

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

JANUARY/FEBRUARY 2011

New Year, New Chance for You Set simple goals for healthier 2011

Weight loss success and management is a continuous journey. As a new year begins, take time to re-evaluate your progress and set reasonable goals for the future. It is never too late to make healthy lifestyle changes. The CBS encourages you to embrace fitness, behavioral and dietary elements to promote your bariatric health and well-being. Here are some useful suggestions to get you started.

Exercise: Take the First Step, Stay Motivated

The U.S. surgeon general recommends that adults get 150 minutes of moderate aerobic exercise – riding a bike, quick walking, dancing – each week to be healthy. Exercise done in as few as 10 minute periods can have positive effects over time. Find something physical you enjoy doing and work up to that amount of exercise.

Certified fitness trainer Jason Chuhay, NS-CA-CPT, is a personal trainer who works at 121 Fitness Center at Case Western Reserve University. Jason, who has worked with some CBS staff members and bariatric patients, sees people at all fitness levels. He recommends that you get medical clearance from your doctor before beginning any exercise program. Being physically ready and starting slowly will help prevent injuries and frustration.

Jason says that fitness centers usually do a fitness assessment when someone joins to determine their health and risks. “Before we even put somebody on a machine, we need to find that out,” he says. “If people want to get in shape, their bodies may not be ready for the full force.”

Jason believes that the best exercise format for you will depend on your personality. Some people need personal support and do best when they exercise with a friend or personal trainer. Other people are most

comfortable in a group setting and exercise best in classes that interest them, such as yoga, spinning, Zumba or aerobics. Finally, some people want to work out privately on exercise machines or with weights, often listening to music on their headphones. What type of exercise personality fits you?

Deciding where to exercise is another consideration. If you want convenience or aren't ready to work out with others yet, you can get in shape at home. “You can buy a gallon of water – that is 8 pounds – to lift,” Jason notes. “You can find a ledge and do pushups on the ledge. You can find a wall and do wall squats. You can do a full workout in your own home.” Walking, riding bikes, using exercise DVDS, doing strengthening exercises with hand weights or using machines at home like treadmills can help you shape up.

If you want variety or personal support, joining a fitness center may be your best choice. Taking that first step to join a gym can be scary. “It is very intimidating walking into a gym with people around you who have been working out their whole lives. I just really encourage people to give it a couple weeks,” Jason says. “Both physically and mentally, let your body adapt to this new change. I think it is really important to find what works for that person. If they have the mentality, we can find something that will make them happy and keep them motivated.”

Which fitness center is right for you? Jason recommends finding one that is convenient, such as one you drive past on your way home from work or one that is close to home. You don't want to make excuses about not being able to get there to exercise.

Secondly, consider what a fitness center offers. Are you most interested in using fitness machines like elliptical machines and treadmills? Make sure the location has enough

Dr. Aviv Ben-Meir: Why Exercise is Important to Me

I started working out with Jason two years ago to avoid developing back problems, an occupational hazard common to surgeons. Although I have always been involved in sports and enjoyed weightlifting on my own, it was easy to put off exercising and I was not as consistent as I could have been. As a result, I decided to work with a personal trainer on a set schedule and began working out with Jason twice a week. Because I stand all day, frequently in awkward positions, workouts initially focused on increasing core strength. This was an area I had neglected and workouts were very difficult at first. I stuck with it and it didn't take long to see results. Soon, I was looking forward to working out and added a third weekly session. Over the past two years, I have reaped the physical and emotional benefits of exercise. I lost 20 pounds and several pants and jacket sizes. I am in the best shape I have ever been in. I still don't enjoy getting up at 5 am to exercise before work, but being fit is now an essential part of my life. As most of you know, I encourage all my patients to participate in regular exercise. Getting started is not easy, but once you see the positive impact exercise can have in terms of weight loss, body image and mood, I think you will be hooked, too.

EDITORS

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New Year, New Chance for You

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machines to use. If you are interested in taking classes, find a center that has a variety of types and times so you can attend ones you will like. Some fitness centers offer other amenities such as child care or shower rooms that may be important to you. Also, if you want to get individual help, see if there are personal trainers on staff to work with you.

What should you consider if you want a personal trainer's help? Jason suggests finding a trainer with whom you have a good initial rapport because you will be spending time with this person. Find someone who will help you set objectives to achieve and who is attentive in helping you reach them. A good trainer helps each person individually rather than using a "cookie-cutter" approach of treating everyone the same.

No matter what exercise you choose, Jason recommends setting small goals to work toward your larger goal. Jason works with a running club with some members who have never run before, and he finds small goals help them achieve their running goals. If you want to run a 5k race, begin by trying to run for a specific amount of time or a specific shorter distance. If you can't finish a fitness class, set a goal of completing a full class without stopping; first, work to complete 15 minutes of the hour and work up each time from there. If your upper body is weak and you can only do four pushups, set a goal of 10; when you reach 10, you can revise your goal to 20.

"You are never done progressing. There is always something else to achieve," he notes, adding that your body can reach a fitness plateau as it adapts to your current workout. Be ready to try different activities or increase your cardio efforts over time.

To contact Jason Chuhay about personal training, call 440-390-0539 or e-mail him at jcl21trainer@gmail.com.

Behavior tips keep you on track

Being mentally strong helps you not only in exercise but also in your daily life. Dr. Anita Maximin, Psy.D, suggests some ways that people can take charge of their behavior for success this year.

First, leave the holidays behind now. It is time to move ahead. Don't let dietary mistakes or lack of exercise in your past affect your decisions now.

Secondly, don't approach your life with an all-or-nothing attitude. If you have a problem or make a bad choice on one day, you are not a failure. You haven't lost everything so don't get discouraged. "Every day is a new day," Dr. Maximin says. "Every meal is a new chance to make a healthy choice."

Take charge of your meals by planning ahead. Try making your healthy menu for the whole week on Sunday. Preparing meals ahead can keep you from rushing into poor meal decisions.

Also, the cold winter season or post-holiday let-down can lead some people to feel

depressed. Don't let the blues linger. If you are feeling down, get the professional help you need to feel better.

Finally, just because it is a new year doesn't mean you have to make grand resolutions. Set short-term, realistic goals that you can achieve. Be concrete in what you want to accomplish. For example, don't say you will exercise; rather, plan to walk for 30 minutes each day.

Healthy eating remains important goal

Program dietitian Dina Corrao, RD, LD, offers a few ideas that will get you off to a nutritious start this year.

As always, follow the four rules recommended by Dr. Aviv Ben-Meir and the CBS. Avoid grazing. Get your calories from solid foods. Chew your food slowly and thoroughly. Do not drink liquids with meals or for an hour afterwards.

Make sure that you balance your meals to meet your nutritional needs. In addition, Dina says, "Always put the right things in the tool." So choose low-fat, high fiber foods and lean meats instead of less healthy options.

If you are gaining weight after your surgery, she suggests that you join a session of Back on Track or schedule an individual dietitian appointment. Getting personal guidance can be just what you need to give you a boost in a healthier direction.

RECIPES FOR SUCCESS

Gathering Provides Tasty Time

Patients and staff members enjoyed mingling and munching on bariatric-friendly foods during the Post-surgical Support Group's holiday meeting on December 15. The intimate get-together gave people a break during the busy holiday season to visit and share some of their favorite appetizers.

Dina's Spinach Dip

- 10 oz chopped spinach, very well drained
- 32 oz Greek yogurt (Oikos by Stoneybrook)
- 1½ packets of dry onion soup mix
- 1 C diced water chestnuts

Mix all ingredients together in a bowl. You may add a dash of garlic powder for more flavor. Refrigerate for 1 hour to let onions in the soup mix rehydrate. Serve with fresh vegetables. Yield: 6 5-ounce servings.

"Everybody brought really good food that was bariatric-friendly and easy to make," noted Dr. Courtney Holbrook, the CBS program manager and staff coordinator that evening. Below are several easy treats that anyone can make and share.

Feta/Avocado Dip

- 1 avocado, chopped
- 2 plum tomatoes, diced
- ¼ C red onion, chopped
- 4 oz feta, crumbled
- 1 clove of garlic, finely chopped
- 1 tbs olive oil
- 1 tbs white wine vinegar
- 1 tbs coarsely chopped fresh parsley
- 1 tsp dried oregano

Combine all ingredients and toss. Chill for 1-6 hours. Serve with multigrain tortilla chips.

Pattie's Fruit Salsa

- 16 oz strawberries, diced
- 6 kiwis, diced
- 2 oranges, peeled and diced
- 20 oz can unsweetened crushed pineapple, drained
- 8 tsp (more or less to taste) Splenda blend
- 2 tsp lemon juice
- 1 tsp strawberry extract or 1 tbs sugar free fruit jelly

Serve with baked cinnamon chips.

Sharon's Laughing Cow Dip

1 container Laughing Cow garlic and herb (8 wedges)
1 can Swanson chicken breast
Open wedges, place in microwave dish, heat for 20-30 seconds. Stir in drained chicken, mix. Serve with Melba toast slices.

CBS Psychologists

When you are preparing for surgery, adjusting to life after surgery or facing rough spots along the way, psychologists work as part of the CBS team to help you. “My goal is to get them (patients) to their goal of long-term success,” explains Hilary Hassinger, Ph.D, “Everything we are doing is to help them.”

Dr. Hassinger serves as a liaison for patients preparing for surgery. When patients need psychological evaluations for their insurance approval, she reviews the documentation from their doctors and helps them come up with a plan to get through issues that could hinder bariatric surgery success. She follows up with patients about their progress and reviews reports from the doctors they are seeing. Once she sees that they are ready, she gives the psychological clearance that the patient advocates need to secure final insurance coverage and schedule surgery.

A psychologist for eight years, Dr. Hassinger joined the CBS in her current role in June. She has often worked with patients preparing for bariatric surgery and done evaluations through her private practice.

Initially planning to go into medicine, Dr. Hassinger earned her undergraduate degree in health medicine at Ohio University. She then decided to follow her father’s path as a psychologist and went on to earn her Ph.D in behavioral medicine at Bowling Green State University.

Now, the psychologist balances her CBS work with her work in two different private group practices. She spends Mondays at the CBS office calling psychologists, patients and patient advocates as she helps patients along the path to surgery. She feels that working with bariatric patients lets her use her interests in health medicine and psychology.

When not working, Dr. Hassinger and her husband, Chris, keep busy with their four children who range in age from 10 to 2, “We like walks, riding our bikes and movies,” she says, adding that they are also big Disney fans.

A second psychologist guides patients through two special CBS programs. Anita Maximin, Psy.D, has worked with the Lifestyles, Education and Action Program (LEAP) and Back On Track programs since July 2006. LEAP is a 12-week medically supervised weight loss program for people who want to lose weight or those who need to lose weight before bariatric surgery. Back On Track is available for bariatric surgery patients who have regained weight, forgot-



ten how to correctly use their pouches or who have trouble losing their weight. Both programs combine the support of professionals and peers to create positive, non-threatening environments for people to work through their struggles. Dr. Maximin also directs occasional CBS support group meetings.

Dr. Maximin explains that the psychologists help patients to set personal, focused goals and to make long-lasting lifestyle changes. She enjoys seeing patients work through the 12-week programs. “Watching their growth is very inspiring,” she says.

Growing up with parents who were physicians, Dr. Maximin followed her interest in people’s behavior and emotions and helping others by majoring in psychology at Case Western Reserve University. She earned her doctorate in psychology at the Virginia Con-

sortium Program in Clinical Psychology in 1989. Her subspecialty is health psychology. She has worked with bariatric patients for pre-surgical psychological evaluations in her private practice and as part of a group practice in Strongsville. She has also co-lead smoking cessation groups and co-authored several books.

She and her husband, Daryl Campanalie, stay busy with their four teenage sons as they follow their sports and activities.

To contact the psychologists at CBS, call 216.592.2801.

Hilary Hassinger, Ph.D, above left, and Anita Maximin, Psy.D, right



NURSING FAQS

The CBS nurses provide answers to commonly asked questions.

Restoring Iron Balance After Roux-en-Y Gastric Bypass Surgery

Patients who have undergone Roux-en-Y gastric bypass surgery should have blood iron levels checked by their primary care physicians (PCP) to ensure that they have adequate iron stores. The iron level should be checked every 6 months for the first 18 months post-op, then yearly, or as often as the PCP determines, based on the patient’s health. The three iron tests needed are: Total Serum Iron, Iron Saturation, and TIBC (Total Iron Binding Capacity).

Iron absorption is impaired after gastric bypass surgery because the upper portion of the small bowel, where iron is primarily absorbed, has been bypassed. Also, the intake of foods that are rich in iron, such as red meats, can be reduced if poorly tolerated by the patient. In addition to red meat, other good food sources of iron are fish, poultry, shellfish, eggs, soybeans and legumes.

The CBS recommends that all gastric bypass patients take one multivitamin with iron daily, starting at 6 weeks post-op. Check the ingredients in your multivitamin to make sure it contains iron. Menstruating females should take one ferrous sulfate (325 mg) tablet daily, in addition to the multivitamin with iron.

Iron should be taken one hour before, or two hours after, ingestion of antacids and calcium. Since iron is best absorbed in a mild acid environment, taking iron with one Vitamin C (250 mg.) tablet enhances absorption. Iron is best tolerated if taken with food.

The iron preparation used should be based on cost and effectiveness with minimal side effects. We recommend an inexpensive over-the-counter iron supplement, ferrous sulfate, which contains 325 mg. of iron salts, of which 65 mg. is elemental iron.

Gastrointestinal tract symptoms (i.e., abdominal discomfort, nausea, constipation) experienced by some patients seem to be related to the amount of elemental iron ingested. Thus, the few reported side effects for some preparations may be explained by their low elemental iron content. The amount of elemental iron per tablet in the following preparations is as follows:

- Ferrous gluconate: 28 – 36 mg. elemental iron
- Ferrous sulfate: 65 mg. elemental iron
- Ferrous fumarate: 106 mg. elemental iron

Patients with intolerance to iron may tolerate Ferrous Sulfate Elixir, which provides 44 mg. of elemental iron per teaspoon. The patient may then increase or decrease the dose to the level at which gastrointestinal symptoms become acceptable.

Since intestinal anatomy is not altered with laparoscopic gastric banding or sleeve gastrectomy, iron deficiency is typically not an issue and iron supplementation is usually not required.

Success Starts Here...

When Lois Haynes-Paige got the phone call that she had been approved for bariatric surgery, the teacher broke some classroom rules. “I started screaming and hollering, and the kids were so excited because I was so excited, asking ‘what are we happy about, Miss Paige?’” she recalls. Lois was thrilled that she would have the chance to be healthy again.

Before her June 2007 surgery, Lois saw her health decline over the years. In her school years, she was a track athlete, a majorette and model. But in her early 40s, she developed asthma. Between personal stress, accidents and medications, her weight climbed and her health suffered. She developed sleep apnea, high blood pressure and spine and leg problems. At over 326 pounds, she tried diets and various programs. “I was doing the best I could, and it just wasn’t good enough,” she says. “I prayed to God for an answer because I couldn’t breathe. I didn’t believe God would send me the remedy in the form of surgery.”

It was Lois’ pulmonary doctor who pointed her toward bariatric surgery and St. Vincent Charity Hospital. After considering the options, she and a friend went to a CBS seminar. “That is where I saw people like me. I saw people on walkers. I saw people on crutches. I saw people who were wheezing and who had the same problem I had,” she says, adding that she knew that she wanted surgery that day.

While waiting for her approval, Lois spent the time preparing. She drove from her Austintown home to the CBS classes. She went on the Mediterranean diet to lose some weight before surgery. She kept a notebook of all the lessons she learned. And she prepared her home with the utensils and foods she would need to begin her post-surgical recovery. By the time her surgical day came, she was ready. “I was not nervous,” she adds. “I was prayed up.”

Her surgery was a success, and Lois, 58, credits it to the support she received. She calls her son, Marcus Tyler Paige, her “inspiration” because he believed in her decision, and she found friendship and support from ObesityHelp.com, too. She believes that the CBS program helped change her life. She felt prepared before the surgery and received calls from the nurses afterward with guidance and advice. “St. Vincent is about the patient,” she says.

Today, Lois is healthier and happier. She no longer needs her sleep apnea treatments or asthma nebulizer. She was able to have a knee replacement last January so she gets around better than ever. With increased stamina, she can walk the dog, exercise and keep up with the high school students she teaches in Youngstown Public Schools. She also met her goal of going to graduation and learning to line dance for that special evening.

“I have lost 146 pounds,” she says, noting that she enjoys wearing regular clothes. Lois has dropped from a size 24 dress to a size 12-14, size 26 jeans to size 14-16, and size 9½ shoes to size 7½ shoes.

Lois set a goal this year to lose 10 more pounds. She believes this is realistic if she exercises more and drinks more water. Usually she

walks, but her son’s old room holds exercise equipment including a stationary bike and elliptical machine. “I have everything in there. I have no excuse,” she says.

Lois encourages other people who consider bariatric surgery to look into their options and make the decision for their own health. She urges people to avoid the temptation to do it for a spouse or to get a promotion or to look good. She explains, “If you do it for that – to have a better quality life – you will never go wrong.”

A quality of life means being able to get on an airplane and fasten your seatbelt. I couldn't do that before. The life that you have now; do you want a quality life, or do you want to exist? These are the questions you have to ask yourself. I chose life!



LEAP, Back on Track Starting

The next session of Lifestyle Education and Action Program (LEAP), the medically supervised weight loss program open to those who are planning surgery or who do not intend to have surgery, will begin on February 3. A multidisciplinary CBS team leads the 12-week session which includes fitness and nutrition components.

On March 14, the next session of Back on Track begins. This program is open to bariatric surgery patients who need to lose weight, overcome weight-loss plateaus, or review pouch use to achieve weight loss success.

If you are interested in either program, please contact Dina Corrao, RD, LD, for additional information or registration at 216.592.2819 or dina.corrao@stvincentcharity.com.

Correction

In the article on the ObesityHelp Conference from the November/December *Belle Vive*, Canton support group leader Terri Black's email address was incorrectly listed. The correct email is wlsterrib@gmail.com. Please feel free to contact Terri at this address for information on this ObesityHelp event or her support group.

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: Preventing Complications/Behavioral Guidelines

Learn ways to avoid complications that can occur after surgery. Learn about behaviors essential for long-term weight loss maintenance.

Wednesday, January 12, 5:30 – 7:00 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

Topic: Label Reading/Eating Triggers

Learn to decipher the nutritional information on food labels so you can make healthy choices. Examine some common eating triggers and ways to overcome them.

Wednesday, February 9, 5:30 – 7:00 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

Topic: Eating Guidelines/Psychological Factors

Learn about post-operative eating guidelines and nutritional recommendations. Learn about some of the possible psychological changes associated with bariatric surgery and their potential impact on your life.

Wednesday, March 9, 5:30 – 7:00 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

Topic: Kitchen Utensils/Body Image

Learn about the types of measuring tools and cooking utensils you need to prepare pureed foods in your early post-surgery period. After surgery, how you view yourself and how others see you can change. Learn how to deal with some common body image issues.

Wednesday, April 13, 5:30 – 7:00 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

DIET REVIEW CLASS (formerly Transitions)*

Post-operative weight loss surgery patients who are at least three months post 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.

Wednesday, January 26, 5:30 – 6:30 p.m.

Wednesday, February 23, 5:30 – 6:30 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

POST-SURGICAL SUPPORT GROUP

Topic: Getting Back On Track In the New Year
Join Anita Maximin, Psy.D, for an evening that focuses on healthy ways to approach bariatric life in the new year.

Wednesday, January 26, 6:30 – 7:30 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

Topic: Ask the Doctors

Bring your questions for this special evening with Dr. Aviv Ben-Meir, Dr. Indu Sonpal and Dr. Mark Salomone. The meeting will include information on sleeve gastrectomy and vitamin and mineral recommendations.

Wednesday, February 23, 6:30 – 7:30 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

Topic: Nutrition Jeopardy**

We have the answers, you ask the questions. Join dietitian, Beth Taylor, RD, for a fun and informative evening that focuses on bariatric nutrition.

Wednesday, March 23, 6:00 – 7:00 p.m.

Center for Bariatric Surgery

Suite 207, Medical Office Building

* Please note that this class will not meet after February

** Please note new support group meeting time



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