

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

NOVEMBER 2011

2011 Walk from Obesity is a Great Success!

The 2011 Cleveland Walk from Obesity which was co-sponsored by St. Vincent as well as the Cleveland Clinic turned out to be a great success! The event is nationally sponsored by The American Society for Metabolic and Bariatric Surgery (ASMBS) Foundation as well as the Obesity Action Coalition (OAC). Over 40 participants attended the walk, including pre and post-op patients as well as staff from both hospitals and their families. This year's event helped raise \$11,478.15, almost 115% of our original goal of \$10,000! Walkers made the two mile round trip trek through the Rocky River Reservation in the Cleveland Metroparks. While rain was predicted, it turned out to be a beautiful day and everyone enjoyed the chance to get outside and walk for a good cause. It was easy to see the progress of the patients who attended, many of whom had difficulty making it from their car to the CBS office just a short time ago. To see those patients now be able to walk two miles demonstrated all of the hard work they have put in and the positive, life changing results that come from bariatric surgery. The whole CBS staff was very proud to see how far



everyone has come!

This year's walk focused on fun for the whole family, starting with a quick warm up to "The Chicken Dance" with CBS dietitian, Erin Schenkenberger, RD, LD. "It was a great time and it was nice to see that everyone was having so much fun," Erin said. In addition to music and dancing, there were raffle prizes, snacks,

and even clowns making balloon animals and doing face painting for all of the kids, and even some of the adults! We also had representatives from several companies, including Bariatric Advantage, Curves, and Weight Watchers to help provide information to attendees. "This was the first year that CBS has participated as a co-sponsor of the event, so we weren't sure what to expect. Overall, I think it turned out great and couldn't have been happier with the outcome! I think everyone had a great time," said Megan Brown, Administrative Assistant at CBS, who helped to organize the walk. All the CBS staff would like to extend their thanks to those who participated this year. We encourage patients to learn more about the mission and goals of both the ASMBS and the OAC by visiting their websites.

For more information on the ASMBS, please visit: www.asmbms.org
For more information on the OAC, please visit: www.obesityaction.org



Nursing FAQ

Avoiding Low Blood Sugar after Weight Loss Surgery by Connie Gale, RN

Some bariatric patients may experience low blood sugar after surgery. Low blood sugar, or hypoglycemia, is caused by an imbalance of blood glucose and insulin in the bloodstream. This imbalance can be caused by eating a meal that is high in carbohydrates, skipping meals, or waiting too long to eat between meals. Hypoglycemia can cause a person to feel sluggish, sleepy, forgetful, weak, hungry, and dizzy. Most people think that the best way to alleviate these symptoms is to eat a high carbohydrate or sugary snack that is easily available and quick. However, these foods will cause a temporary rise in blood sugar resulting in a quick energy lift, followed by a drop in blood sugar, thus causing a return of symptoms. A gastric bypass patient may also experience dumping syndrome.

The best way to prevent hypoglycemia is to eat three well balanced, low carbohydrate meals per day. The meal should consist of a lean protein, vegetable or fruit, and whole grain complex carbohydrate, like whole wheat pasta or brown rice. Always eat the protein first because it will reduce hunger and keep you full until your next meal. Try to eat at least 20 grams of protein at each meal. Avoid foods that are high in sugar and carbohydrates like sweets and chips. If you have to skip or delay a full meal, add a high protein healthy snack like Greek yogurt, low fat cottage cheese, or a low calorie protein bar. A bariatric patient should focus on consuming an average of 1200 calories per day.

A well balanced bariatric diet will help keep an even blood sugar level throughout the day. If you have tried eating 3 meals a day and continue to experience symptoms of low blood sugar, contact your bariatric physician or primary care physician.

EDITORS

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Success Starts Here...



When Mickie Doerner attended a St. Vincent bariatric seminar in 2007, she had no intention of having bariatric surgery herself. Instead, she was there to support her son who was interested in having surgery. While he made the decision not to undergo surgery at that time, Mickie learned more about bariatric surgery and the benefits that it could offer her. With a BMI of 37, Mickie originally thought that she would not qualify for bariatric surgery. Instead, she worked with her primary care physician on her weight loss. Her doctor eventually put her on a diabetic diet. After one year, Mickie had only lost 20 pounds. “I thought, ‘How am I going to lose the other 100 pounds if it took me a whole year to lose 20?’”. With growing health concerns associated with her obesity, including medications for high blood pressure and high cholesterol, her doctor suggested that she look into bariatric surgery. He also informed her that due to her associated health problems, she would still be a candidate, even though her BMI was below 40.

After a trip to Ireland where Mickie found herself completely out of breath from walking and climbing stairs, she decided to look into the surgery more seriously. When it came to selecting a bariatric program, she had a friend who had her bariatric surgery performed at St. Vincent and told her that if she was seriously considering the surgery, she had to have it done at St. V’s. Mickie reached her highest weight of 272 pounds in the 1990’s and was 225 pounds when she ultimately decided to have bariatric surgery in late 2008 and first met with her Patient Advocate, Diane. She was cleared for surgery in February of 2009, but had plans to go on a cruise the following May and decided to hold off on having it until she returned. Unfortunately, Mickie became very ill while on her trip and did not fully recover until August of that year. When she was finally feeling better, she called Diane and told her she was ready to get the ball rolling. At 227 pounds, she underwent a gastric bypass with Dr. Aviv Ben-Meir on September 1, 2009 and had no complications with the surgery.

Now weighing in at 134 pounds, Mickie has lost a total of 93 pounds from her 5’1” frame since surgery. She is enjoying the opportunity to do more now and has more energy than ever. “It is nice being able to get on the ground and then get back up without having to crawl over to something to hold onto.

I can do my own gardening now and I’m not always out of breath.” She has also gotten a kick out of running into people whom she hasn’t seen in a while. “One thing that pleases me is the look of puzzlement on the faces of people who should know me but don’t recognize me. Then there’s a look of shock when they do finally recognize me, or when I finally tell them who I am. It’s nice to see how pleased they are for me!”

Now more than two years out from surgery, Mickie continues to be successful by planning ahead with her meals. “I am still able to go to parties and treat myself every once in a while. I just make sure not to graze and am sure to plan when and what I’m going to eat if I know I’m going out later.” With the holiday season coming up, Mickie is particularly mindful about her eating. “You can still eat the things you want after surgery. You just have to put some thought into it and plan ahead.”

After watching the success that she was having after surgery, Mickie’s son began to re-consider having the procedure. “It was funny watching his reaction after surgery because he had never known his mom as anything but heavy. One day, he just stopped and said to me, ‘Mom, you’re getting really thin.’” Her son eventually decided to undergo surgery himself and had a gastric bypass with Dr. Sonpal at CBS a little over a year after Mickie.

Since her surgery, she has become very involved with the Sandusky satellite post-op support group and enjoys attending meetings twice per month. She was also excited to become a CBS graduate in 2010 and attended the event with her sister.

Unfortunately, about seven months after her gastric bypass surgery, Mickie discovered a lump in her breast which turned out to be stage 1 breast cancer. She had surgery and radiation to treat it and has been in remission ever since. “St. V’s really saved my life twice. By the time I discovered the lump, I had already lost 50 pounds. If it weren’t for that, I probably wouldn’t have found it when I did.” Mickie wishes to extend her thanks to the entire CBS staff, especially Diane, Dr. Ben-Meir, and Dr. Salomone. “I thank Dr. Ben-Meir, Dr. Salomone, and all the staff for being so caring, so encouraging, and so supportive. You all truly are life-savers and make a real difference in people’s lives!”



September Post Op Group Gets New Ideas

The September post-op group at CBS was hosted by dietitian Erin Schenkenberger, RD, LD. The topic of the group was meal planning. Patients tend to get bored and look for new food and recipe ideas, so the focus of the meeting was meal ideas and quick tips for meal prep. Erin reiterated the importance of getting protein first at every meal and that different types of protein can vary in fat content. It is best to choose very lean proteins such as chicken or turkey. Patients also shared ideas on how to incorporate Greek yogurt as an additional source of protein.

The group also discussed planning meals ahead of time and how to put together your grocery shopping list. These are important because you are more likely to eat better when meals

are planned instead of eating on the fly. To cook meals while you are at work, use two crock pots: one for the main dish and the other for the side. You can also prepare a double batch of your favorite meals and freeze one for later. You can make proteins such as meatballs, meat-loaf, or chicken and freeze in appropriate sized portions for use in quick, easy meals. Remember that you don't have to limit breakfast to the typical breakfast fare. You can eat leftovers from any meal, or incorporate vegetables.

Please note that there will be no post-op support group meeting in November due to the Thanksgiving holiday, but there will be a holiday group on December 14th for pre and post-op patients.

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.exemplo-portal.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: 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, Nov. 9, 5:30 – 7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

POST-SURGICAL SUPPORT GROUP

PLEASE NOTE THAT THERE WILL BE NO POST-OP SUPPORT GROUP FOR THE MONTH OF NOVEMBER DUE TO THE THANKSGIVING HOLIDAY.

COMBINED HOLIDAY PRE/POST-SURGICAL SUPPORT GROUP

Topic: Holiday Get Together
Be sure to attend this combined pre and post-op support group that will focus on healthy ways to enjoy the holidays without gaining weight. Learn how to avoid many of the typical temptations and sample some healthy treats.

Wednesday, Dec. 14, 5:30 – 7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

RECIPES FOR SUCCESS

Cooking with Winter Squash

Winter squashes such as acorn squash, spaghetti squash, and pumpkin are not only beautiful centerpieces for your table during the fall months, they are also packed with nutrients and are a great vegetable option. For those that aren't used to cooking with them however, it can appear to be a daunting task. The good news is that it's not as difficult as it might seem, and there are multiple ways to prepare these types of vegetables. Consider baking them in the oven by slicing them in half and removing the seeds.

You can place them face down on a baking sheet at 350° for about 30 minutes, or until they are tender. Boiling is another cooking option for winter squashes. Cut them in half and remove the seeds, then chop into chunks and place in a saucepan with water. Bring to a boil and cook until tender, then puree or mash. For a faster option, you can also microwave your winter squash by cutting in half and removing the seeds. Then microwave on high for about 7 minutes per pound. Try this month's acorn squash recipe just in time for fall.



Recipe of the Month

by CBS Dietitian Dina Corrao, RD, LD

Twice Baked Acorn Squash

- 1 acorn squash
- ½ medium onion, diced
- 1 chicken bouillon cube dissolved in ¾ c of hot water (you will only need ½ c of the mixture)
- 2 tbsps of a light buttery spread
- ½ cup low fat shredded cheddar cheese

Cut squash in half and scoop out the seeds. On a microwave safe dish, place both halves of squash upside down. Microwave the squash on high for about 15-20 minutes or until tender throughout. While the squash is cooking, sauté the onion in the buttery spread until onions are tender. Dissolve the chicken bouillon in ¾ cup of hot water. When the squash is done, let it cool for about 20-30 minutes. Pre-heat the oven to 350°. Gently scoop out the flesh of the squash into a mixing bowl. Add the onions and ½ cup of the chicken bouillon to the squash and mix together. Place mixture into a glass casserole. Sprinkle cheese over the top and bake for 20 minutes or until cheese is bubbly. Serve hot.



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