



SIERRA BARIATRIC SURGERY



NEWS

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Saturday, September 24th, 9am

Volume 2 Issue 8 - August, 2005

VOLUNTEERS MAKE A DIFFERENCE

Auburn, CA – Volunteers in the field of Weight Loss Surgery Support are advocates by nature. They face their situation head-on and work to help others do the same. As mentors, friends and angels, volunteers make a difference to fellow patients. With their expert knowledge of being WLS patients and plenty of passion to spare, volunteers find tremendous rewards in stepping forward in many ways.

Some volunteers like to work on projects, such as Kelley Keyser who is coordinating this year’s “Walk for the Fun of it!” to benefit the Sutter Auburn Faith Hospital Foundation. Kelley is working to find vendors, donations, and to generate interest for participants for this worthy cause. Not to mention the fact that Kelley is well-known for her fitness savvy and there is nobody better to help motivate others to get moving and get walking.

Some volunteers like to help by providing assistance to the support group on a monthly basis, such as Jan Haemmig and Cheri DiDio. Jan was one of Dr. Jenkins’ earliest patients and has consistently supported the administration of the support group from the very beginning. Cheri experiments in the kitchen and performs taste tests for the submission of her very own article, “Recipes & Fun Food Finds” (always high protein, but never compromising on taste).

Continued next column...

SHOP THE SIERRA BARIATRICS eSTORE

Go to www.SierraBariatrics.com and click on the orange eStore button to make secure purchases of vitamins, books and more! Items are shipped directly to your home.

WALK FOR THE FUN OF IT!

To benefit the Sutter Auburn Faith Hospital Foundation, obesity related needs, the walk will be held in the hospital parking lot on Saturday, September 24th, at 9am. There will be a flexible walk route with a short route and a long route, and easy return to start at any point. Participants will receive free vendor goody-bags. There is no need to complete a registration form in advance -- Just show up! Donations will be received at the event.

VOLUNTEERS cont...

Melinda Wilson is a volunteer we ought to nickname “Melinda University” for her continual astuteness when it comes to knowing exactly what the doctor ordered. Melinda takes time at a moments notice to pitch-in wherever is needed and is sort of the support group mom.

Our support group is made so much richer and beneficial because of the work of these and other volunteers. A heartfelt THANK YOU to everyone who participates by sharing their experiences with us all, for YOU truly make a difference.



SIERRA BARIATRIC SURGERY

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NEXT INFORMATION SEMINAR:

Saturday, August 27th
10:00 am
call Sally at 530-823-0701
for reservations

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 Ridgway, 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**

WLS Website Resources

www.SierraBariatrics.com

www.obesityhelp.com
For patients by patients

www.asbs.org
The American Society for Bariatric Surgery

www.obesity.org
Information from the American Obesity Association

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

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.

August 18th, 2005 7pm (Thursday)
Post-Op Support Group Meeting
Everyone is invited!

August 27th, 2005 10am – noon (Saturday)
★Free Informational Seminar
Dr. Jenkins presents information for
prospective patients and others

September 11th – 18th
2nd Annual WLS Cruise & Conference

September 15th, 2005 7pm (Thursday)
Post-Op Support Group Meeting
Everyone is invited!

September 24th, 2005 (Saturday) 9am
“Walk for the Fun of it!” To benefit the
Sutter Auburn Faith Hospital Foundation

October 20th, 2005 7pm (Thursday)
Post-Op Support Group Meeting
Everyone is invited!

October 22nd, 2005 10am – noon (Saturday)
★Free Informational Seminar
Dr. Jenkins presents information for
prospective patients and others

*Post-op Support Group Meetings are held the
third Thursday of every month. We meet at
Sutter Auburn Faith Hospital.*

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



The Easy Way?

So often I see patients in consultation for weight loss surgery (gastric bypass) and they are concerned about what their friends and family are going to say when they find out the patient has had surgery to lose weight.

Many people are concerned they are “taking the easy way out” (of obesity). They are concerned about what everyone else is thinking and how they will respond when the patient returns to work or school. I fully understand where this is coming from because the obese patient has often endured a lifetime of discrimination, “fat jokes”, personal humiliation, and various other means of self degradation.

This strikes me as sad, and a little funny, because I haven't ever seen anyone accused of “taking the easy way out” of other surgical diseases. You won't see many people standing around the water cooler at work and discussing how John Doe is being weak and having surgery to repair his hernia. People don't think twice about someone having surgery to remove a breast lump that might be cancer, do they?

For the most part, people are very understanding and concerned when a friend or colleague has to have surgery. They are fully aware of the pain and suffering people go through to remedy a condition they perceive to have been no fault of the patient. When it comes to gastric bypass surgery, I suspect most people feel the same way. Sure, there are uninformed people out there who feel obese patients are “lazy” and “just need to exercise more and eat less” (I suspect these people don't have to worry about dieting!). These are the ones who feel obesity was caused by some self-defeating action on the patient's part. Of course, there are some people out there who are not candidates for surgery because of behavior like this, but most patients who turn to gastric bypass surgery truly have tried and failed to lose weight by all other means.

I may be wrong, but the basic human nature is one of compassion and caring. I have faith in our fellow human beings that deep down inside (most) people consider gastric bypass to be another surgical procedure that is associated with the same struggles one would go through for any other disease. So the next time you or someone else thinks gastric bypass surgery is “taking the easy way out” remember, obesity is a disease, and surgery is one of the treatments we have available to treat this disease. Don't be afraid to let everyone know you are going to have an accepted and proven treatment for a deadly disease.

~ Jeffrey R. Jenkins, MD, FACS



Oh *B*EHAVE!

By Lori Ridgway

“Oh BEHAVE!” is on hiatus, but will return next month with another interesting article.

EXERCISE FOR LIFE



By

Kristin Jenkins

(530) 320-4376

ACE Certified Personal Trainer

Monitoring Exercise Intensity Using Perceived Exertion

You want to get fit. You want to look good. And you want to stay healthy. But how hard are you going to have to exercise to achieve those things? To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. In some respects, gauging our exercise intensity can be a difficult task. Heart-rate assessment is a commonly used method for monitoring exercise intensity. For some, however, this method can be difficult to master, particularly during exercise.

One of the easiest ways to monitor your exercise intensity is to rate perceived exertion (RPE). Whether you walk, jog, bicycle, bench step, climb stairs or perform low-impact aerobics, your exercise intensity should be within a range of comfort. By becoming familiar with the RPE scale, you can continually assess your exercise intensity and ensure a level of exertion that is comfortable.

Why Use RPE?

Monitoring exercise intensity with the RPE scale is beneficial because:

- 1) It provides a double-check on heart rate, especially when the target heart-rate zone is estimated from age.
- 2) Assessing RPE can be performed without stopping to “check” it, as is necessary with heart-rate monitoring.
- 3) There is no equipment you can buy to accurately describe your perception of intensity (whereas heart-rate monitors can be expensive for accurate pulse count).

An increase in exercise intensity is directly related to elevation in exercise heart rate and other metabolic processes. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

During aerobic activities, perceived effort is a combination of sensory input from muscles, joints, breathing rate and heart rate. By using the RPE scale, you can more accurately “describe” your sensation of effort when exercising and gauge how hard you are working. Plus, RPE helps you evaluate your internal comfort zone, or “how you feel” during the exercise session, with respect to the normal sensation of exertion, breathing and even discomfort. How many times have you exercised and not felt comfortable, or seemed to be extending beyond your comfortable exertion level? The use of your perceived exertion is helpful in monitoring intensity in order to avoid uncomfortable exercise sessions.

RPE Scale

0. Nothing at all
1. Very Weak
2. Weak
3. Moderate
4. Somewhat strong
5. Strong
- 6.
7. Very Strong
- 8.
9. Very, Very Strong
10. Maximal

How to Use RPE

Perceived exertion is assessed by use of a zero to ten chart to rate feelings caused by your exertion. For example, quietly sitting in a chair would have a rating of zero. Walking at a pace that you feel is moderate would be given a rating of 3. Remember, the rating of your exertion should be completely independent of the pace you think you are walking; it is dependent solely on the feelings caused by the exertion. Increase the pace to a run and add a hill and you could work your way up to a 10 on the scale. The recommended RPE range for most people is usually between 3 (moderate) and 5 (strong).

Who Uses RPE?

Regardless of fitness or training, anyone can use perceived exertion to effectively gauge exercise intensity. Whether you are new to aerobic exercise, or a fitness enthusiast, use the RPE scale to become familiar with your perception and description of exercise effort. Using RPE, your exercise sessions will be more effective and more enjoyable.



Looking for a way to beat the summer heat, I found these recipes to be cool, refreshing, and a cinch to prepare:

Chicken Caesar Salad (Serves 4)

- 4 c. chopped Romaine lettuce
- 12 oz. roasted skinless chicken, chopped
- 2 oz. shredded parmesan cheese
- 1/2 c. seasoned croutons
- 1/2 c. reduced fat light Caesar salad dressing

Mix lettuce, chicken, parmesan, and croutons in a large salad bowl. Add dressing; toss to coat.

For added flavor, cut a garlic clove in half. Rub the cut edges of garlic on the inside of the salad bowl before adding the salad ingredients.

Nutritional information per serving: 274 calories; 12.5g fat; 6g carbohydrates; 1.25g fiber; 33.8g protein

Mocha Espresso Parfaits (Serves 4)

- 16 oz. low-fat cottage cheese
- 1/4 c. Splenda artificial sweetener
- 1 T. unsweetened cocoa
- 2 t. instant coffee
- 2 c. sliced strawberries or raspberries
- 1/2 c. thawed Cool Whip Lite whipped topping

Place cottage cheese, Splenda, cocoa, and instant coffee in food processor; cover. Process until very well blended, stopping occasionally to scrape down sides.

Spoon half of the cottage cheese mixture evenly into 4 parfait glasses; top with half of the berries. Repeat layers. Top with whipped topping.

Serve immediately or cover and refrigerate until ready to serve.

Nutrition information per serving: 149 calories; 7g fat; 10g carbohydrates; 2g fiber; 12.75g protein

ENJOY!

Please feel free to share your recipe ideas by e-mailing them to me at didioc@yahoo.com, and I'll try to incorporate them into upcoming issues of the Newsletter.