



## Hunger and the Brain



Auburn, CA – Patients of Bariatric Surgeon Jeffrey Jenkins, MD are learning that what happens beneath our belts is directly related to what happens inside our heads. We know that overeating is not triggered by extreme hunger. So, why do some of us overeat?

We eat because of hunger, and because we're...

Stressed  
Angry  
Bored  
Tired  
Frustrated  
Depressed

...and a million other emotions.

What happened to eating for survival like our ancestors?

Eating high calorie sweets and fats is one way we modern day humans help ourselves feel better. Well, feel better momentarily anyway. The “feel good” hormones that our bodies secrete when we eat rich foods might work too well for some, so we reach again for similar food items and are again rewarded with calm and relaxation. Notice the vicious cycle?

What feels good inside your head is not what is good for you beneath your belt. You can reduce cravings and get off the cycle.

The trick to getting out of the eating feel good food cycle is a combination of two things; knowing how your emotions steer your drive towards food, and knowing how to achieve a steady state of satisfaction by eating things to help level out the hormone level highs and lows.

- ✓ Know Your Emotional Triggers
- ✓ Eat What Reduces Hormone Fluctuations

There are two main things you can do to better understand your emotional triggers and to eat foods that don't contribute as much to hormone fluctuations:

1. Make yourself aware of all the emotional causes for every event of eating. Journaling your intake is just the first step, but to become aware of your emotions surrounding eating will require you to make some not so obvious observations. As long as you know your behavior the sheer fact of your awareness of it will help you monitor it and consider change.
2. Have substitute foods available for what you know is a choice too high in sugar and/or fat. Have healthy choices prepared and ready to eat. Don't forget fresh fruits and vegetables.

Lastly, exercise as simple as walking makes a world of difference on your brain chemistry, hormone secretions, and feeling good.

Next time you have a craving, grab an apple and put on your walking shoes. Get on a new cycle and get to feeling better all the time.

**Jeffrey R. Jenkins, MD, FACS**

**SIERRA BARIATRIC SURGERY**

3257 Professional Drive, Suite E  
Auburn, CA 95602  
(530) 823-0701  
(530) 823-0737 fax  
DrJenkins@SierraBariatrics.com

## % Excess Body Weight Loss (%EBWL)

### 1. FIND IDEAL BODY WEIGHT (IBW)

How tall are you?

Females add 100 for 5 feet of height and 5 for every inch over.

Males add 106 for 5 feet of height and 6 for every inch over.

FEMALE:  $\underline{100} + \underline{\quad\quad} = \underline{\quad\quad} \leftarrow \text{IBW}$

MALE:  $\underline{106} + \underline{\quad\quad} = \underline{\quad\quad} \leftarrow \text{IBW}$

### 2. FIND EXCESS BODY WEIGHT (EBW)

weight at surgery:  $\underline{\quad\quad} - \underline{\quad\quad} = \underline{\quad\quad} \leftarrow \text{EBW}$   
IBW

### 3. FIND WEIGHT LOSS (WL)

$\underline{\quad\quad} - \underline{\quad\quad} = \underline{\quad\quad} \leftarrow \text{WL}$   
weight at surgery      current weight

4. & 5.  $\frac{\underline{\quad\quad}}{\text{WL}} \div \frac{\underline{\quad\quad}}{\text{EBW}} = \underline{\quad\quad} \leftarrow \text{before conversion}$   
 $\quad\quad \times 100. = \underline{\quad\quad} \leftarrow \% \text{EBWL}$

How many pounds will you have to lose to reach 65%EBWL?

GOAL  $\underline{\quad\quad} \times .65 = \underline{\quad\quad}$   
EBW                      lbs to achieve 65%EBWL

How many pounds will you have to lose to reach 55%EBWL?

ALARM  $\underline{\quad\quad} \times .55 = \underline{\quad\quad}$   
EBW                      lbs to achieve 55%EBWL



Shop At  
Our Estore

1. Visit [www.SierraBariatrics.com](http://www.SierraBariatrics.com)
2. Click on the eStore button.
3. Make secure purchases of vitamins, books and more! Items are shipped directly to your home.



Weight Loss  
Discussion Community

1. Visit [www.SierraBariatrics.com](http://www.SierraBariatrics.com)
2. Click to Join the discussion today!

# Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH HOSPITAL UNLESS OTHERWISE NOTED

**February 20<sup>th</sup>, 2007 7pm - 9pm (Tuesday Eve)**  
**\*FREE Informational Seminar**  
Call 530-823-0701 to register

**February 24<sup>th</sup>, 2007 10am – noon (Saturday)**  
**\*FREE Informational Seminar**  
Call 530-823-0701 to register

**March 15<sup>th</sup>, 2007 7pm (Thursday)**  
Support Group Meeting  
Everyone is invited!

**April 26<sup>th</sup>, 2007 7pm (Thursday)**  
Support Group Meeting  
Everyone is invited!

**April 28<sup>th</sup>, 2007 10am – noon (Saturday)**  
**\*FREE Informational Seminar**  
Call 530-823-0701 to register

**May 17<sup>th</sup>, 2007 7pm (Thursday)**  
Support Group Meeting  
Everyone is invited!

**Support Group Meetings are held the third Thursday of each month at 7pm in conference room A at Sutter Auburn Faith Hospital.**

*For EVERYONE: Patients, Family & Friends*

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

## 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 Bottom Line**

Imagine eating to sustain your bodily needs. No more, no less. For most of you this probably was very difficult, even unimaginable, until after your bypass operation. Food can be many things to a person. Some people find comfort. Some find pain in eating. Most of the time food is something other than nutrition. One thing is for certain, we need food to survive.

Our society is becoming larger and larger (literally and figuratively). Some believe this is the result of fast food restaurants, some believe it is related to hormones in our cattle supply. Most likely, the source is the abundant supply of high calorie food that is prepackaged and ready to eat. Time and history has shown that populations that are economically strong will tend to prosper in more ways than their wallets or purses. In other words, the bottom will grow with the bottom line.

In our society, we are fighting a battle of overabundance. When was the last time you went out to eat at a restaurant? My guess is your plate was loaded with food and full of more calories than you needed. Not necessarily because of anything *you* did, but because it is the American way to pile it high and provide the consumer with “a deal”. Every time we go out to eat we are attacked by the food industry. Some people would say it is the consumer’s fault (I will get into this later), but in reality, it is a direct attack on our waist by the restaurants we are patronizing. If the restaurant had our best interest in mind, they would feed us what is good for us. They would serve us appropriate portions of whole grains, fruits, vegetable, and (sparingly) meats. They wouldn’t allow us to overindulge with foods that drive our blood glucose and cholesterol up.

When was the last time you went on an airplane? My guess is that you wondered how you would ever survive on the small amount they gave you (I am certain the airline wouldn’t survive if there were other restaurants to choose from while flying). Can you believe the airline portions are actually the correct portions we **should** be eating? Yes, the airlines actually have it right and we are so overfed in every aspect of life that we aren’t accustomed to eating proper portions.

This brings me back to the consumer’s (you and me) role in this. We may not be so innocent when it comes to this battle. In fact, you could say it is **entirely** our fault. You ask “how can it be our fault?” Well, just as it wasn’t the fault of McDonalds when the lady spilled hot coffee in her lap while driving, it isn’t the fault of the restaurants that serve such decadent food when we eat too much. We still have to put it in our mouth. So, you see, we are ultimately responsible for what goes in our mouth, and what ends up on our bottom line.

This continues to be the case after you have had gastric bypass. I can only give you the tool; you have to use it properly. If you are intent on going to a restaurant and eating everything on the plate, you will ultimately suffer the consequences of the extra calories. So the next time you eat out, consider the size of your pouch (about 1-2 ounces), eat appropriately, and take the rest of your meal home for the next day.

*~ Jeffrey R. Jenkins, MD, FACS*

“Instead of giving myself reasons why I can’t,  
I give myself reasons why I can.”

~ Author Unknown

## 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

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

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

## WLS Website Resources

[www.SierraBariatrics.com](http://www.SierraBariatrics.com)

[www.SierraBariatricsEstore.com](http://www.SierraBariatricsEstore.com)

[www.obesityhelp.com](http://www.obesityhelp.com)  
For patients by patients

[www.asbs.org](http://www.asbs.org)  
The American Society for Bariatric Surgery

[www.SparkPeople.com](http://www.SparkPeople.com)  
Track your intake, exercise, weight loss and goals

[www.FitDay.com](http://www.FitDay.com)  
Track your intake, exercise, weight loss and goals

[www.MyPyramid.com](http://www.MyPyramid.com)  
Information about food intake and physical activity

[www.EatRight.org](http://www.EatRight.org)  
Nutrition and health information from the American  
Dietetic Association.

[www.AceFitness.org](http://www.AceFitness.org)  
The American Council on Exercise

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

## SIERRA BARIATRIC SURGERY

### **JEFFREY R. JENKINS, MD, FACS**

Dr. Jenkins is an expert in the field of laparoscopic weight loss surgery. He has dedicated himself as a specialist in offering the rural communities in the Sierra foothill region the same advanced technology as can be found in Sacramento. Dr. Jenkins is well-known for providing personalized care and ensuring your serious health conditions are considered. At Sierra Bariatric Surgery we not only provide an amazing tool to transform lives, we offer an elaborate support system to enable patients to flourish in their new lifestyle. To learn more about the surgery and the life changes that follow, please join Dr. Jenkins for a free information seminar by calling Sally at (530) 823-0701.



# Oh, BEHAVE!

by Lori Cochrane

---

## Harnessing the Power of Positive Reinforcement

Objective findings are reflections of reality. We produce real results based on our actions. However, we are social creatures who share our feelings and it feels especially good when somebody notices and says something subjective about the real results of our hard work. After years of being obese, it's difficult to understand and accept that our own actions are causing a **positive** improvement on our health and appearance.

It's great when other people notice the positive, but excessive compliments seem insincere. The use of positive reinforcement is often thought to be the same as bribery or manipulation. The change in looks of a person who has lost a significant amount of weight is astonishing. Others aren't quite sure how to express what they are feeling about that change in a way that will be non-offensive to the previously obese person. While it may come across as forced when others gush about the difference from before you lost weight, your appearance is the first thing people see and has greater immediate impact. Social praise is very reinforcing if you understand and accept that it is REAL.

Compliments are a fairly accurate gauge to measure change in appearance. Appearance is only one of several measurements that we can use to determine the results of the effort to lose weight. Just as an accountant organizes a budget plan and tracks dollars, weight loss surgery patients organize and plan meals and exercise and take measurements to track pounds. Compliments from others, elimination of symptoms from co-morbid conditions, a lower number on the scale, clothes fitting more loosely, walking faster on the treadmill; these are all important indicators of health improvement and loss of pounds.

Tracking measurements helps to point out your success. If you write down your tracking, the successes have even more magnitude. 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 went 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?

That feeling you get when you've been successful is sometimes not paid attention to enough. You have so many other things in life to attend to that you put this on the backburner. You can not afford to make this learning process a secondary project! Overcoming obesity through weight loss surgery requires a complete transformation of lifestyle which involves learning new habits and concepts in order to maximize the use of the tool. Figuring out what you have done right and noticing positive reinforcement is a brand new concept that if you master will serve you well for years.

You may be thinking that tracking your success is a contrived way of gaining reinforcement. It is best to notice and feel good about natural reinforcement, such as the direct results of losing weight like receiving compliments from others, fitting in a movie theater seat, or walking without getting winded. But it's important to recognize the many actions you've taken to lose the weight and reinforce yourself for each and every one. Knowing what the actions were, knowing ahead of time what creates the positive result, and then rewarding yourself for doing it will help you to learn new habits.

Explore what reinforces you. You may like natural reinforcers like fitting in a restaurant booth or no longer asking for a seatbelt extension on a plane. You could add your own joys that you deserve like getting a massage, doing an art project, or buying a new CD. Whatever you choose, it must be healthy and encourage you to repeat your actions.

In time the entire process will become second nature to you. You won't have to write things down forever, but you will forever be on a quest to find new healthy things to enjoy... other than food. You've taken the risk to undergo surgery and now you deserve the very best for yourself. Positive reinforcement may feel a bit elementary to you at first. But if you harness its power to motivate you to change the parts of your lifestyle that caused you to become obese, you will have learned a tool that you can apply to all life situations. Keep it positive. When you believe you can.... You can!

Copyright © 2005-2007 Bariatric Behavior ® – Used With Permission