

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

JUNE 2011

CBS Co-Sponsors the Walk from Obesity

This year, CBS will be co-sponsoring the Walk from Obesity to be held on Saturday, September 24, 2011. This walk is a means to help fundraise for the Obesity Action Coalition. According to the OAC website, "The mission of the OAC is to elevate and empower those affected by obesity through education, advocacy and support. The OAC strives to educate obese individuals, family members and the public on obesity. In addition, the OAC will increase obesity education, work to improve access to medical treatment for the obese, advocate for safe and effective treatments and strive to eliminate the negative stigma associated with obesity."

CBS would like to strongly encourage patients as well as their family and friends to attend the walk. The walk will be a family friendly event and all patients, spouses, children, pets, friends



and other family members are welcome. Those interested in helping CBS to fundraise for the event are welcome to form teams or work individually to help get donations in

order to raise money for the OAC.

The event will be held in the Cleveland Metroparks along the Solar System Walk located at the South Mastick Picnic Area off Valley Parkway in the Rocky River Reservation. The walk will be a great event for the entire family and

will help to raise awareness about obesity as a medical condition as well as the work that the OAC is doing to help improve the lives of those affected by obesity. The entire CBS staff will be there and we hope to see all of our pre and post-op patients there as well!

For more information on the Solar System Walk, please visit:

www.clemetparks.com/recreation/hiking/solarwalk.asp

For more information on the Obesity Action Coalition, please visit:

www.obesityaction.org

May Post-Op Group "Dines Out"

The May post-operative support group hosted by CBS dietitian Dina Corrao, RD, LD focused on how to make healthy diet decisions when eating out after bariatric surgery. Dina challenged three groups of post-op patients to find a healthy meal that met the post-bariatric nutrition requirements from three different restaurants. Dina has hosted this support group in the past and usually changes the restaurants for the challenge. At this meeting, post-op patients were asked to put together a healthy meal from Outback Steakhouse, The Olive Garden and Ruby Tuesday.

After a brief dietary review of the necessary post-bariatric nutrition requirements, the groups were divided and challenged to create

their healthy meals with nothing but the restaurants' menus in front of them. No nutrition information was provided beforehand for any of the items on the menus.

After all three groups were able to successfully put together a meal that met all of the nutrition requirements, Dina handed out the nutritional facts for each of the restaurants' menus. The session stressed the importance of reading the meal descriptions thoroughly before making a decision to ensure you are getting all the nutrition you need. Be sure to join us for this month's meeting on Wednesday, June 22nd with CBS Physician Assistant Brook Perlik, PA-C to discuss simple ways to exercise at home.

Nursing FAQ

How Can I Prevent Gallstones after Weight Loss Surgery?

by Connie Gale, R.N.

Up to one third of patients can develop gallstones after weight loss surgery. This usually, but not always occurs within the first 6 months post-op, during the time of rapid weight loss. Rapid weight loss causes changes in the composition of bile that is stored in the gallbladder, making it susceptible to gallstones.

Some patients can form gallstones and not have symptoms. Others may experience pain in the right upper area of their abdomen. This pain can extend to the right shoulder and back. Some patients will also have nausea and vomiting. Patients should contact CBS if they experience any of these symptoms. The main treatment for symptomatic gallstones is gallbladder removal.

CBS recommends taking Ursodiol for 6 months after weight loss surgery. Ursodiol thins the bile making gallstone formation less likely. CBS recommends taking Ursodiol twice a day for 6 months post-op. Begin taking it on the day you begin the pureed diet. For the first 6 weeks post-op, open the capsule and mix contents with water or pureed food. After 6 weeks, the capsule can be swallowed whole. Fortunately, by taking Ursodiol, patients can significantly reduce their chance of forming gallstones. Please be sure to contact your CBS nurse if you experience abdominal pain no matter how far out you are from surgery.

EDITORS

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Success Starts Here...

Wanting to be around for her five children and to see all nine of her grandchildren get married was Judy Coffey's main motivation when she chose to have gastric bypass surgery in 2010. As a seven-year breast cancer survivor, Judy had already faced her fair share of health concerns. Seven years later, at 211 pounds and 5'4" tall, Judy was suffering from high cholesterol, joint pain and had unknowingly developed sleep apnea. As a child, Judy often found that she was stuffing herself with candy and this pattern continued into adulthood. "I was eating things like ice cream, pie and other desserts. I just found that instead of me being in control, the food was taking control of me."

Over time, Judy made many different attempts to lose weight and had success with some programs, but eventually she would regain more weight than she had lost. The ups and downs in her weight eventually led to Judy having five different sizes of clothing in her closet. "I tried to camouflage my weight with big clothing. Even when I was thin, it was often fleeting. My health just gradually started to deteriorate and I knew I had to do something about it," she recalls.

When Judy first decided to look into bariatric surgery, she went to another program and was told that she was too old to have the surgery. "When they told me that I was too old, I was completely devastated. After that I got angry, and after that I got on the phone." Judy found the Center for Bariatric Surgery at St. Vincent in November of 2009 and was soon put

in contact with her Patient Advocate, Sherri Ternovan. Just four months later, Judy underwent laparoscopic gastric bypass surgery with Dr. Aviv Ben-Meir on March 9, 2010. Both her surgery and recovery were uneventful.

Now 15 months out from surgery, Judy weighs 136 pounds and has a new lease on life. "I'm addicted to clothes now," she said laughing. She is also taking time to appreciate the little things that have improved since her surgery. "I can give myself a pedicure now which is something I wouldn't have been able to do before. Sometimes when I walk by a mirror, I can't even believe that it's me."

Staying active has been an important part of Judy's weight loss as well. Working in retail has helped her to get in her daily exercise while on her feet walking around at work all day. She encourages anyone who is thinking of having the surgery to do their research first as the surgery does not come without sacrifice, but says that she highly recommends both the surgery as well as the CBS program to everyone that is considering it. "I wish I could've done this when I was younger, but I just didn't think of it."

Now an eight-year breast cancer survivor and free of her high cholesterol, joint pain and sleep apnea, Judy is determined to do everything she can to live as long as possible. Although there are some things she misses about her life before surgery like going out for ribs with her husband, she wouldn't give up her new life for anything. "I feel wonderful and couldn't be happier with my decision. It's the best thing I ever did for myself."



2011 CBS Graduation Scheduled!

Please mark your calendars! This year's CBS graduation ceremony will take place on Friday, October 28th 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 2011 CBS graduate, you must be at least one year out from surgery as

of October 1, 2011 and not have participated in the event previously. If you are interested in attending graduation this year, please contact Megan Brown at 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.



Fitness Tip of the Month

Feeling the Burn

Most of us associate the best forms of exercise with those that burn the most calories. While aerobic activity is a great way to lose weight and get fit, there are several other elements to exercise that you may not have thought about. Forms of exercise that help to improve your balance and strength or improve your overall level of energy can also be very beneficial and you just may be burning more calories than you think. According to the Lifelong Fitness Alliance (lifelongfitnessalliance.org), there are several forms of exercise that are low in intensity and can still get you a great workout. Keep in mind that the number of calories you burn will vary based on your weight and exercise intensity among other factors. But, on average one half hour session of Tai Chi can burn 125-150 calories, one half hour session of water aerobics can burn 180-200 calories, and one half hour session of yoga can burn about 200 calories. Whether you're just starting out with a fitness routine or looking to incorporate some different activities into your current routine, low intensity activities can still have a high impact.



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 or type the

following address: https://www.exemplo-portal.net/pp_L172/default.asp. Under patient ID, type in your Social Security number. For the password, type in stvinc1 in all lowercase 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, July 13, 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, August 10, 5:30 – 7:00 p.m.
Center for Bariatric Surgery
Suite 207, Medical Office Building

POST-SURGICAL SUPPORT GROUP

Topic: Keep Moving, Keep Losing
Join CBS Physician Assistant Brooke Perlik as she discusses simple ways to exercise at home. She will demonstrate activities and exercises that can be done with minimal equipment right out of your living room to maximize your time and still achieve a great workout.

Wednesday, June 22, 6:00-7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

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

RECIPES FOR SUCCESS

Great Technique for Summer Cooking

Now that summer has officially arrived, many of us are enjoying the opportunity to get outside and cook out. Grill baskets are a great and different way to cook a large array of foods including some of your meats and veggies.

Grill baskets come in a variety of shapes and sizes so you're sure to find what you're looking for if you have a particular dish in mind. If you've never used a grill basket before, take a shot at June's recipe of the month. Not only will you be getting a healthy and delicious meal, but you will get the chance to experiment with a different method of cooking. You may just find your new summer dish of choice!



Recipe of the Month

by CBS Dietitian Erin Schenkenberger RD, LD

Sweet & Spicy Grilled Vegetable Medley

- 1 Med sweet potato
- 1 Med Idaho or russet potato
- 1 Med yellow squash
- 1 Med zucchini
- 1 Med sweet onion
- 2 Tablespoons brown sugar
- 1 Tablespoon dry Cajun seasoning mix
- Olive oil

Wash vegetables and cut each one into cubes. Place all cubed vegetables in a glass bowl and microwave 3 to 4 minutes or just until they start to soften. Put all the vegetables in a gallon ziplock bag and sprinkle the brown sugar and dry Cajun seasoning mix over the vegetables. Let the vegetables marinate for 1 to 2 hours. Prepare your grill basket by lining it with foil and spray the foil with cooking spray. Dump the vegetables into the prepared grill basket and drizzle with a little olive oil. Grill over indirect heat for 10 to 15 minutes or until vegetables reach desired tenderness.



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