



SIERRA BARIATRIC SURGERY

NEWS

Volume 2 Issue 9 - September, 2005

Walk for the Fun of it...

Just for the Health of it!

to benefit Sutter Auburn Faith Hospital Foundation

Auburn, CA – In partnership with Sutter Auburn Faith Hospital, Sierra Bariatric Surgery is presenting the inaugural “Walk for the Fun of it...Just for the Health of it!” The Walk, to be held beginning at 9am on Saturday, September 24th, at the hospital’s east parking lot, will benefit the Sutter Auburn Faith Hospital Foundation. Of the proceeds, 100% will be earmarked for bariatric medical equipment and education at Sutter Auburn Faith Hospital.

Get your raffle tickets early! You can purchase raffle tickets through Volunteer Kelley Keyser on sale at the September 15th, 7 pm, support group meeting to be held in Conference Room A at Sutter Auburn Faith Hospital. Or, you can email Kelley at kellykeyser@aol.com, or you can call her at (530) 268-8860 to make arrangements for your purchase. Tickets are \$3 each, or 2 for \$5 or 5 for \$10.00. Several very nice prizes will be given away, including: a Gym Membership from Generations; 3 sessions with Certified Personal Trainer Kristin Jenkins; 2 gift boxes of Bariatric Advantage Vitamins; a gift certificate to “What’s In Store”; we have gift certificates to some fine restaurants and many other items. The winning number will be announced at the end of the Walk and the winner must be present to claim the prize.

A **Silent Auction** will be held under the tent at the staging area. We will auction a beautiful painting by Barbara Johnson, and a stunning figurine by Giuseppe Armani, both will be displayed. Minimum bids will be listed and more information about the pieces will be available at that time.

Registration for the event will begin at 9am, and there is no need to register in advance. All walkers will be required to complete and sign a registration and waiver form available at the event. We suggest a donation of \$10 per family registering. Cash donations above and beyond will be accepted. Each participant will receive a **FREE SPORTS BOTTLE** and the first 75 registrants will receive a free tote with bariatric support products inside.

Don’t miss out on the fun! We hope to see everyone out there for this important cause. Tell your friends!



SIERRA BARIATRIC SURGERY

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

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books and more! Items are shipped
directly to your home.

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.

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

September 24th, 2005 (Saturday) 9am
"Walk for the Fun of it...Just for the
Health 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

November 17th, 2005 7pm (Thursday)
Post-Op Support Group Meeting
Everyone is invited!

December 15th, 2005 7pm (Thursday)
HOLIDAY PARTY!
More information to come...

*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 Formula for Success

Do you want to know the secret to weight loss? It's actually pretty simple. No special pills. No fad diets. You don't even have to starve yourself to death! For years, people have been making a killing off of other people trying to find the magic bullet, the holy grail of dieting. All the while it has been right there for the taking, and it's free! Are you ready? You'll never guess what it is. I will tell you on one condition; you promise to keep it a secret. Ok, here it is; *a balanced diet and exercise will help you lose weight as long as you take in less (calories by eating) than you put out (calories by exercising).*

Surprising!?! I bet you thought I was going to say surgery was the answer. After all, this is a column in a gastric bypass support group newsletter, isn't it? Of course it is. And most of you are thinking "but that doesn't work for me, that's why I (had, want, am having) surgery". For most of you, this line of thinking is *mostly* correct. The majority of morbidly obese patients get to a point where they are unable to exercise due to their size or they just can't get below a certain plateau weight no matter how hard they exercise and no matter how little they eat. I say *mostly* correct because exercise and a balanced diet is still the key to your weight loss success.

You *will not* have a good result if you eat poorly after surgery, no matter how much you exercise. You can, however, be successful after gastric bypass surgery if you eat right and don't do a bit of exercise. Shocked again?! "He said I don't have to exercise". What I mean by this is you *will* lose weight if you follow the prescribed diet and you don't do any form of exercise. The *amount* of weight loss is another matter. As you probably already know, the average weight loss after a Roux-en-Y gastric bypass is between 50% and 70% of the preoperative excess body weight (EBW-the difference between your ideal body weight and your current weight) between 12 and 24 months after surgery. If we look at all patients undergoing gastric bypass surgery, the average of everyone will fall in this range. This means that some patients will lose 80-90% and some will lose only 40-50% of their EBW.

My personal experience is that those patients who exercise consistently *and* eat right are the ones that reach the higher weight loss goals. I am encouraged when I see a patient for the first time and they already have good exercise habits. They tell me they have been exercising 3-4 times per week and they are frustrated by the lack of results. Many times these people have bad eating habits and this is what has led them to their current state of excess weight. I know they will be successful after surgery because they already have the good habit of exercising regularly. I can teach someone how to eat right and how to use the "tool" I create surgically. Unfortunately, it is much harder to teach someone how to exercise routinely.

So you see, it is a matter of perspective what you may think is successful and whether the weight loss you achieve is adequate by diet alone or if you feel that adding exercise will help you reach that goal you had before surgery. One thing for sure is; the formula for success is eating right and exercising regularly.

~ Jeffrey R. Jenkins, MD, FACS



Oh *BEHAVE!*

By Lori Ridgway-Cochrane

Growing Lifestyle Changes: Tricks of the Trade

Weight Loss Surgery is evolution. Throughout the process, you will develop new skills; you will progress down a path advancing towards your goal; you will grow into a new set of habits; and a “new you” will come into fruition, complete with a changed lifestyle.

CHANGE: Change is difficult even if it is positive. Just as when you have the flu and the world seems to continue on without you in a strange way, it feels the same when you are obese. As an obese person, you observe active people participating in life like greased lightning. After years of watching and struggling to keep up, we don’t wake-up one day and find ourselves in that active lifestyle simply by undergoing Weight Loss Surgery.

If you are post-op Weight Loss Surgery and it is like greased lightning for you now to get in and out of the car or climb up stairs, that may not mean you’ve permanently changed any habits. Your official job is to recognize the changes that you need to make that are healthy and work hard to keep them in your repertoire of behaviors.

What are the changes that you need to make? We can answer that by deciding what caused you to become obese in the first place. Since your weight has affected your health, we will presume the most important categories for lifestyle change to look closely at are your diet and your physical activity habits.

DIET: The diet information that you have been acquiring by attending information seminars, preoperative nutrition counseling, appointments with your surgeon, and support group meetings, is a necessary component for you to successfully function with your new gastric pouch or other form of mechanically restricted eating. During the honeymoon period, while your appetite may seem suppressed, following the instructions may seem easy. This is the time to build your armor. Be a sponge and soak up as much information as you can.

HERE IS A TRICK: When you notice that you’ve followed a healthy eating plan for the entire day, make a big deal of it! Be proud and reward yourself by doing something nice for yourself that does not involve food. Slowly add more days before you earn a reward. Make sure you are staying accurate by tracking your intake in a chart or log.

PHYSICAL ACTIVITY: As obese people we endured pain and agony every time we made an attempt to gain control of our weight. We KNOW we are supposed to exercise, but it hurts! Shin splints, knee pain, back pain, loss of breath and heat exhaustion are excellent reasons not to want to move our bodies. It is very likely that never before in our lives have we experienced a situation where as much physical progress could be made in one week (once we undergo Weight Loss Surgery) as could be made in a few weeks preoperatively. During the weight loss phase is the prime-time to take advantage and do things that feel good for once!

HERE IS A TRICK: When you notice you can walk a little further than the day before and be less winded, make a big deal of it! Not only should you reward yourself with something not related to food, but also you will gain a lot of exercise esteem simply by making sure to point out to yourself what you are capable of doing.

HERE IS ANOTHER TRICK: Fake it ‘till you make it. Let’s face it, you’ve hated exercise for a long time – it’s time to change your attitude. Once you get to the point that physical activity doesn’t hurt anymore, do a lot of it and find parts of it that you like. It’s important enough for you to go out of your way to make sure to do a variety of activities and see some sites you haven’t seen in a long time.

NO EXCUSES: Visit a personal trainer or a physical therapist for guidance if pain is holding you back.

When you find yourself eating a healthy diet and regularly getting in physical activity, your focus should stay constant to help you keep your edge. Staying involved with the support group will help you to do this. The sum total of all of your repetitive actions that you end up with is the new lifestyle that you will have grown.

Lori is a Behavior Analyst and a WLS patient from five years ago. She is a writer, a speaker and a consultant in the bariatric industry. Her mentorship has helped thousands of patients to maneuver through the change process.

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EXERCISE FOR LIFE



By

Kristin Jenkins

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ACE Certified Personal Trainer

Weight Loss Plateaus and Pitfalls

It's kind of like running into a wall—that feeling you get when, after a few months on a weight-loss program, you suddenly stop seeing results. This is called hitting a plateau and it is not uncommon. In fact, unless you continually update your program to reflect the changes your body has already experienced, you can almost be guaranteed to plateau at some point along your journey toward reaching your goal weight.

Weight-Loss Woes

The first thing you should do upon hitting a plateau is try to determine the cause. Could you be eating more calories than you think? Research shows that most people underreport the number of calories they eat—it's not that they're lying; they just don't know how to make an accurate assessment of how much they're eating. And even if you're eating fewer calories than before you lost the weight, you could be eating just enough to maintain your current weight at your current activity level. It is important to keep in mind that as you lose weight, your metabolism slows down because there is less of you to fuel, both at rest and during activity. So, while a diet of 1,800 calories per day helped you lose a certain amount of weight, if you've hit a plateau, it could be that 1,800 calories is the exact amount you need to stay at your current weight.

Exercise Your Options

This leaves you with two options: Lower your caloric intake further or increase the amount of time you spend being physically active. The first option is less desirable because you may not be able to get sufficient nutrients from a diet that is very low in calories, and it is difficult to stick to it for very long. It is much better to moderately reduce calories to a level that you can sustain when you reach your goal weight. The same is true for exercise. Trying to exercise for several hours per day to burn more calories is a good way to set yourself up for failure. Not only does this type of regimen require an enormous time commitment, it is hard on the body, making you more susceptible to injury and overuse syndromes.

To help balance the intake with the expenditure, a good rule of thumb is to multiply your goal weight by 10 calories per pound, and add more calories according to how active you are. Again, be realistic. Don't attempt too much in an effort to burn more calories. Instead, aim for 30 minutes of moderate activity most of the days of the week and, as you become more fit, gradually increase the intensity and duration of your exercise sessions. Choose activities that you find enjoyable, whether that be in-line skating, step classes or even mall walking.

Another means for getting you off the plateau is strength training, which has been shown to be very effective in helping people manage their weight because the added muscle helps to offset the metabolism-lowering effect of dieting and losing weight. Muscle is much more metabolically active than fat; therefore, the more muscle you can add, the higher your metabolism will be.

Get Off the Plateau

If you've stopped losing weight, the key to getting off the plateau is to vary your program. The human body is an amazing piece of machinery, capable of adapting to just about any circumstance or stimulus. By shaking things up a bit and varying your program by introducing some new elements, you'll likely find yourself off the plateau and back on the road to progress in no time.

Enjoy this month's installment of recipes that are sure to please your palate:

Cheri's Low-Carb Broccoli Salad

1/2 c. lean smoked ham, finely diced

1/2 c. sunflower seeds

1/2 medium red onion, finely chopped

1 c. low-fat, lite mayonnaise

2 T. cider vinegar

1/4 c. Splenda Granular

1/2 t. Worcestershire sauce

1/4 t. salt

1/8 t. black pepper

1 bunch (about 4 c.) fresh broccoli, stem chopped, crowns separated into small florets

In a large mixing bowl, combine all ingredients except broccoli; mix well. Add broccoli and mix well to coat with the dressing.

Refrigerate until ready to serve. Best if refrigerated 3 to 4 hours prior to serving.

Yield: 6 servings

Approximate nutritional analysis: Calories: 190; Protein: 6g; Carbohydrates: 10g; Fiber: 3g; Fat: 21g

Crock-Pot Vegetarian Chili

2 pounds frozen beef-flavored vegetarian crumbles

1 medium onion, chopped

1 t. black pepper

1 t. kosher salt

1 green bell pepper, chopped

1 14.5-oz. can kidney beans, drained

1 14.5-oz. can diced tomatoes with green chilies

1 14.5-oz. can vegetable broth

2 T. chili powder

1 T. minced garlic

2 t. oregano

1 cube vegetable bouillon

1 t. cumin

shredded cheddar cheese (optional)

tabasco sauce (optional)

Add all ingredients except cheese and tabasco sauce to the crock-pot; stir well to combine.

Cover and cook on low for 8 hours, stirring only a few times during cooking. Stir well before serving. Offer cheese and Tabasco sauce when serving. Yield: 16 servings

Approximate nutritional analysis: Calories: 234; Protein: 31.7g; Carbohydrates: 25.3g; Fiber: 13.4g; Fat: .7g

(Note: Use of the optional ingredients will alter the nutritional analysis.)

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.