p.m.  
Thursday, September 25, 5:30 – 6:30 p.m.  
The CBS office, Room 207

**Post-surgical Support Group**

**Topic:**

Thursday, August 28, 6:30 – 7:30 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

**Topic: Plastic Surgery**

Join Dr. Jason E. Leedy to learn more about cosmetic surgery options for patients after bariatric surgery.

Thursday, September 25, 6:30 – 7:30 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

**Post-Surgical Fitness Program**

Open to all patients at least six weeks past surgery, this class is geared toward bariatric patients' exercise needs. Led by certified trainers, the class teaches exercises that can also be done at home. The class meets twice each month; come as often as you wish. Bring a towel and water bottle.

Wednesday, August 6 & 20, 6 – 7 p.m.  
Wednesday, September 3 & 17, 6 – 7 p.m.  
St. Vincent De Paul Room at St. Vincent Charity Hospital

**Success** STARTS HERE

**PATIENT PROFILE: DONN ADDANTE**

When Donn Addante lost 180 pounds, he felt like he erased 20 years, too. Since undergoing gastric bypass surgery on November 30, 2006, the 51-year-old Cleveland man has become healthier and that makes him happier. "I feel like I did maybe 20 years ago with the energy level and the ability to do more," he explains. "I don't wake up fatigued and I don't get fatigued at mid-day."

Donn works for the Cleveland Division of Recreation where he oversees all the adult baseball and softball programs and administrates youth basketball and other youth sports. In his younger years, he played sports including baseball, golf and softball. "When I got out of high school, I was fairly competitive as a softball player," he recalls, adding that he played in several national tournaments. But working for the recreation department led him to a less active work life, with more time spent on the computer and handling customer service.

Donn recalls being heavy since early elementary school. He tried to manage his weight over the years with eating plans, including vegetarian and Atkins diets, but when his yo-yoing weight topped 300 pounds, he felt a wake-up call. During a doctor's visit, the 5-foot-9-inch man weighed in at 335 pounds and realized he needed to do something.

His inspiration proved to be a friend he met through the recreation department. Donn noticed this man's weight loss and asked about it. His friend discussed his gastric bypass experiences with St Vincent Charity Hospital. So, Donn did some research and made his own plans for gastric bypass at the CBS.

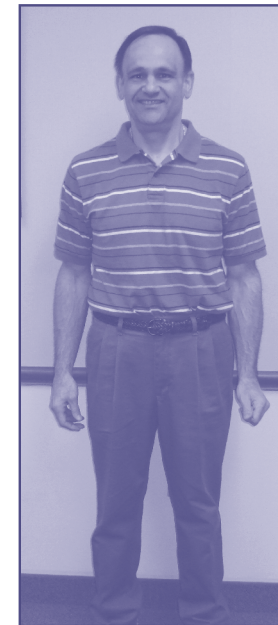
"I felt that St. Vincent Charity Hospital was the right place to go, and I was extremely impressed at the pre-seminar," he explains. "One thing that impressed me was the honesty. Every speaker basically said, look, there are going to be challenges with this and it is not sure-fired. You have to work. You have to make a commitment."

Donn made up his mind and approached his surgery with Dr. Sonpal with a committed attitude. From a high weight of 345, he lost 40 pounds before surgery as he began changing his diet and logging his food choices in a diary. He attended the groups and followed the written materials closely.

By 18 months after his surgery, Donn weighed his current 165 pounds – and he plans to stay near that number. Donn usually chooses healthy amounts of chicken breasts, fresh fish and vegetables and avoids fast foods. He makes physical fitness a priority, doing 200 abdominal crunches and lifting weights for an hour or more three to five times a week. He walks and occasionally enjoys golfing and fishing.

Donn sees positive effects every day. He no longer needs treatment for sleep apnea or high blood pressure. The aches in his joints and back are gone, he can get in and out of his car easily and he approaches his work with new energy.

Donn vows to continue working to maintain his weight. "I am not like I used to be, where I felt that I always needed to eat," he says. "I would say I feel very normal, which, I guess, is what a normal person should feel!"



**MEET THE TRAINERS: JANE VITOU & ELLEN MINERD, R.N.**

This summer, CBS took a step to help you get moving. Jane Vitou and Ellen Miner, R.N., certified trainers and owners of Bootcamp Babes, began teaching fitness classes as part of the support group activities at the center. The Rocky River sisters have been working with the new readiness Lifestyle Changes group and the new Post-surgical Fitness Program, as well as LEAP and post-patient groups. The programs are provided at no cost to CBS patients by St. Vincent Charity Hospital.

Growing up in a family where physical activity was important, Ellen taught aerobic classes throughout college and Jane ran and played tennis. About four years ago, the women started a workout program for women at Rocky River High School's track. As their attendance grew, they decided to form their own company.

"We started taking our show on the road," Jane notes. They use companies' facilities – including warehouses, cafeterias or boardrooms – to hold employee fitness programs.

In working with CBS patients, Jane and Ellen continue to expand their skills. "We always pride ourselves on being able to offer modifications to meet every fitness level," Jane says. "There are so many levels of fitness depending on how long they (patients) have been out of surgery. It has been fun for us because it has forced us to learn something new and expand what we offer for classes."

The women believe in making exercise part of daily life. They promote using things around the home or at work in exercise. In addition to the stretch bands they use, they show exercises done with chairs, steps, a picnic bench or a parking block in the office parking lot. They want people to think of exercise like they think of brushing their teeth – something they remember to do daily.

In addition to their fitness program, Jane and Ellen keep busy with their other careers and their families. Jane, a part-time realtor, and her husband Jim have four boys: Dan, 17; Bill, 16; Jack, 14; and Michael, 11. Ellen, a part-time nurse, and her husband Brian have three sons: Riley, 11; Leo, 8; and Charlie, 6.

