

From your family at the Center for Bariatric Surgery
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THAT'S THE TICKET: SPREADING THE WORD ABOUT CBS

Have you wanted to share more information about your weight loss surgery with friends or people that you meet? Now it's easier than ever with "tickets" promoting the CBS Video Weight Loss Surgery Seminar. These tickets feature pertinent information about the online seminar and can be given to people who want to learn more about the program and its surgical options.

People who contact the CBS are offered the opportunity to attend a live seminar in their area or to go online for the virtual seminar. The new online seminar takes about one hour to cover the five chapters and accompanying quizzes. At the end, participants have the same options as those attending a regular seminar; they can opt to not move forward or they can take the next step and transmit information about insurance and surgery preferences.

"It gives people the option to actually complete the seminar in the comfort of their own homes," Karen Schulz, R.N., M.S.N. explained. "The live seminar is probably our favorite because we get to meet people in person and answer questions, but we understand that life is busy, and people have a lot of obligations. Sometimes coming to a public seminar wouldn't be their favorite thing to do."

Since first becoming available in April, about 50 people have completed the online seminar. If you would like to get tickets to share with others, please call Sherri Ternovan at 216-592-2815.



FINDING SUPPORT: CANTON GROUP OFFERS LOCAL OPTION

When Terri Black had her surgery at CBS in October 2007, she looked for support close to home but found the nearest group had disbanded. So she decided to start one herself. Since February, the Canton WLS Support Group meets on the third Wednesday each month from 7:30 to 9 p.m. at the Jackson Township YMCA, 7389 Caritas Circle NW, Massillon.

The group welcomes anyone who is considering or who has undergone weight-loss surgery. Since the first meeting where six people attended, the group has continued to grow.

"People need support whether they are thinking about undergoing surgery, have already been through it or have been through it and now need to find their way back," she said. "So far, I think the members that I have seem to appreciate it."

Terri went through the ObesityHelp.com Web site for information and took part in a teleconference to become certified as a group leader. She spends a great deal of time researching, contacting people, finding resources, getting free samples for group members and preparing for meetings. The group alternates open discussions with guest speakers. The May 21 meeting will feature an open discussion. On June 18, the group will host an Akron plastic surgeon to learn more about procedures commonly done after bariatric surgery weight loss.

For more information about the Canton WLS Support Group, see its listing on the CBS Web site or e-mail Terri at mblack@neo.rr.com; please put "Support Group" in the subject line when contacting her. Visit the CBS Web site to find a list of all local satellite support groups and contact information.

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 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: Eating Triggers

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

Wednesday, June 11, 5:30 - 7 p.m.
 St. Vincent De Paul Room at St. Vincent Charity Hospital

Topic: Psychological Factors

Learn about some of the possible psychological changes and their potential impact on your life after surgery.

Wednesday, July 9, 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, May 28, 5:30 - 7 p.m.
 Wednesday, June 25, 5:30 - 7 p.m.
 Wednesday, July 23, 5:30 - 7 p.m.

New Patient Meeting

Learn tips to get through the early stages of recovery.

Thursday, June 19, 9:30 - 10:30 a.m.
 Thursday, July 17, 9:30 - 10:30 a.m.

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This ongoing column provides answers to commonly-asked patient questions.

NSAID, Antiplatelet and Steroid medication post gastric bypass

Non-steroidal anti-inflammatory medications (NSAIDs) cause a breakdown in the protective mucosa of the gastrointestinal tract and may lead to intestinal ulcers, nausea, abdominal pain and intestinal bleeding. Their use should be avoided in patients who have undergone Roux-en-Y Gastric Bypass surgery. Some of the commonly used NSAIDs include: Naproxen, Advil, Motrin (Ibuprofen), Aleve, Mobic and Celebrex.

If NSAIDs are essential to treat inflammatory conditions, such as rheumatoid arthritis, or debilitating pain where no other substitutes are effective, then the GI tract should be protected with a Proton Pump Inhibitor (PPI) such as Protonix, Prilosec, Omeprazole, Prevacid or Nexium. Prilosec OTC is available without a prescription.

Antiplatelet medications such as Plavix, Aspirin or Coumadin may also lead to intestinal tract

ulceration and gastrointestinal bleeding. The continued use of these medications will likely be required in cardiac or stroke patients. When using these medications, the gastrointestinal tract should be protected by using a PPI as described above.

Steroid medications, such as Prednisone, are used to treat inflammatory conditions and osteoarthritis. Alternatives for osteoarthritis might include local steroid injections (Cortisone) into the joint or injection of Synvisc (a lubricant medication). Cortisone injected into a joint is encapsulated and precautions need not be taken since absorption into the bloodstream is minimal. If the steroid is taken orally, intramuscularly (IM) or intravenously (IV), gastrointestinal protection is recommended using a PPI.

For osteoarthritic pain, Dr. Mark Salomone, CBS Bariatric Medical Internist, recommends considering the use of Acetaminophen, Ultram, Darvocet or Tylenol with Codeine.

PATIENTS CONSIDER REASONS BEHIND DIFFICULTIES

“Let’s Consider” was the topic explored at the April Post-surgical Support Group meeting. Dr. Courtney Holbrook, CBS psychologist, presented handouts with questions aimed at deciphering how patients felt about being committed to losing weight, the consequences of not losing weight, sabotaging weight loss, naming their strengths and weaknesses, and recognizing the need for behavioral changes.

With members ranging from 5 years out to just 5 weeks out, everyone took turns in the interactive evening. “I think people were supportive and willing to share their own stories,” noted Dr. Holbrook.

Dr. Holbrook said that most people are euphoric after their bariatric surgery when losing weight is easier than ever. But eventually, issues from the pasts may reappear and cause a change.

“People are surprised by how difficult it is to manage their behavior long term,” explained Dr. Holbrook.

Everyone agreed that they do not have to act on the feelings or thoughts they have. The best thing is to recognize the problem but consciously choose to cope with it in a different way. Instead of reaching for cookies after a family dispute, go for a walk or talk to a friend.

People shared stories about good and bad ways of coping. Compulsive or excessive behaviors can arise, and people may replace eating or drinking with exercise or shopping. Dr. Holbrook encourages patients to do everything in moderation, to step back and consider how they feel and how they should act.

In the end, patients must remember that they had surgery for their own reasons. “You are not losing weight for us - you are doing it for you. Your desire to lose weight is not to please the program or me or your surgeon or anybody else. It is because that is what you think is going to make your life better,” Dr. Holbrook said.

Support Group

ACTIVITIES

(continued from page 1)

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, June 26, 5:30 – 6:30 p.m.
Thursday, July 24, 5:30 – 6:30 p.m.
The CBS office, Room 207

Post-surgical Support Group

Topic:

Thursday, June 26, 6:30 – 7:30 p.m.
St. Vincent DePaul 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, July 24, 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.

Wednesdays, June 4 & 18 and July 2 & 16, 6 – 7 p.m.
St. Vincent De Paul Room at St. Vincent Charity Hospital

PATIENT PROFILE: LEN BELCHER

At 51, Len Belcher finds himself raising children again. In addition to their three adult children, he and his wife, Pat, are adoptive parents and foster parents. His love for these children prompted Len to undergo gastric bypass surgery. "I thought if I don't lose weight I am not going to see these kids grow up," he said. "I am really glad I did it. I wish I would have done it years ago."

The Toledo resident remembers always being heavy. But when he was younger, Len led an active life and was a body builder. "At one point, I decided I needed to take a little break. I was going to take a 30 day break, but it ended up being 25 years," he said laughing.

He became more sedentary while leading a professional life that revolved around food. Len owned several restaurants and worked in the wholesale food business. "I was always sampling food for my customers," he recalled. "I loved food. I loved to eat. I loved to taste, to chew."

Over time, Len continued to gain weight. At his heaviest, he admitted that he carried 425 pounds on his 6-foot, 2-inch frame.

Six years ago, with their children Erica, Jake and Danielle grown and on their own, Len and his wife Pat downsized their home, finally moving to their condominium. When problems arose and their granddaughters needed care, the couple decided to become foster parents to care for the girls – starting their passion for foster parenting.

More than two years ago, Len retired, staying home full time to care for their foster children while Pat continued working for the Toledo Public Schools. The couple adopted granddaughters Victoria, 7, and Alana, 6, and are currently adopting their foster child Chloe, who is 18 months old. They currently have two other foster children.

Wanting to be there for the children spurred Len to consider bariatric surgery. He followed a friend's successful bariatric surgery, asking her questions and watching how she progressed. When he decided to have surgery, he went to the Michigan facility where she had her surgery, but was told to return after he received approval from his insurer. After a year of trying, he got frustrated and backed off.

In 2007, he got serious about having the procedure and began an Internet search for options. When he found St. Vincent Charity Hospital and its program, he called and arranged to attend a seminar. He explained his insurance concerns to the CBS staff that August, and they helped him get approval by October.

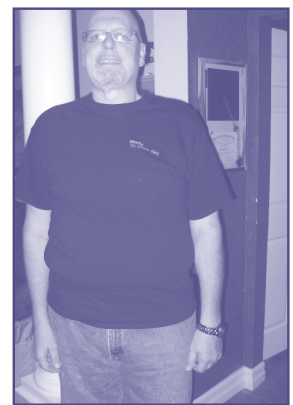
On January 15, 2008, Len underwent successful laparoscopic gastric bypass surgery. While his pre-surgery weight was 355 pounds, he now weighs 288 pounds and is quickly losing weight on his way to his goal of 195 pounds. The best result of his surgery has been his increased energy. He is more willing to get up and go and is now able to really play with the children. This summer, he hopes to ride bikes with the kids.

To get back in shape, Len started walking, covering two to three miles at least four days per week. He is aiming for six days of exercise, especially now that he has recovered from a surgery he underwent for a blood clot in his leg that was diagnosed before his gastric bypass.

"My life doesn't center around food anymore," Len said. Admitting that he probably ate too soon and too much, Len learned his limits when he suffered from dumping syndrome. Now, he feels surgery helped his appetite and stripped food of its importance in his life. He is satisfied with simpler, healthier choices.

Len appreciates the helpful staff at CBS. He praised the nurse who first cared for him during his recovery, calmly answering his questions and explaining what was happening. With the closest satellite support group an hour away, Len would like to start one in Toledo. For now, he knows he can call the program's nurses for answers to his concerns.

Already, Len has given CBS information to several people and shared his own story. He advises people to do their research and tells them that St. Vincent Charity Hospital's top-rated CBS draws people from all over the country for bariatric surgery. "I believe in it 110 percent. I have had a very good experience," he said.



SMARTFORME PRODUCTS AVAILABLE

SmartForme products are formulated to appeal to post-surgical bariatric patients' palates. For a brochure or to purchase products, please contact Peter Valencic, M.S., R.D., L.D., at 216-592-2801 ext. 33711. Products may also be purchased directly from SmartForme by phone or Web site (SmartForme.com). Products are delivered to your door in three business days. Large orders incur no shipping fees.

PERSONALIZED HELP HERE

If you are interested in an individualized session or refresher course to help you to get Back on Track, please contact program dietitian Peter Valencic, M.S., R.D., L.D., at 216-592-2801 ext. 33711.

EXERCISE BRINGS PHYSICAL, EMOTIONAL BENEFITS

Exercise can help you look better, feel better and function better. That was the message that St. Vincent Charity Hospital physical therapist Barthi Udayashanker shared with the Post-surgical Support Group at its well-attended meeting on March 27. Barthi explained that exercise helps people:

- Avoid muscle loss with aging
- Increase resting metabolic rates
- Reduce body fat
- Increase bone mineral density
- Improve glucose metabolism and manage diabetes
- Increase gastrointestinal transit time
- Decrease the risk of colon cancer
- Reduce resting blood pressure
- Improve lipid levels
- Reduce back pain
- Ease the pain of osteoarthritis and rheumatoid arthritis

Barthi shared some examples of good exercises, ways to overcome motivation or time problems and how to make exercise fun. She suggested exercises in answer to patients' issues, such as water workouts if joints are sore, and urged them to find something they liked to do, such as walking or dancing, and build it into their day.

NEW SUPPORT OPTIONS FOCUS ON READINESS, FITNESS

CBS support programs continue to grow. A new readiness class and a new fitness class are being added to the monthly support group offerings. Beginning May 28, the Lifestyle Changes class will be offered for pre-readiness surgical support patients. On June 4, post-operative patients can begin participating in the CBS Fitness Program.

The Lifestyle Changes meeting will present a combination of exercise and bariatric personal success stories for people preparing to undergo bariatric surgery. Ellen Minard, R.N., and Jane Vitou, both certified trainers, will motivate people to begin exercising. Using gentle exercises and band resistance, they will focus on the exercise needs of people preparing for surgery. Joanne Wagner, R.N., will share helpful lifestyle tips and lessons from her own life as a successful gastric bypass surgery patient. Lifestyle Changes will be held from 5:30 to 7 p.m. on the fourth Wednesday of each month in the St. Vincent DePaul Room at St. Vincent Charity Hospital.

The CBS Fitness Program will offer exercises for patients at least six weeks post-op. Ellen

and Jane and bariatric nurse Michelle Goodman-Teshke, R.N., will lead this group. Structured for bariatric patients, the class will feature exercises using two levels of exercise resistance bands. The program meets on the first and third Wednesdays of each month from 6 to 7 p.m. in the St. Vincent DePaul Room. Participants should bring towels and a water bottle to class.

Both of these new programs are provided as benefits of being CBS patients. Exercise plays a physical, emotional and psychological role in patient success. Executive Director Karen Schulz, R.N., M.S.N., believes the programs bring patients new support options. "I think it is an important step for us because part of being a Center of Excellence is having a comprehensive program," she explained. "These women (Ellen and Jane) are incredibly motivating. You listen to them for 10 minutes and you want to go work out."

Specific dates and times will be listed in Bella Vive's Support Group Activities calendar.

Recipes FOR SUCCESS!

Salmon Taco

It's so quick, so easy. A meal in minutes.

12 oz. caned salmon, drained and flaked
½ c. salsa, traditional jarred
6 medium corn tortillas
¾ c. refried beans, canned, vegetarian fat-free
8 oz. light cheddar cheese, shredded
2 c. romaine lettuce, chopped
1 medium/large tomato, chopped
1 T. cilantro, chopped
(Optional: lemon juice, hot sauce)

Preheat oven to 350°. Mix salmon with salsa and set aside. Place tortillas on sheet pan; portion the beans and cheese evenly onto the tortillas. Place in oven until cheese is melted, 5 to 8 minutes. Remove from oven and divide the salmon mixture evenly among the tacos. Top with lettuce, chopped tomatoes and cilantro.

Nutritional information per one taco:

Calories: 300	Total Carbs: 26 grams
Protein: 28 grams	Sugars: 2 grams
Total Fat: 9 grams	

REFERRAL REWARD PROGRAM BEGINNING

To thank people for referring others to the program, the CBS is instituting a new referral reward program. Beginning this month, when you refer others to live seminars, online seminars or office appointments, you will earn points you can redeem to receive CBS merchandise, such as T-shirts and other apparel.

If your referred person undergoes surgery, you will receive a Nike golf jacket and be entered into a drawing for a cruise.

To be eligible, the person you refer must give the CBS staff your name and contact information. Karen Schulz, R.N., M.S.N., said that special referral cards will be available at the CBS later this month.

"We call it a referral rewards program, but we just want to say thank you because we know there are a lot of people out there talking favorably and spreading the word about surgery," Karen said.



ST. VINCENT CHARITY HOSPITAL CENTER FOR BARIATRIC SURGERY

A partnership of

The Sisters of Charity
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You can post comments, concerns, questions, ideas
and notes of encouragement on our Web site at
www.stvincentcharity.com.

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