

SIERRA BARIATRIC SURGERY

NEWS

Volume 2 Issue 11 – December 2005



Celebrating the Holidays WLS Style

Auburn, CA – Egg Nog? Nope, too rich. Fudge? Nope, way too sweet. How is a post-op Weight Loss Surgery (WLS) patient supposed to enjoy traditional holiday treats without the ensuing dumping syndrome? Well, Dr. Jeffrey Jenkins' patients know there are alternatives to sweet snacks, and there are alternative activities to eating, thus alternatives to celebrating the holidays. One way this group of patients has decided to celebrate this year is by getting together for an Open House to share their transformation and successes with each other and with those who took care of them during and after their surgical procedure.

Everyone is invited to Sierra Bariatric Surgery's Holiday Open House, to be held on Thursday, December 15th from 6pm to 9pm at Sutter Auburn Faith Hospital in conference room A.

The Open House, in honor of Christmas and the winter holidays, will prove to be as inspiring and moving as the fashion show held in April. Pre-op and post-op patients, relatives, friends, and staff members will join together to meet, see pictures, read and hear stories, and partake in light snacks and refreshments to celebrate.

Very often, the hospital staff members that take care of WLS patients in the hospital setting don't get the opportunity to see or hear about the changes that WLS has brought about over the long-term for a patient. To help remedy that, patients are busy putting together pictures and stories about their experiences to display them at the Open House. There will also be a computerized display of inspiring patient images and recorded stories. See page four of this newsletter to get a sampling.

Patients commonly hear responses from others about the change in their outward appearance, but what will be different with this presentation is that you will learn about their health improvements, their lifestyle changes, and their changed outlook on life.

Attendees will receive free raffle tickets for a gift giveaway to be held at the event. Some of the gifts that will be raffled include several gift certificates for use at the www.SierraBariatricsEstore.com eStore; two gifts that include a one month supply of Bariatric Advantage® vitamins; a couple of tubs of the most popular protein supplements, and a gift basket that includes a copy of the book "Success Toolbox" written by Lori Cochrane, Sierra Bariatric Surgery's Program Coordinator.

So come on out on Thursday evening to participate in this important event. Help to spread Christmas cheer and celebrate the holidays in WLS style!

Merry Christmas!



Who Can You Call?

FOR MEDICAL CONCERNS or TO MAKE AN APPOINTMENT:

*Call Dr. Jenkins' Office 530.823.0701

FOR SUPPORT (NOT FOR MEDICAL CONCERNS):

Jeffrey Jenkins, MD, Bariatric Surgeon
DrJenkins@SierraBariatrics.com (Call the office with
medical concerns; Email may be checked infrequently.)

David H. Black, Ph.D.
Clinical Psychologist
916.922.8050

Jan Haemmig, Fellow Patient, Support Group Volunteer
530.265.2931 or Volunteer@SierraBariatrics.com

Lori Cochrane, Bariatric Consultant
Patient Education & Support
916.705.7309 or Lori@SierraBariatrics.com

Pam Kesler, MFT, Bariatric Therapist
Kesler, Elliott & Associates
530.888.7958

***DIRECT ALL MEDICAL CONCERNS TO THE OFFICE**

 **Shop Our - eStore** 

GO TO
www.SierraBariatrics.com and
click on the orange eStore button.

Make secure purchases of vitamins,
books and more! Items are shipped
directly to your home.

www.SierraBariatrics.com
Join the MESSAGE BOARD!

Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH
HOSPITAL UNLESS OTHERWISE NOTED

For Patients, Family & Friends

(Participants are encouraged to
maintain one another's confidentiality.)

December 15th, 2005 6 -9pm (Thursday)
HOLIDAY PARTY!
Conference room A

January 19th, 2006 4:30-6:30pm (Thursday)
Hospital Preoperative Education Class
Call 530-823-0701 to register

January 19th, 2006 7pm (Thursday)
Support Group Meeting
Everyone is invited!

February 16th, 2006 4:30-6:30pm (Thursday)
Hospital Preoperative Education Class
Call 530-823-0701 to register

February 16th, 2006 7pm (Thursday)
Support Group Meeting
Everyone is invited!

2006

Hospital Preoperative Education Class
Third Thursday of every month
4:30 – 6:30pm, conference rooms B & C

Support Group Meeting
Third Thursday of every month
7pm – 9pm, conference room A

Support Group Goers are SUCCESSFUL!

Sutter Hospice Thrift Shop – Clothing Exchange

To set-up a one-to-one clothing exchange arrangement, please request a letter to bring to Sutter Hospice Thrift Shop. The arrangement is for a one year period beginning anytime after you undergo surgery. The Thrift Shop is located at 13342 Lincoln behind KFC. You must present a letter to participate.

The Surgeon's Point of View

Jeffrey R. Jenkins, MD, FACS



Nesidioblastosis

Thanks to you (my patients) I am constantly learning. I guess that is why they call it “practicing medicine” because we don’t ever master *every* bit of information there is to know about our specialty. As a result of one of my patient’s recent battle with symptoms of hypoglycemia (low blood sugar), I have had the opportunity to brush up on nesidioblastosis, a subject I haven’t studied since my days as a resident on the Pediatric Surgery service.

What is nesidioblastosis? It is a disorder in which there are too many insulin-producing cells (islet cells) of the pancreas. When this happens, the amount of insulin being made is too high and the blood glucose level falls to a dangerously low level. This can lead to life-threatening hypoglycemia. Traditionally this disorder has been seen mainly in newborn babies. The treatment consists of near-total pancreatectomy (removing most of the pancreas) in order to remove enough islet cells to bring the insulin level back to normal. Unfortunately, there are many other functions of the pancreas, and removing too much pancreas can lead to diabetes, as well as disorders of nutrient absorption.

So what does this have to do with gastric bypass? The symptoms of nesidioblastosis can be similar to “dumping”: light-headedness, fatigue, nausea, and even loss of consciousness. In addition, there is new evidence that nesidioblastosis can *develop* in patients who have had gastric bypass surgery. But don’t panic; those episodes of dumping you occasionally experience after eating something high in sugar isn’t likely to mean you need your pancreas removed. In fact, it is very unlikely you will ever develop nesidioblastosis.

So why am I bringing this up at all? Because you may have read something about this disorder and may be wondering what it was all about. It also gives me an opportunity to speak about dumping and how to treat it appropriately. The first step is to avoid eating foods high in carbohydrates and/or high in fat (yes, excess fat can also cause dumping). Foods that contain more than 10 grams of carbohydrates per serving are more likely to cause dumping than those with lower amounts. If you stick with high protein foods, fresh fruits and vegetables, and avoid sugar-added fruit juice you will likely avoid dumping symptoms. You may, however, experience dumping if you eat too fast or if you eat too much at one sitting. So watch your portion size.

What do I do if I have dumping symptoms? If you have done as suggested in the paragraph above, you will likely avoid these problems. If you still have symptoms despite the above advice, you should contact your surgeon. There are a handful of patients who experience hypoglycemia after meals even if they watch what they eat very carefully. In these patients, eating something high in protein at the onset of symptoms is the best way to make them go away. If you eat something high in glucose (candy, orange juice, etc.) you may actually make it worse as the insulin level will increase and cause the glucose level to decline again about one hour later. This leads to a yo-yo effect; the patient feels bad then eats something to counter the symptoms and feels better for a short period, then feels bad from high glucose levels (dumping) and once again feels bad when the glucose level falls again later (because the insulin level has increased again). Eating protein helps to slowly increase the glucose level without causing an excess amount of insulin to be secreted and actually leads to a smoother recovery from symptoms of hypoglycemia.

~ Jeffrey R. Jenkins, MD, FACS



Before surgery:
“My struggle with weight loss began in High School when I was told that I could not be in the elite “Madrigal” musical program because I weighed too much and needed to lose weight to join.”

Malinda



After surgery:
“My diabetes and hypertension are gone, I look great and my confidence has grown ten fold!”



Ken



After surgery:
“Before surgery I was being forced to retire because my health had reached a point where it was becoming more and more difficult to do my job... Now I want to retire because I feel good and want to go out and enjoy life again.

Before surgery:
“I had the surgery done in July of 2004 – three weeks before my 60th birthday. At the time of surgery I had sleep apnea, was on oxygen, had serious back and knee problems, high blood pressure, and kind of a bleak outlook for the future of my health.”



Oh BEHAVE!

By Lori Cochrane

“Success Toolbox” *The ABC’s of Effective Journaling*

Book Excerpt - From Chapter 5

You must take a very close and honest look at what you are doing and what kind of effect your actions are having.

Tracking data helps to point out your success. If you write everything down, documenting your work, the successes have even more magnitude and are tangible. Not every day is a good day and not every day is a bad day. Count the days when you met your goal of focusing on protein. Count the days when you followed through with your physical activity goal. Those are good days.

Exactly what did you do, what action did you take to achieve the result? You look smaller for sure because people are telling you this and your clothes are looser. Your health is improving because the doctor told you to stop taking high blood pressure medicine or insulin. You walk an additional ½ mile in the same amount of time as you did one week ago. What did you do to cause that change?

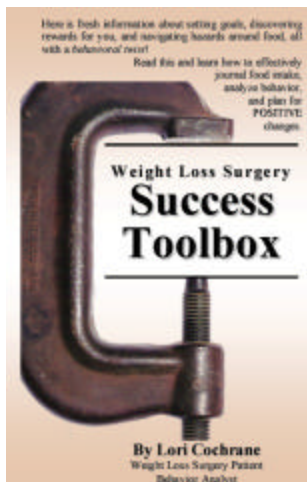
The actions that you took to cause the change are the same as the pennies that the accountant tracks. Whether it’s what you ate, how much time you spent between eating, or how much physical activity you extended, the sum total of those actions are the results. Those good days are a result of your actions. How do you feel when you get good results? Does it make you want to do it again?

The kind of documentation that it takes to get a clear picture of the effect you are causing, is time consuming, but worth it. Journaling isn’t something that you will have to do forever just to stay on track, but it is a tool that you can master and have it to turn back to whenever the need arises. To get you off on the right foot, your journaling should be thorough at first. It should include as much data as possible about the behaviors that you are targeting so that you will get a clear picture once you begin to analyze the data.

In the beginning, journaling should simply document your food intake and your physical activity in general. This will provide you the opportunity to analyze the behaviors you typically do and you can compare them to the problems you will be addressing and develop a plan of action by setting goals.

Once you have a set of clearly defined goals, and clearly defined behaviors that you will need to accomplish to meet the goal, (refer back to the “Positive Goals” chapter to remind yourself what “Additional Behavior #1” is), write it here including how much and how often, or whatever the criteria is that you are using to define the behavior.

To read more, order this book online at www.SierraBariatricsEstore.com



Five-year veteran Roux-en-Y Gastric Bypass patient Lori Cochrane is also a Behavior Analyst, a speaker, a writer, and mentor to patients undergoing life altering Weight Loss Surgery. After graduating with a degree in Psychology and shedding the Excess Body Weight that cocooned her, she plowed through changes in her personal and professional life that led to the development of a system of understandings that have helped thousands of patients.

She shares with us through this “Success Toolbox” the core principles of behaviorism to give you *EASY TO LEARN* tools that will *LAST FOREVER* as you progress on your journey of weight loss and discovery.

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Buy the book "Success Toolbox" by Lori Cochrane -- \$22.95
Resource® Benefiber® -- \$12.95
Upper Body Resistance Tubing -- \$8.00
Nectar™ Protein in several fruit flavors -- \$29.95
(also sold in single serving packets)

www.SierraBariatricsEstore.com

We sell a wide variety of Revival Soy products and all BARIATRIC ADVANTAGE products!

What do you call people who are afraid of Santa Claus? Claustrophobic.
- Unknown

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.
-Norman Vincent Peale

Blessed is the season which engages the whole world in a conspiracy of love.
- Hamilton Wright Mabi

Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first. The birth of the baby Jesus stands as the most significant event in all history, because it has meant the pouring into a sick world of the healing medicine of love which has transformed all manner of hearts for almost two thousand years... Underneath all the bulging bundles is this beating Christmas heart.
- George Mathhew Adams

I wish we could put up some of the Christmas spirit in jars and open a jar of it every month.
- Harlan Miller (Better Homes and Gardens)

Christmas ... is not an eternal event at all, but a piece of one's home that one carries in one's heart.
- Freya Stark ("The Wise Men" Time and Tide)

It was always said of him, that he knew how to keep Christmas well, if any man alive possessed the knowledge. May that be truly said of us, and all of us! And so, as Tiny Tim observed, "God Bless Us, Every One!"
- Charles Dickens

WLS Website Resources

www.SierraBariatrics.com

www.SierraBariatricsEstore.com

www.obesityhelp.com
For patients by patients

www.asbs.org
The American Society for Bariatric Surgery

www.BariatricBehavior.com
Learn more and become motivated about lifestyle changes required for long-term success

www.obesity.org
Information from the American Obesity Association

www.FitDay.com
Track your intake, exercise, weight loss and goals

www.MyPyramid.com
Information about food intake and physical activity

www.AceFitness.org
The American Council on Exercise

WHILE THE INTERNET CAN BE AN EXCELLENT RESOURCE, BE CAUTIOUS OF ADVICE OBTAINED THROUGH UNKNOWN SOURCES.



EXERCISE FOR LIFE



By

Kristin Jenkins

(530) 320-4376

ACE Certified Personal Trainer

Breaking Down Barriers for Lifestyle Change

To say that you want something means nothing unless you are ready to take action and do something about it. You cannot just wish your way into better fitness. Nobody can. If some people put as much effort into getting fit and eating healthier as they do into making excuses, they would have been fit a long time ago. Start creating solutions rather than buying into more excuses.

Excuse #1: “I don’t have time to exercise.”

Solution: It’s true. It’s difficult for many of us to find the time to exercise. But if you schedule it in as a priority, you’ll be more successful. Every Sunday, decide on your exercise classes or activity times for the upcoming week and write those “appointments” into your day planner.

Excuse #2: “I have bad genes.”

Solution: You can only compare you to you. While “genes” are often blamed for one’s weight, more often than not one generation in a family passes bad eating and activity patterns to the next generation. Admittedly, you probably do not have control over your height, frame size, where you gain weight and the area from which you lose weight. However, this program is about improving yourself. No matter what gene cards you were dealt, changing your eating habits and increasing your activity levels will result in a healthier you.

Excuse #3: “I only eat bad food once in a while.”

Solution: You may have eaten a hot dog for the first time in months on Wednesday; on Thursday you ate cheesecake for the first time in a year, on Friday you went to a party and had four mixed drinks, but that was okay because you hadn’t had a drink for six months. The list could go on. In the example above, the individual splurged on some high-calorie foods that they had denied themselves for quite some time. Yet, upon further examination, they consistently made choices in food that were bound to impede their success. Keeping a food log can be helpful in sorting out whether or not you are inhibiting your success. If you cannot resist high-calorie treats, then at least choose small portion sizes.

Excuse #4: “I am exercising as much as I can and nothing is happening.”

Solution: Track what you are doing for exercise. Be as detailed as possible. Be honest. Include duration, intensity, frequency and distance covered. Many people discover that they are not doing as much as they think they are. On the other hand, if you are exercising 2 hours per week and not finding a difference, then adding 30 minutes per week, may be the catalyst you need to induce a change.

So no matter what your barrier to exercise is, use the above tools to help you move forward so you can achieve your exercise and weight-loss goals.

Three-Bite Rule

When faced with foods we really shouldn't eat in excess ... sweet potato casserole, grandma's stuffing or the desserts calling our name ... try to focus on the "three bite rule" to get through the holidays.

The First Bite is to get a good taste.

The Second Bite is to verify it was as good as we thought it would be.

The Third Bite is the LAST BITE, so savor it.

Feta Cheese Ball

Excellent party fare ... If you haven't tried feta cheese, it has an incredible tangy fresh flavor that is excellent with the roasted peppers and walnuts. Instead of forming a log shape, it can also be smoothed into a small bowl with the nuts or parsley lightly pressed into the surface.

8 ounces reduced-fat cream cheese, softened

8 ounces feta cheese, coarsely chopped

2 scallions, thinly sliced

2 tablespoons finely diced roasted red peppers (from a jar in the olive/pickle section)

1/2 cup walnuts, finely chopped

Fresh flat leaf parsley

Mix cream cheese and feta cheese in a food processor or with an electric hand-mixer until well blended. Fold in scallions, peppers and walnuts. Refrigerate several hours or until chilled. Shape into a ball or log, using plastic wrap to shape, and roll in finely chopped walnuts or chopped fresh parsley. Serve with whole-grain crackers or Toasted Pita Crisps. Nutritional analysis per 2-tablespoon serving: 40 calories; 4g fat; .5g carbs; 1g protein

Guilt-Free Egnog

You won't believe how much this tastes like the original fattening but delicious version we are all familiar with!

1 scoop Elite or Matrix Vanilla protein powder

2 teaspoons sugar-free Jell-O vanilla instant pudding powder

10 ounces skim milk

Davinci Butter Rum sugar-free syrup (or real rum if desired!)

Freshly grated nutmeg

Reddi Whip whipped cream

Place protein and pudding powders into a dry shaker cup. Add milk, rum flavoring, and a few gratings of nutmeg. Shake until smooth and blended. Pour into decorative cups, add a spoonful of Reddi Whip, and an additional sprinkle of nutmeg. Yummy!

Gouda Bites Yield: 2 dozen

1 tube (8 oz.) refrigerated reduced-fat crescent rolls

1/2 t. garlic powder

5 oz. Gouda cheese, cut into 24 pieces

Unroll crescent dough into one long rectangle; seal seams and perforations. Sprinkle with garlic powder. Cut into 24 pieces; lightly press onto the bottom and up the sides of ungreased miniature muffin cups.

Bake at 375 degrees for 3 minutes. Place a piece of cheese in each cup. Bake 8 - 10 minutes longer, or until golden brown and cheese is melted. Serve warm. Nutritional analysis per 2 "bites": 110 calories; 6g fat; 8g carbs; trace fiber; 4g protein.

Please feel free to share your recipe ideas by e-mailing them to me at didioc@yahoo.com

I'll try to incorporate them into upcoming issues of the Newsletter.