

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

NOVEMBER/DECEMBER 2010

Thankful Celebration Honors CBS Graduates

Success and gratitude went hand-in-hand at the CBS Graduation on Friday, September 10, at the Hilton Garden Inn Cleveland. CBS patients, staff members and guests gathered to celebrate lost weight, improved health, and hospital support.

In his welcoming remarks, Dr. Aviv Ben-Meir noted that it takes the support of the

whole St. Vincent Charity Medical Center community – from pre-admission staff and 6A nurses to hospital administrators – to make the CBS program and patient success possible. That support is evident in the newly remodeled offices that provide flexible, functional, welcoming space for those involved in the CBS.

This year, 85 graduates took to the stage, thanking those who have supported them and receiving congratulations from their sur-

geons. They have lost 9,626 total pounds so far on their weight loss journey.

Special speaker Katie Jay, MSW, understands where they have been and where they need to go from here. A social worker, wellness coach, author and director of the National Association for Weight Loss Surgery (NAWLS), Katie shared some of her experiences as she congratulated graduates on their great start and urged them to work hard to continue to maintain their success.

Katie Jay Motivates Workshop Participants

While the Susan G. Komen Race for the Cure participants ran and walked past the Hilton Garden Inn Cleveland on Saturday, September 10, for breast cancer awareness, bariatric patients inside joined special presenter Katie Jay in a lively CBS workshop promoting bariatric weight loss success and maintenance.

Katie, MSW, is a social worker, certified wellness coach and director of the National Association for Weight Loss Surgery. Katie also has written the books *Dying to Change: My Really Heavy Life Story*, *How Weight Loss Surgery Gave Me Hope for Living and Small Bites: Daily Inspirations for Weight Loss Surgery Patients*.

Katie believes that overweight people have certain personality traits in common. These may include childhood trauma, difficulty saying no and the urge to take care of everyone else. The morning session was dedicated to exploring traits people have in common that can hamper their weight loss success.

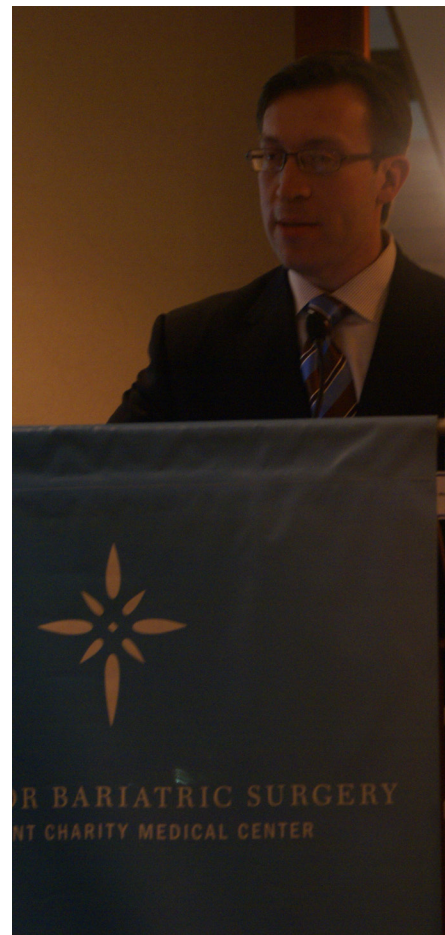
Through her PowerPoint presentation and activities, Katie stressed that people should recognize what personal issues contribute to their weight problems. By learning to manage their personal triggers, patients can succeed in losing weight and keeping it off.

CBS program psychologist Hilary Hassinger,

PhD, found Katie's balloon exercise to be a good example of a common problem. Katie had an audience member hold a bunch of balloons. Additional balloons, like life responsibilities, were added to the person's bunch until the patient couldn't juggle them all and balloons began to fall. "If you don't take care of yourself, you won't be able to take care of anyone else. You are going to start dropping things. You are going to overload yourself," Dr. Hassinger explains. "If after surgery you let those things start to pile on top of you again you are not going to be able to overcome the issues you are dealing with. And that can be a road back to weight gain."

Workshop participants enjoyed Katie's talk and related to experiences she shared about her childhood issues, struggles with weight, her surgery and post-surgery weight management. "Because she is so open with her struggles, I think some of the people in the workshop are willing to share some of the things they are struggling with. She definitely did a lot of things that got the audience engaged," Dr. Hassinger says.

Katie reminded everyone that surgery is not magic. It is a tool to help patients lose weight and change their lives, but it won't solve all problems. Losing weight and keeping it off is a life-long process.



EDITORS

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Patients Battle Barriers to Move Forward

Forgetting your past can hinder your future weight loss success, so pay attention to old bad habits and broken dietary rules. These ideas fueled the discussion about barriers to weight loss moderated by CBS program manager Courtney Holbrook, PhD, at September's Post-surgical Support Group meeting.

As people discussed their problems with staying on track with their eating after losing weight, Dr. Holbrook noticed that they all agreed on one thing. "They never want to go back to where they were, and no matter what it takes they are going to stay the course and stay away from things they should stay away from," she says.

Remembering their personal stories can help motivate patients. As they get further out from surgery, people can forget what their old lives were like or the proper dietary rules for bariatric patients. Little things can creep back into their lives, like drinking when they eat, grazing or not eating protein first.

Patients agreed that understanding the rules as well as the nutrition behind them really help. When people eat the wrong foods or combinations, they sabotage their own success. For example, eating only carbohydrates rather than combining protein

with carbohydrates can leave people hungry. And eating without drinking will help them feel fuller longer. "It is how everything works together to be successful," Dr. Holbrook explains.

In addition, staying in touch with the CBS helps keep patients up to date on the latest dietary guidelines. One patient mentioned using protein drinks for breakfast, something that was okay years ago but is now recognized as not being the best choice. That fluid meal doesn't fill him up long enough. "As our knowledge grows, our recommendations can change," notes Dr. Holbrook, adding that the best way to know what has changed is to connect with the CBS.

Dr. Holbrook urges people to let the positive changes in their lives motivate them to lose and manage their weight. For example, one woman now rides her bike six miles daily when she couldn't walk to the end of her driveway before surgery. Focus about how much better you feel and everything you can do now so you stay positive.

Before surgery, eating and thinking about physical problems may have occupied many patients' time. Now, fill that time with thinking about the healthy foods you can enjoy and the physical activities you can do.

NURSING FAQS

The CBS nurses provide answers to commonly asked questions.

NSAID, Antiplatelet and Steroid medication post gastric bypass

Non-steroidal anti-inflammatory medications (NSAIDs) cause a breakdown in the protective lining 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: Ibuprofen (Motrin), Naproxen, Advil, 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 gastro-intestinal bleeding. The continued use of these medications will likely be required in cardiac or stroke patients. The gastro-intestinal tract should be protected using a Proton Pump Inhibitor, as described above, when using these medications.

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), gastro-intestinal protection is recommended using a Proton Pump Inhibitor.

Proton Pump Inhibitors will reduce but not eliminate the risk of developing an ulcer while on the medications described above. The decision to take these medications should be made in collaboration with your physician.

RECIPES FOR SUCCESS

Crab Nachos

Chips:

1 Fit and Active (from Aldi's) Multigrain Wrap
1 t. olive oil
Garlic powder
Onion powder
Sea salt

Cheese Sauce:

1 T. Lite Smart Balance
1 T. flour
½ c. 1% Milk
¾ c. fat free cheddar cheese

Topping:

½ c. imitation or real crab meat
¼ c. green onions
½ c. diced tomato

Directions: Preheat the oven to 350°. Line a cookie sheet with tin foil. Measure ½ t. olive oil and spread over one side of the wrap. Flip it over and spread the other ½ t. on the other side. Using kitchen scissors cut the wrap into triangles (the size of tortilla chips). Sprinkle garlic powder, onion powder and sea salt on the triangles and bake for 15 minutes or until crisp.

Dice tomato and green onion.

While chips are baking, make a roué with 1 T. of Lite Smart Balance and 1 T. of flour. Add milk and stir until it begins to thicken. Then add cheese and stir until the cheese is melted and the mixture is smooth and creamy.

When the chips are done baking, arrange in a bowl, pour cheese sauce over the chips, and sprinkle tomatoes, onions and crab over the chips and cheese. Add a dash of salt and pepper and serve. Servings: 2

Variations for the Flavor of Chips: Try sprinkling Cajun spices or Molly McButter Cheese Buds on the chips for different flavors. Cinnamon and Splenda could be used on the chips if not using them as nachos. Instead of crab, you could add grilled chicken, shrimp or lean ground turkey meat.

Nutritional Information Per Serving:

Calories, 253; Fat, 7 grams; Carbohydrates, 21.5 grams; Dietary Fiber, 9 grams; Protein, 21 grams.

Success Starts Here...

Kathy Ciszczon has become the person she once envied. In her pre-surgical days when she avoided physical exertion, Kathy really wanted to be able to move and breathe easily. “I would be jealous when I would see people jogging in the street because I always wanted to be that person, not just because they were jogging but because they were healthy. I wanted to be healthy in the worst way,” she says. Today, Kathy is that healthy person jogging five miles and competing in 5k races.

Since childhood, Kathy remembers being the biggest girl in her class, always the largest among her friends. Over the years, she admits to losing 500 pounds from all the diets she did. As she got older, her ankles gave out on stairs and she would be completely out of breath when she climbed them. She began taking medication for high blood pressure and high cholesterol, and she was diagnosed with a fatty liver.

Kathy had a family reason for concern. Her mother had been morbidly obese. After having a successful hernia operation, she contracted peritonitis and her condition was exacerbated by her obesity. She died from it at age 54 on Kathy’s 18th birthday. “When I hit 50, I got worried about my health,” she admits.

Having worked in the lab at St. Vincent Charity Medical Center, Kathy knew about the CBS and its doctors. She knew about the program’s low complication rates. But until she turned 50, she always felt that she wasn’t big enough to need surgery. A trip to her doctor’s office showed she was carrying 265 pounds on her 5-foot, 2-inch body. When Kathy asked if she should consider bariatric surgery, her doctor, already concerned by the climbing weight over her past few visits, told Kathy that she should do very well with it. With her approval, Kathy stopped at the CBS office for information on her way back to work that day.

Kathy had her laparoscopic gastric bypass surgery in August 2007. Her sister had been very concerned that Kathy would become ill and be vitamin deficient after the surgery, but Kathy did well. Her entire family is proud of her decision and her subsequent success in losing weight. Kathy lost 135 pounds, the same amount she now weighs. Most importantly, she no longer needs blood pressure or cholesterol medications.

Her goal to be physically fit started as soon as she got Dr. Ben-Meir’s okay to increase her exercise from easy walking. While she had been walking since her surgery, she joined Fitworks that fall and began alternating walking and jogging on its treadmills, pushing a little further each time. Soon she found herself jogging several miles.

As the weather became nice in the spring, the Painesville Township resident went to a high school track to jog outside. “I love jogging. I feel so free when I am outside,” she says, adding that she hits the treadmill when temperatures and humidity are dangerous. Occasionally, she uses Fitworks’ elliptical machine and free weights. “If I am doing the weights, I feel like I should be jogging,” she admits, laughing.

Today, Kathy jogs a five-mile route three or four times each week, often wearing a Susan G. Komen Race for the Cure pink shirt from one of the three races she has run. Friendly competition with her boss has her already planning for her Race for the Cure next summer. Eventually, she wants to compete in a five mile race, too.

Kathy believes exercise is one important key for controlling her weight. Two years after surgery, she felt her appetite come back. She knows how easy it could be to put weight on if she does not continue her workouts and watch what she eats.

Early on, Kathy came to realize that how she ate, not really what she ate was her problem. “I look back on it now, and a huge part of my problem was portion size. I ate huge amounts of food,” she says.

Watching portion sizes and aiming for nutrition are Kathy’s keys to eating. She loves Greek yogurt, which gives her twice as much protein as regular yogurt. Her diet also includes plenty of skim milk, vegetables and fruit. “I try to look at what I am eating and see how much nutrition I will get from it. I try not to eat wasted calories,” she says.

Now, Kathy, 54, knows that she can be an inspiration to other people. “I want people to look at me and say, ‘she looks really healthy.’ I can’t tell you how much pleasure I get when I tell people I have had this surgery and they look at me and their mouths drop,” she says. “I want them to know you can be healthy. You will be healthy after the surgery; you will be fine, but you have to follow the rules.”



I'm free! I can run and I can do what I've always wanted to do. I don't feel like I'm chained down anymore.

ObesityHelp.com Event Brings Support, Speakers to Cincinnati

ObesityHelp.com, the national weight loss support network, brought bariatric patients and professionals together for a weekend of information and support at The Westin Cincinnati on August 20 and August 21. Over 300 people attended lectures, shared meals and visited bariatric-related exhibits at the ObesityHelp conference.

CBS satellite support group leader Terri Black not only attended her third ObesityHelp.com event this year but also participated on the question-and-answer panel, led a breakout session on being a leader and coordinated the closing fashion show.

Since her surgery three years ago, Terri has wanted to reach out to people interested in bariatric surgery and give back to the weight loss support community that helped her. She is a sanctioned CBS and ObesityHelp group leader who facilitates the Canton Weight Loss Support (WLS) Group. She actively participates at ObesityHelp.com, too.

The Cincinnati event kicked off with the Q & A Panel fielding questions about surgeries, nutrition and dietary requirements, plastic surgery and insurance among others. Terri answered several questions about what it takes to be a group leader and what a group leader does. Bariatric surgeons Drs. Garth and Robert Davis, relationship therapist Mary Jo Rapini, bariatric chef Dave Fouts, and Yvonne McCarthy, a 10-year post-op bariatric patient and wellness coach, were the other panel members.

On Saturday, people attended several keynote presentations. Connie Stapleton, PhD, addressed issues that lead to weight regain and how to keep up healthy lifestyles after surgery. Dr. Garth Davis presented information about the food that people eat that leads to weight gain, focusing on how food choices affect metabolism, moods, and weight. Mary Jo Rapini offered tips on sustaining and growing relationships after bariatric surgery. Dave Fouts discussed making smart eating choices away from home.

The afternoon included concurrent breakout sessions that gave attendees different

informational options. These included band patient weight gain, keys to long-term bariatric success, a virtual grocery shopping tour, and plastic surgery. Terri's presentation, "What the Heck Does an OH Leader Do?" was another option.

In her slide presentation, Terri stressed that leaders are facilitators who help bariatric patients to get the safe, accurate, friendly support that they need. She believes leaders should provide a convenient meeting place and invite informative speakers who can provide useful, accurate information to members. Other group leaders in the audience shared some of their tips, too.

The afternoon also included an exhibit area featuring bariatric food and supplement companies, authors and other information. There also was a second Q & A panel featuring the professionals who spoke during the day.

The event ended with a member fashion show, which Terri helped coordinate. Similar to CBS' graduation, it featured ObesityHelp bariatric patients celebrating their weight loss. "It is an awesome thing to see people because you see the before pictures and then you see them present themselves on the stage," explains Terri. "It is like a metamorphosis. It is incredible to see where they come from and where they are today."

Terri was impressed with the talks she attended, noting that the relationship presentation was interesting. She and her group also benefited from the dietary talk that mentioned textured vegetable protein, or "tvp." Terri explains, "It is like freeze-dried protein soy and you reconstitute it and you can use it as meat. It absorbs the taste of anything you put it in."

ObesityHelp's final event this year was held in Houston on November 5 and 6. For information about events planned for 2011, check out www.obesityhelp.com. For information about the Cincinnati event, ObesityHelp.com or the Canton WLS Group, contact Terri at wlsterrb@gmail.com.

Terri's Canton WLS Group meets on the third Wednesday each month at John Knox Church, 5155 Eastlake St. NW, North Canton.

Satellite Support Speakers

Interested in sharing nutritional information and dietary tips with your support group members? The CBS dietitians are available to speak at area support group meetings. Contact Peter Valencic, RD, LD, at 216.592.2801 ext. 33711 to schedule a date.

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 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, November 10, 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, December 8, 5:30- 7:00 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

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

POST-SURGICAL SUPPORT GROUP

Festive Holiday Gathering: Join CBS staff and patients for a jolly support group meeting. Bariatric friendly appetizers will be served, and you are welcome to bring something to share if you wish. This get-together combines the regular November and December meetings.

Wednesday, December 15, 6:30 - 7:30 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

Administrative Case Specialist

When people decide to have surgery at the CBS, Megan Blubaugh gets the process rolling. As the administrative case specialist, Megan makes the calls to insurers for verification, pre-certification and pre-authorization.

Megan gets hopeful patients' insurance information after they have attended a seminar or webinar. Before patients see the surgeons for their consultations, Megan calls their insurers to see if bariatric procedures are covered and what requirements patients must meet to qualify for surgeries. Once she has these answers, she transfers the patients to patient advocates for guidance through the pre-surgical process. When patients are ready for surgery, Megan schedules the patients' procedures and calls them with the necessary information. "We get them through as quickly as possible from seminar to surgery," Megan explains, adding that each insurance company and individual policy is different in what requirements and coverage exist.

She also gets necessary pre-certification for patients getting lap band adjustments. "We have to call ahead of time and get authorization for each time a patient comes in for an adjustment," Megan explains.

Megan is happy that she joined the CBS staff on June 7. "I enjoy

the whole experience," she says. "People are very friendly."

Megan has a degree in family and child development from the University of Akron, but she has worked in the financial and collections areas for 11 years. Her current job brings her to the hospital where her mother, Nan Woldin, serves as St. Vincent's director of revenue cycle operations. A summer job in college with her mom at Deaconess Hospital introduced her to what became her career. "She took me on as a summer employee while I was at college, and it evolved from there," she says. Prior to joining the CBS, she worked at the Jewish Family Services Association calling insurance companies to get claims paid.

With much time spent at her desk, Megan is enjoying her new office. "It is a very nice view of Tower City and Progressive Field and the city skyline," she says, adding that she doesn't get to meet patients usually but they can ask to say hello when they are in for pre-admission testing.

When not working, life at her South Euclid home keeps her busy. She and her husband, Robert, have a 9-month-old daughter, Maggie. Megan enjoys being with them and spending time with other family and friends.



**CENTER FOR
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