

# BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

DECEMBER 2011

## 2011 CBS Graduation Celebrates Patients' Success

The 2011 CBS graduation ceremony took place on Friday, October 28th at the Marriott hotel in downtown Cleveland. This year, the graduating class consisted of 63 post-op patients who lost a total of 8,010 pounds. As Dr. Aviv Ben-Meir pointed out during the ceremony, that weight is the equivalent of four and a half Volkswagen Beetles, or 32,040 sticks of butter which would stretch over 3 miles end to end. He

also calculated that if one pound is equal to 3,500 calories, the 2011 graduating class' weight loss totaled 28,035,000 calories that went uneaten! That many calories would equate to 24,168 pints of Haagen Dazs ice cream, 60,420 stadium hot dogs, 50,972 large KFC Popcorn Chickens, or 66,750 Grande Mocha Frappuccinos. The staff at CBS was

also thrilled to see the number of resolved cases of high blood pressure, diabetes, and sleep apnea among the graduates. Within the 2011 graduating class, there were 43 cases of high blood pressure prior to surgery, of which 23 have been resolved. There were 24 cases of diabetes prior to surgery, of which 16 have been resolved. And out of the 56 cases of sleep apnea before surgery, 52 cases have been resolved. Prior to surgery, the 2011 graduating class took a total of 297 pills each day. Currently, the number of pills these patients take each day is down to 110. That's 187 pills no longer being taken each day or 68,255 pills no longer being taken every year! All of the CBS staff including Dr. Ben-Meir,

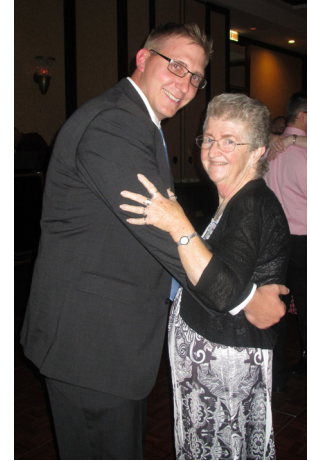
Dr. Sonpal, and Dr. Salomone could not be happier to see the amazing health improvements among the 2011 graduating class.

This year's event was both a fun and emotional night as each graduate walked across the stage. Dr. Sonpal and Dr. Ben-Meir shared each graduate's biggest accomplishment since surgery as well as thanked those family and friends who have been especially supportive of each grad.



The CBS staff was amazed to see how far everyone has come and all that this year's class has accomplished. The guest speaker at this year's event was Katherine Miracle, the founder of Miracle Resources and a motivational speaker who focuses on the power of a positive attitude. She gave an inspiring presentation to this year's graduates, congratulating them on all of

their hard work and success, and also reminded them to be thankful for those people in their lives who supported them along the way. After the ceremony was finished, the 2011 grads, their family and friends, and many CBS grads from previous years who came to support this year's class were able to celebrate and dance the night away. Even some of the CBS staff members were able to get in on the fun and had a great time on the dance floor with patients and their families. The whole CBS family would like to once again extend congratulations to the 2011 graduating class. We are extremely proud of all that you've accomplished and encourage everyone to keep up the great work!



### EDITORS

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## Staff Spotlight: Erin Schenkenberger, RD, LD



This month, we are excited to profile one of our CBS staff members, Erin Schenkenberger, RD, LD. Erin is one of the two dietitians at CBS who you may have seen around the office before or after your surgery, or over in the hospital during your stay. Erin started with CBS in February of 2011, but she has been working as a dietitian for more than 10 years. She graduated from the University of Akron with a degree in Dietetics in 2001. Prior to coming to St. Vincent, Erin worked as a community dietitian for various government health departments. She is also a certified lactation counselor and an ACE group fitness

instructor, mostly focusing on teaching Spinning classes.

At CBS, Erin spends most of her day meeting one-on-one with both pre and post-op patients. She works with pre-op patients on nutritional counseling and medically supervised diets as they prepare for surgery. She also works with post-op patients helping them to transition their diet while recovering from surgery and to provide continuing education in the months and years after surgery. Erin also facilitates a number of pre and post-op support groups through CBS and will be teaching the upcoming LEAP class beginning in January. You may have also seen Erin during your stay in the hospital after surgery. She visits many patients in the hospital to provide them with their dietary discharge instructions before they are sent home. Outside of CBS, Erin keeps busy with her husband and two daughters who are four and six. She also likes to cook and provides many of the recipes we feature in the monthly *Bella Vive* along with our other CBS dietitian, Dina Corrao, RD, LD. Erin enjoys staying active through Spinning as well as tennis and is also a big Ohio State football fan. Please feel free to say hello next time you're in the office or give her a call at 216-363-2624 as she is happy to answer any dietary related questions you may have.

## 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 website. Open your internet browser and either copy and

paste 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 lowercase 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, Jan. 11, 5:30 – 7:00pm  
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, Feb. 8, 5:30 – 7:00pm  
Center for Bariatric Surgery  
Suite 207, Medical Office Building

### POST-SURGICAL SUPPORT GROUP

**Topic:** Getting Back on Track in the New Year

Join the CBS Psychologist for an evening that focuses on healthy ways to approach bariatric life in the new year.

Wednesday, Jan. 25, 6:00 – 7:00pm  
Center for Bariatric Surgery  
Suite 207, Medical Office Building

## RECIPES FOR SUCCESS

### The Health Benefits of Salmon

If you are looking for an alternative option to some of the higher fat meats such as ground beef, pork loin or dark meat chicken, you may want to consider the health benefits of substituting salmon into your meal. In 1 oz of salmon, there are about 7 grams of protein, 0 grams of carbs, 3 grams of fat and about 55 calories. Salmon is considered a lean meat but not a very lean meat such as skinless, white meat chicken breast. One of the reasons salmon is such a unique meat is the high levels of omega-3 fatty acids that are found in it. These types of fats have been



found to have many health benefits other than being lower in calories and cholesterol than higher fat content meats.

The omega-3 acids in salmon have been shown to have an anti-inflammatory effect on joints and support better eye and vision as well as cardiovascular health. The omega-3 acids can even give your appearance a boost by supporting collagen production in your skin and helping to nourish your hair follicles for stronger, shinier looking hair. There are many different ways to prepare salmon and you can easily incorporate it into some of your favorite meals. Try out this month's recipe for a tasty way to integrate salmon into a classic breakfast dish.

### Recipe of the Month

by CBS Dietitian Erin Schenkenberger, RD, LD

#### Salmon Scramble

4 oz. smoked salmon  
1 tsp dried dill  
1 cup egg beaters  
1 wedge Laughing Cow Light Creamy Swiss Original Cheese  
1 cup fresh spinach  
Fat free sour cream

Lightly oil a skillet with cooking spray. Add spinach and salmon. Cook until spinach is wilted. Add dill. While spinach is cooking, whisk egg beaters and cheese together until fluffy. Add salt and pepper to taste. Pour egg mixture over spinach and salmon. Cook until eggs are desired firmness. Serve with a dollop of fat free sour cream.



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