

# BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

JULY 2011

## CBS Staff Attends 2011 ASMBS Conference

This year, several CBS staff members including Dr. Aviv Ben-Meir as well as both CBS Physician Assistants Bethany Bandi, PA-C and Brooke Perlik, PA-C had the opportunity to attend the 2011 ASMBS Conference. The conference is an annual meeting for the members of the American Society of Metabolic and Bariatric Surgery. This year's conference was a week-long event in mid-June and was hosted in Orlando, Florida. This was the first year that both Bethany and Brooke have attended the conference and both were excited about the opportunity to learn about this year's research.

While Brooke enjoyed many of the presentations she saw, her favorite was one that focused on the idea of "non-exercise" exercise. The research presented during this session focused on an experiment in which a group of naturally lean people and a group of naturally obese people were both overfed the same amount of food. At the end of the study, researchers found that the naturally lean group had not gained as much or any weight compared to the naturally obese group. The reasoning for the difference was found to be that when the naturally lean group was overfed, they tended to move around more frequently during the course of the day. They spent more time standing than sitting, walked more frequently throughout the day, and tended to be more fidgety compared to the naturally obese group. This resulted in the naturally lean group burning more calories each day and thus, gaining less

## June Post-Op Group Learns How to "Not Exercise"

The June post-op support group hosted by CBS Physician Assistant, Brooke Perlik, PA-C, focused on teaching patients about the idea of "non-exercise" exercise, a concept Brooke learned about at the June ASMBS conference. This concept basically consists of focusing on limiting the amount of time you spend sitting each day. Brooke stressed that post-op patients should focus on keeping busy by doing daily activities such as cleaning, cooking, shopping, or anything else that keeps them moving. She noted that you can burn an additional 500-1,000 calories per day by doing these kinds of activities. Another way that she suggested

weight. Since learning about this research, Brooke has been encouraging both pre and post-op CBS patients to increase their activity levels throughout the day whether it be through traditional exercise or through small adjustments such as standing while at your desk instead of sitting. Brooke has even made the effort to follow her own advice and has converted her office to a "standing friendly" environment. She constructed a custom table to raise her computer equipment up high enough so that she can stand to work while in her office during the day instead of sitting.

Bethany also had a great time learning about new research in the bariatric field, but her favorite presentation involved a study of a group of gastric sleeve patients. The purpose of the study was to research the connection between gastric sleeve patients and post-operative GERD, or heartburn. While the study found that a majority of the sleeve patients were experiencing some level of heartburn post-operatively, Bethany has seen the opposite effect in the patients she has worked with at CBS. She believes that the complications of acid reflux have significantly diminished or resolved in the majority of post-operative sleeve patients at CBS. Bethany has even decided to conduct her own research on this subject at CBS and hopes to be able to present her findings at next year's conference.

to burn extra calories each day is to preserve your lean body mass, or muscle. Brooke demonstrated a simple workout that consisted of six weight training exercises that patients can do from their living room to help maintain lean body mass. "Some of the patients were amazed that they were such naturals at weight training. Everyone enjoyed participating and encouraging each other," Brooke noted. Be sure to join us for this month's post-op support group on July 27th when CBS will be hosting an open forum for dietary review. Bring any and all dietary questions and have them answered by a CBS nurse and dietitian.

## Nursing FAQ

### Monitoring Vitamin D after Weight Loss Surgery

by Laurel DesForges, R.N.

After weight loss surgery, you will need to take vitamin and mineral supplements for the rest of your life in order to make sure you get enough of the nutrients you need. One important vitamin is vitamin D. Your body needs vitamin D to help absorb calcium from the gastrointestinal (GI) tract for good bone health. Vitamin D, a fat-soluble vitamin, comes from certain foods including eggs, fish, fortified milk and cod liver oil. Your body also produces vitamin D when your skin is exposed to the sun for at least 10 minutes per day.

Vitamin D deficiency is common in people who are overweight. Because vitamin D is stored in fat cells, its bioavailability is impaired in these individuals. After weight loss surgery, vitamin D deficiency can worsen because of the decreased consumption of foods containing it, and in RNY gastric bypass patients, because of the alteration to the gastrointestinal anatomy. After surgery, take dietary supplements as prescribed. The recommended starting dose for vitamin D-3 supplementation is 800-1,000 IU daily. The vitamin D in your daily multivitamin and calcium supplements can count toward the daily total. The dosage may need to be adjusted based on your vitamin D levels.

Fortunately, with supplementation, adequate vitamin D levels can be obtained. However, it is imperative that you have your vitamin D level (25-OHD) checked by your primary care physician (PCP) every 6 months to ensure that your level is adequate. Since vitamin D is important for good bone health, discuss with your PCP if bone density testing would be appropriate for you.

#### EDITORS

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# Success Starts Here...

After witnessing several of her friends and family members undergo gastric bypass surgery, Lorie Diehm began to contemplate whether bariatric surgery might be the solution to her weight problem as well. At Lorie's heaviest recorded weight of 291 pounds, she was suffering from a slew of health problems including type II diabetes, high blood pressure, sleep apnea and joint pain. With her diabetes becoming increasingly difficult to manage as well as a history of diabetes and heart disease on both sides of her family, Lorie knew her lifespan would be much shorter if she did not take action and begin to treat her obesity. "I was tired of being tired," Lorie recalls. Simple tasks such as walking up a flight or two of stairs would leave Lorie completely out of breath. She also recalls the embarrassment of ending up winded and sweaty after making the short two minute walk across the campus of the university where she works. Watching both her cousin and neighbor lose weight after having bariatric procedures prompted Lorie to begin researching gastric bypass online. Her online research eventually led her to Dr. Aviv Ben-Meir at St. Vincent. "I made the commitment to myself to change my life. St. Vincent helped me to understand that this was just the beginning and that the surgery was a tool. I knew it was not going to be easy, but I was willing to put in the work." Lorie carefully considered her options and eventually decided that she could continue rolling the dice with a history of yo-yo diets that were ultimately unsuccessful, or she could have surgery.

Ultimately, Lorie decided on the gastric bypass procedure with the help and guidance of Dr. Ben-Meir. Lorie's daughter played a large part in her decision to have surgery. As a single parent, she has been both mom and dad to her daughter and she knew she wanted to be around for her and for her grandchildren someday as well. At 283 pounds, she underwent gastric bypass surgery on December 18, 2008 with no complications.

## 2011 CBS Graduation Ceremony

If you haven't done so already, please be sure to mark your calendars for the 2011 CBS graduation. The date for this year's graduation ceremony will be Friday, October 28th. The event will take place in the grand ballroom at the Cleveland Marriott downtown at Key Center. There will be dinner and dancing and of course, our special graduation ceremony for all of this year's CBS graduates. In order to qualify as a graduate, you must be at least one year out from surgery as of October 1, 2011 and not have participated in the event previously. As always, all CBS patients including previous graduates are welcome to attend as well. If you plan to graduate this year, please begin thinking

Now, more than two and a half years post-op, Lorie weighs 163 pounds at 5'6" tall and wears a size 8-10. She is taking the time to appreciate the little things that have changed for her since her surgery. One of the moments that stands out for her is when she was able to fit into a theater chair at her university. Prior to her surgery, she recalls coming to the theater for an event and having to turn sideways to even fit into the seat. "I was so embarrassed and was just hoping that no one saw," she recalls. Now that she has lost more than 120 pounds, she can sit comfortably with room to spare on either side. One of the other more upsetting observations Lorie has made since losing weight is society's prejudice toward obese people. "Being on both sides of the fence in such a short period of time, I have seen society's prejudice first hand. It's sad that society doesn't accept all sizes."

Lorie has been working hard to maintain her weight with exercise and diet. She exercises daily by walking, and the trips across campus that she used to dread are now one of her favorite parts of the day. When eating out, Lorie portions her food at the beginning of the meal by having the server bring her a box and deciding how much she will eat and how much she will take home. "I think before I eat which helps me maintain my weight. I do let myself have a bite or two of a treat once in a while but never more than that," she says.

Lorie attributes her success to her co-workers, family and friends all of whom have provided support before and after her surgery. She also extends her thanks to the CBS staff. "St. Vincent has given me a second chance at life. It truly feels like a family there. Everyone is so helpful to the patients and it's not just the kind of place that wants to take your money, cut you open, and wish you luck." Lorie is taking the time to enjoy each day of her new life and is looking forward to a long and healthy future with her friends and family. "I love life too much to have my health keeping me from living it."



about who you might want to thank at the ceremony whether it be friends, family, co-workers, or anyone else who has helped and supported you along the way. You may also want to dig through some of your old photos in order to select your before shot and if you haven't done so already, take a photo of yourself now to show off all of your hard work! If you are interested in attending graduation this year, please contact Megan Brown at [megan.brown@stvincentcharity.com](mailto:megan.brown@stvincentcharity.com) or by calling 216-592-2838. Invitations for graduation will be mailed in August, and more information on this year's ceremony will be provided in next month's Bella Vive.



## Staff Spotlight



Meet the newest member of the CBS administrative team! Megan Brown is Dr. Holbrook's new Administrative Assistant. As an Admin. Assistant, Megan helps Dr. Holbrook keep the office running efficiently and spends most of her day working behind the scenes with the day-to-day operations of the office. You may have received phone calls or emails from her reminding you when it is time for your follow-up visits as one of the main parts of her job is helping to maintain long-term follow up contact with patients. "Probably the best part of my job is getting the opportunity to meet and speak with patients to catch up with them and see how

they're doing. It's great when I find out that patients are doing well and I love talking with them about how their lives have changed for the better after their surgery," she said.

As a 2010 graduate of Ohio University, Megan worked in Event Planning for three years before moving back to Cleveland and starting at CBS. She's found her previous job skills to be very transferrable though. "In the event world, you have to be able to multi-task and jump from project to project without ever forgetting what still needs to be done. I've found that making lists seems to be what saves me." For the past few months Megan's event planning skills have been put to good use as she has been helping to plan both the Walk from Obesity as well as the 2011 CBS graduation ceremony in the fall. She is looking forward to both events and hopes to get the chance to meet some of the CBS patients she has not spoken with yet. Outside of St. Vincent, Megan likes spending time with friends and family and also loves to travel. She has made it to most of Central and South America and even spent a summer living in Peru. She is now looking forward to an upcoming trip to Mexico later this summer. Dr. Holbrook is thrilled that Megan joined CBS. "She's a great addition to the program."

## 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:** Kitchen Utensils/Get Moving  
Learn about the types of measuring tools and cooking utensils you need to prepare pureed foods in your early post-surgery period. Learn fun ways to burn calories before and after surgery.

Wednesday, August 10, 5:30-7:00pm  
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, Sept. 14, 5:30-7:00pm  
Center for Bariatric Surgery  
Suite 207, Medical Office Building

### POST-SURGICAL SUPPORT GROUP

**Topic:** Dietary Review  
Join CBS dietitian Beth Taylor, RD, LD and CBS nurse Laurel DesForges, RN for a review of post-bariatric dietary guidelines. This session will be an open forum so be sure to bring questions for the nurse as well as the dietitian.

Wednesday, July 27, 6:00-7:00pm  
Center for Bariatric Surgery  
Suite 207, Medical Office Building

**Topic:** Maintain Your Weight Loss  
Join Courtney Holbrook, Ph.D. for a discussion on how to stay motivated and adjust your lifestyle in order to sustain your weight loss.

Wednesday, August 24, 6:00-7:00pm  
Center for Bariatric Surgery  
Suite 207, Medical Office Building

## RECIPES FOR SUCCESS

### Greek Yogurt: The Healthier Alternative

For those of you who enjoy traditional American-style yogurt, Greek yogurt may be a great substitute especially if you're looking to get more protein into your diet. Greek yogurt has about twice as much protein as traditional yogurt which helps to keep you feeling full longer. Try mixing it with a packet of powdered ranch flavoring for a healthy veggie dip or substituting it for sour cream on a baked potato. This month's recipe will give you the chance to experiment with this healthy alternative to make a sweet and delicious take on salad dressing that's perfect to take to any summer barbecue or get-together.



### Recipe of the Month

by CBS Dietitian Erin Schenkenberger RD, LD

#### Caribbean Jerk Chicken Salad

Salad:

- 3 cups romaine lettuce, shredded
- 2 cups cooked chicken, cubed
- 1, 15 oz can black beans, drained and rinsed
- 1 ½ cups mango or pineapple, diced
- 1 cup tomatoes, diced
- 1 cup low fat cheddar cheese
- ½ cup green onions, thinly sliced

Dressing:

- 1, 6 oz container of Greek yogurt, honey flavored
- 1 ½ to 2 tbsp lime juice
- 1 tsp dry jerk seasoning

In a clear 3 or 4 quart clear glass bowl, layer salad ingredients in order listed. Mix dressing in a separate bowl and pour evenly over salad.



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