

BellaVIVE

FROM YOUR FAMILY AT THE CENTER FOR BARIATRIC SURGERY

SEPTEMBER 2011

CBS Introduces New PGP Exercise Program

CBS is excited to announce the launch of its new exercise program, Pre Gym Prep (PGP). PGP is a program designed for those with little to no prior experience with exercise equipment. It will focus on teaching participants how to use both cardio and weight training equipment. The program is designed in stages to cater to those of all fitness levels. Some participants may enter at stage one and others may enter at stage two or three. As you increase your physical capabilities and knowledge, you will progress to the next stage until you are ready to graduate from the program. This is a short-term, introductory course designed to get you comfortable with exercising at your own pace. Some participants may be able to complete PGP in two months, and others may take 6 or more. The idea is to ensure that participants are fully educated on the correct usage of the equipment and have reached a fitness level that is appropriate for them to begin unsupervised work outs. PGP's instructor will be Brooke Perlik, PA-C who is one of the CBS Physician Assistants. In addition to being a PA, she holds a Bachelor of Science in Health and Sport Studies with specializations in exercise science and dietetics. Brooke ran a personal training business for 7 years before

becoming a PA, and she is also an internationally ranked strength athlete. When asked about her goals for the program, Brooke said, "I want those participating in PGP to be able to graduate from the program and walk into any gym feeling comfortable and confident. The goal is to remove the feeling of intimidation from the gym by teaching participants how to correctly use equipment and put together their own workout plans."

PGP begins Tuesday, October 18th and will meet every Tuesday and Thursday from 5:30-6:30pm in the Physical Therapy Suite on the first floor of the Medical Office Building at St. Vincent. The fee for the program will be \$35 per month. Space in the program is limited to 10 participants at a time so that everyone will have the chance to receive individualized attention. PGP is being targeted toward pre-operative bariatric patients who are completing their medical weight loss period, post-operative patients who are at least 6 months out from surgery, as well as St. Vincent Charity Medical Center employees. Before you can register for PGP, you must attend a pre-program assessment with Brooke. For questions or to register and schedule your assessment, please call 216-592-2808.

August Post Op Group Stays Motivated!

The August post-operative support group at CBS focused on helping patients stay motivated to maintain weight loss in the years after surgery. The group's leader, Dr. Courtney Holbrook, based the evening's program on the work of several bariatric patients who have written books about their experience. The patients who attended the group were asked to recall the reasons they decided to have bariatric surgery and to share how their lives have changed since. According to Dr. Holbrook, being mindful of the ways in which their lives have improved with weight loss can help patients maintain motivation to keep the

weight off. Those participants who are several years out from surgery unanimously agreed that they never want to return to their pre-operative life and are careful to follow the CBS dietary and behavioral guidelines to maintain their weight loss and all they have gained as a result. Be sure to join us for the September support group on Wednesday, September 28th from 6:00-7:00pm in the CBS office. CBS dietitian Erin Schenkenberger, RD, LD will be hosting a nutrition session focused on ideas for easy meal planning and how to prepare your grocery list.

Nursing FAQ

Use of Extended-Release Medications after Weight Loss Surgery

by Laurel DesForges, RN

Time-release, or extended-release medications are not recommended after Roux-en-Y gastric bypass surgery. All medications need to be in the immediate-release form. An extended release pill has several layers, with each layer designed to dissolve in a specific area of the gastrointestinal tract, allowing medication to be released over time. If you take extended release medications, you won't be harmed, but you may not get the full effect of the medication. In patients who have had Roux-en-Y gastric bypass surgery, the small pouch located at the top of the stomach produces much less hydrochloric acid than the stomach previously did. Because it empties like a funnel, the pill may pass out of the pouch before it can get the acid bath needed to dissolve the outermost layer. The pill may then pass through the entire gastrointestinal tract undissolved or only partially dissolved. In addition, the bypassed portion of the small intestine reduces the surface area available for absorption.

Patients who have had a sleeve gastrectomy can take extended-release medications after 6 weeks post-op, when pills no longer need to be crushed. During the first 6 weeks after surgery, all medications will need to be crushable or in liquid form. Extended release pills and capsules cannot be crushed because the medication that is intended to last for an extended period of time will then be released all at once.

Patients with a gastric band should not take enteric-coated medications. Enteric-coated medications are designed to dissolve in the small intestine and not in the acid pH of the stomach. They have an outer coating that only dissolves in an alkaline environment, which is in the small intestine. If the pill is too big to pass through the restricted area of the band, it will sit in the stomach above the band and not dissolve.

The same guidelines apply to over the counter (OTC) medications. Please feel free to contact CBS if you have any questions about your medications.

EDITORS

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Success Starts Here...



When filling out the packet for her pre-surgical consultation for bariatric surgery, Helene Siegel found herself running out of room under the diet history section. She had tried countless diets over the years and recalls the strangest being inspired by a magazine article from the 1970s. It suggested a diet in which you counted the number of bites you took each day. Helene went to a sporting goods store and bought a counter to begin keeping track of her daily bites. Not surprisingly, the diet was ultimately unsuccessful just like every other diet she had tried. Helene found that she was a heavy emotional eater. She ate when she was sad and celebrated with food when she was happy or excited. Helene's mother tried to encourage her to lose weight and worried about her ability to get a good job if she remained overweight. "I know she had my best interest at heart and I know she was worried about me." To her mother's surprise, Helene was very successful in her career and advanced quickly. She even became president of her national professional organization and was offered the opportunity to travel around the country to speak publically. Despite her professional accomplishments, Helene remained overweight and it eventually began to take a toll on her health. At her heaviest weight of 316 lbs, she found herself on medication for high cholesterol, suffered from joint problems including extreme knee pain, and then discovered that she had sleep apnea and had to be placed on a CPAP machine. "When I got out of a chair or the car, it would take me five minutes to straighten up. I found that I would wake myself up at night when I would move in bed because everything was so painful." With a recommendation from her family doctor, Helene ultimately decided that bariatric surgery was her best option. She researched several programs in the area, but ultimately decided on St. Vincent because she enjoyed that it was one of the only hospitals left that still had a small, personal feel. She immediately felt comfortable with the CBS staff and felt that the program fit her needs. She remembers coming in for her consultation with Dr. Aviv Ben-Meir in September of 2007. "I had never had surgery before and this was going to be major surgery. I remember when Dr. Ben-Meir looked at my chart and saw that I did not list any previous surgeries. He said, 'Not even your tonsils?' and when I told him no, we had to laugh. I was 57 years old and had never had surgery before, and my first experience was going to be with a major procedure."

Helene underwent laparoscopic gastric bypass with Dr. Ben-Meir on January 15, 2008 weighing in at 313 lbs. Her surgery and recovery went smoothly. She received a tremendous amount of support from her family and friends both immediately after and in the years following her surgery. Her best friend, Donna, took her in after surgery and cared for her so she would not be alone during her recovery. Her brother, Lloyd, also flew in from New York to see her before she went in for surgery and then returned to Cleveland a few days later. "He knew that I was supposed to get up and walk around every hour for five minutes so when he came back the second time, he brought a gift with him. It was an egg timer to keep track of when I had walked last. My brother and I were always close, but this was a different kind of close." While Helene's mother had passed away some years before her surgery, her father was there to see the beginning of her journey. "He passed away about six months after the surgery, but he could already see that my pants were starting to get bigger. I could just see my mother there too like a butterfly on my shoulder shouting 'Finally!' to me." It was in the small moments that Helene found herself realizing the immensity of changes she was experiencing. While on the phone with her brother one day, she looked down and suddenly realized she was crossing her legs. She started laughing and her brother kept asking what was so funny. She began to think about how she had never been able to do that before and now she was crossing her legs without even realizing it. Helene wishes to send many thanks to her family and friends including her brother, sister-in-law, niece, best friend Donna, and all of her cousins for their help and support. Recently at her 60th birthday, she took the time to appreciate the lengths they were willing to go to and how much they have done to support her. "They brought out a big plate with frosting that spelled out 'Happy Birthday' with a candle but then brought out platters of fruit for everyone instead of cake. It really showed me how much thought they had put into everything." Helene also extends her thanks to Dr. Ben-Meir and all of the staff at CBS. "I really felt that I was on the brink of destruction. This surgery really saved my life. I am surprised that I only had high cholesterol at 316 lbs. I could've woken up any day and developed any number of serious health problems. I am very grateful that I dodged that bullet."

Final Reminder for Walk from Obesity!

This is your final reminder to register for the upcoming 2011 Walk from Obesity. The Cleveland walk will take place on the same day as the National Walk from Obesity on Saturday, September 24, 2011. Registration will begin at 10:00am and the walk will begin at 11:00am. This year, the walk will take place along the Cleveland Metropark's Solar System Walk located at the South Mastick Picnic Area off Valley Parkway in the Rocky River Reservation. The walk is a ¾ mile stretch one-way for a total of 1.5 miles. Both pre and post-operative patients are encouraged to attend. This year, we will be focusing on fun for the whole family. There will be clowns, face painting, balloon animals, raffle prizes, music, snacks and more! There will also be registered dietitians and physician assistants there to answer any questions you might have. All proceeds from the walk will go toward the Obesity Action Coalition. The cost for pre-registration will be \$25 online or \$35 the day of the walk, and kids age 12 and under are free. Registrants will also receive a Walk from Obesity t-shirt and goody bag on a first come, first served basis. To obtain more information and to register online, please visit www.walkfromobesity.com.

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

CBS Announces New Satellite Support Group

Calling all WLS folks from Lake County and surrounding areas. A new support group will be meeting on the 2nd Saturday of each month beginning in October. If you are looking for support, encouragement, laughter, friendship, insightful discussions and ideas to assist you on your weight loss journey, this is the group for you!

Location: Mentor Public Library – Main Branch
Frances Cleveland Room
8215 Mentor Ave.
Mentor, OH 44060
Time: 10:00-11:30am

At the first meeting on October 8th, we will be discussing a name for the group along with brainstorming topics and activities for future meetings. If interested please contact Marcia Carlile at 440-537-5043 or at mlcarlile@hotmail.com.

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: 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, Oct. 12, 5:30 – 7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

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

Topic: Easy Meal Planning
Join CBS dietitian Erin Schenkenberger, RD, LD for helpful tips and ideas to help you take the stress out of planning your meals, and get information on what to look for when grocery shopping.
Wednesday, Sept. 28, 6:00-7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

Topic: Making the Most of Your Surgery
Join CBS Physician Assistant, Brooke Perlik, PA-C, for a session on how to make the most of your post-surgical experience.
Wednesday, Oct. 26, 6:00– 7:00pm
Center for Bariatric Surgery
Suite 207, Medical Office Building

RECIPES FOR SUCCESS

Seasonal Favorites

Seasonal produce selections can be a great way to change up some of your meal options. Now that fall is upon us, it is the perfect time to find a new selection of seasonal fruits and vegetables. Options such as apples, eggplant, squash, green beans, sweet potatoes and radishes are in season in the fall, and are a great and nutritious way to incorporate some new ingredients into your meals. This month's recipe is a great way to satisfy your pasta craving by substituting veggies for the carbs traditionally found in a pasta dish. You'll be surprised by how great it tastes!



Recipe of the Month

by CBS Dietitian Erin Schenkenberger RD, LD

Spaghetti Squash & Meatballs

1 lb. lean ground turkey
¼ cup uncooked oatmeal
¼ cup parmesan cheese
2 tsp Italian seasoning
1-2 garlic cloves, minced
2 large spaghetti squash
1 can tomato sauce

Mix meat, oatmeal, parmesan cheese, oregano, and garlic together. Form into little meatballs. Put meatballs in a baking dish and bake at 350 degrees for 20 to 25 minutes. Cut squash in half and scoop out the seeds. Place foil on cookie sheet and put the 4 halves cut side down on foil and bake at 350 degrees for approximately 30 minutes. Take a fork and scrape flesh from skin. It will come apart and look like spaghetti. Serve with meatballs and top with tomato sauce of choice.



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