



July/August 2000

# Central Valley Bariatrics Newsletter

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Issue 5

## Calendar

**T**uesday, July 11, 2000, 6:00 p.m. Group Meeting, Silver Oak Room DRMC  
Diane MacIntyre, Guest Speaker, 2 1/2 yr post op patient with a 170 lb. wt loss from Ventura.

**Tuesday**, August 8, 2000, 6:00 p.m. Group Meeting, Silver Oak Room, DRMC  
Rick Sparks, 7 month post op patient from McFarland.

**Tuesday**, September 12, 2000, 6:00 p.m. Group Meeting, Silver Oak Room, DRMC  
Bill Allen, 2 1/2 yr post op patient from Santa Paula with a 216 lb weight loss.

**Saturday**, September 30, 2000, 8:30 a.m.—1 1/2 mile-3 mile fun Walkathon, Delano Health Fair, at DRMC. Be there or be square!!!

**Tuesday**, October 10, 2000, 6:00 p.m. Group Meeting Silver Oak Room, DRMC  
Robert Mata, 10 month post op patient from Delano.

## Patient Referral List:

Dee Tinkle	661-725-0929 dtinkle@aol.com
Ketty Chamlian	559-446-1305 kettyc@alistarinsurance.com
David LeFevre	805-647-5410
Jim and Nancy Williams	661-746-2512 jimnan@lightspeed.net
Joanne Lipari	805-271-9188
Gerald Fisher	805-647-1983
Heidi Guio	805-434-2528 Heidij99@goetsch.com
Carla Kane	831-688-4213
Ed Wahl	805-524-0239 edwardbwahl@hotmail.com
Paulette Kizer	209-838-3348 Dpkbear@aol.com

**Announcements:** Please note—group meetings have changed from *Monday to Tuesday evenings*. This has been done to help facilitate our out-of-town operative patients.

**Summertime Fun:** How about including swimming as part of your postop exercise routine? McFarland Water Aerobics, 7:30 p.m.-8:30 p.m., Mon & Wed. price \$3.00 session or \$20.00/month, 661-792-3187. Delano Recreation Pool, please call 661-721-3335 for details. Summer activities offered: ballroom dancing, country line dancing, aerobics, racquetball, and karate. Classes are inexpensive and offered in the evenings!

**Plus Size Clothes** — Please save all of your “plus size” clothes for our *Parking Lot Sale* in the Fall.

**Delano Health Fair**—We are inviting all of our postoperative patients to come join the fun on Saturday, Sept 30 for the 3 mile walkathon. If you are not up to this yet—then try to do the 1 1/2 mile walk. Tee shirts will be provided to all bariatric patients. Now is a good time to be training—having a goal helps all of us to train. Let’s all show a good support to our hospital and BE there. **REMEMBER**—exercise is considered part of your postop program. The Shilo Inn in Delano will give our patients a price reduced room. Let’s have a 100 % turn out and please bring friends and family members!!

## Exercise: Everyone’s Favorite Activity!

**T**aking the Gastric Bypass to the Extreme in the New Millennium, was presented at the May 8, group meeting. Barbara will be presenting this slide show to the American Society of Bariatric Surgeons Conference, in Memphis, Tennessee, on June 14.

Three men and one woman, 30 to 50 years of age, chose four different methods of adding exercise to their daily postoperative routine. A 50 year-old male, formally a professional football player, chose treadmill and weight lifting. A 30-year-old male chose swimming. One 30-year-old Reggae musician chose to carry his own heavy equipment. A 49 year old female chose walking up to 9 miles per day.

The 6’ 2” football player lost 227 pounds, with a change in body fat from 43%

to 4%. The male swimmer, at 2 1/2 years postop, is still losing weight. At a height of 5’7” he has gone from 525 pounds to 236 pounds. He struggles with plateaus, but his goal is to be less than 200 pounds. The musician, at 5’3” has gone from 450 pounds to 150 pounds in 4 years. The female walker, has gone from 330 pounds to 130 pounds and is about 2 years post op.

We can help patients direct their weight loss by encouraging exercise. Not only will this help with weight loss, weight maintenance, but also balance, mental and physical strength, stronger bones, improved skin tone and improved self-confidence. It is the responsibility of the bariatric team to educate and support our patients on this important aspect of the weight loss program.

## News Bulletin!!!

*“Lack of Exercise, Not Age, Blamed for Sexual Dysfunction in Men”* By Carol Krucoff, Special to the LA Times, June 2000.

Recent findings support previous research documenting the link between physical and sexual fitness, for both men and women. New studies suggest that some of the declines in male sexual functioning often attributed to age are actually the result of sedentary living. Physical fitness is important to keep all bodily organs functioning at their peak—especially those that require a good blood supply. More evidence that exercise may improve men’s sexual performance is offered by new research from the Harvard School of Public Health.

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## News Bulletin

(Continued from page 1)

Nearly 2000 male health professionals, ages 51-87, revealed that men who exercised vigorously for about 20 to 30 minutes a day were about half as likely to have erectile dysfunction as men with the lowest level of physical activity. In addition, they found that as a man's waist size increased, so did his chance of erectile dysfunction.

A UC San Diego study of 78 sedentary but healthy middle-aged men who started exercising vigorously three to four days a week, for 60 minutes per session, found that new exercisers reported more frequent sexual activity and orgasms, more reliable function during sex and a higher percentage of satisfying orgasms.

## Nutrition in the News!

**A**vocados Are Not Just a Pretty Face, They're Good for You, Too. According to a recent article in the LA Times, a "functional food" is defined as one that helps maintain a healthy physique and improves the body.

That's a little vague, but primarily this definition is being used to single out those foods that seem to be naturally blessed with combinations of phytochemicals that may help fight certain chronic diseases such as cancer and heart disease. Now avocados have been elevated to "functional food" status.

According to the director of the UCLA Center for Human Nutrition, avocados include a cholesterol-lowering agent and are said to act as an antioxidant. Although naturally high in fat (monounsaturated like olive oil) they can be added to diabetic and heart-healthy diets.

Avocados have more potassium than a banana and contain almost 10 % of an adult's daily requirement of iron. They are low in sodium, and provide good quantities of beta carotene, vitamins B6, C and E, folic acid and copper. Because they are a vegetable product, they have no cholesterol. The average avocado contains 112-177 calories depending on size and type. A slice of avocado on a low-fat cracker can provide extra protein as well.

**Bon Appetite!!**

**EXERCISE AND CALORIES**—To determine the number of calories burned for a specific activity, enjoy the information from below and use it to help you burn calories!

Activity	Calories	Activity	Calories	Activity	Calories
Aerobics	9.2	Cooking	3.1	Running:	
Archery	4.4	Cycling	4.4	*11 min. mile	9.2
Basketball	9.4	Eating	1.6	* 9 min. mile	13.1
Billiards	2.9	Fishing	4.2	* 8 min. mile	14.2
Boxing	9.4	Football	9.0	* 7 min. mile	15.6
Canoeing	3.0	Gardening	8.6	* 6 min. mile	17.3
Card Playing	1.7	Golf	5.8	Squash	14.4
Circuit training:		Ironing	2.2	Swimming	8.3
*Universal	7.9	Jumping Rope	11.0	Table Tennis	4.6
*Nautilus	6.3	Lying at ease	1.5	Typing	1.8
*Free Weights	5.8	Racquetball	12.1	Volleyball	3.4
Cleaning	4.2	Snow skiing	8.1	Walking	5.4

Calories = calories per minute for a 150 pound individual

Total calories burned = (W/150) x C x M

Where: W = Your weight in pounds; C = Number from table above for specific activity; M = Number of minutes activity performed

Example: If a 180 pound male swims for 30 minutes, the total calories burned are:  
Calories = (180/150) x 8.3 x 30 = 299 calories

Erin Nelson RN, MS Exercise Scientist, *Beyond Change* ([www.beyondchange-obesity.com](http://www.beyondchange-obesity.com))

## Guiding Principles for Significant Others—Support Persons

1. Reduce, rather than increase, stress at home.
2. Do not nag, complain or be negative.
3. Reduce temptation by keeping candies, chocolates, etc. out of sight.
4. Be sensitive to fears, physical and emotional needs.
5. Be extra positive, encourage: praise the improvements, the good changes, and accomplishments.
6. Allow your significant other adequate space.
7. Work at relating—make and spend extra time together.
8. Support his/her meetings and related activities including their Support Group.
9. Take advantage of togetherness opportunities such as swimming, fishing, dancing, and walking together for exercise.
10. Openly discuss your good and bad feelings with your significant other.
11. Educate lay and medical persons concerning obesity and its effective management.
12. Encourage regular follow-up visits & attend counseling together if necessary.

George Cowan, Jr., M.D., Memphis, 1990 (*Beyond Change*, 4/20www.beyondchange-obesity.com)

## How Much Water is Enough?

**M**ost of us do not adequately hydrate our bodies, especially in the summertime, and especially after we work out. This is critical for our post op patients.

To find out how much water you really need: take your weight, divide

it in half and divide by 8. E.g. -A 300 lb person -- divided in half = 150 divided by 8 = 18 ½ glasses of water/day. A 150 lb person, divided in half = 75 divided by 8 = 9 glasses water/day. Caffeinated drinks and alcohol will only dehydrate you more.

# One Picture...



**Buster:** weight loss 230 lbs.  
Percentage of fat: 43% - 4%  
Weight lifting and treadmill



**Ed:** weight loss close to 300 lbs  
Water Aerobics!



**Joanne:** weight loss  
close to 200 lbs.  
Walks 6-9 miles  
almost daily!



**Norm:** weight loss 300 lbs.  
Carries heavy music equipment!



is worth a 1,000 (pounds) words!



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