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## Re-Introduction!

It has been a very long time since we have published our newsletter. The delay has in part been caused by unexpected circumstances that were brought on our staff, surgeons and the practice.

I would like to take this opportunity to thank you for your understanding and patience.

There are a number of new and very interesting developments that we are incorporating in our practice.

Some of the more obvious ones are the changes in our newsletter and our website. We are incorporating an interactive media section, which will contain video of operations that we perform.

There is also a new “Frequently Asked Question” section being added to our website.

We have also started offering the Lap Band®, and StomaphyX as an alternative weight loss surgical procedures.

I would like to thank Dawn Keshishian, yes my lovely wife, for her incredible work for raising our twin boys, in addition to her contribution to the newsletter.

I would also like to acknowledge and thank the effort and work that Vicki Blackburn has placed for compiling much valuable information.

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## New Surgical Procedures

We have started offering Lap Band® and StomaphyX as additional surgical procedures for treatment of morbid Obesity. Each one of these procedures in addition to the Duodenal Switch operation that we perform, provide a wide spectrum of options for patients. Each procedure has its own risks and benefits. Each patient will be closely examined and individual recommendation be made in each in case.

### Special Interest Articles:

- *Lap Band®.*
- *StomaphyX.*
- *Exercise*

### Individual Highlights:

Do you subscribe to Yahoo groups? Please update your email address so that we can keep you informed.

## *Moderate Exercise Yields Big Benefits*

Moderately strenuous exercise, about 30 minutes a day, can lead to enormous benefits in terms of your mood, health, weight and the ability to live an independent and fulfilling life. The exercise doesn't need to be athletic or difficult. Studies have shown that simply walking at a brisk pace for 30 minutes or more on most days can lead to significant health improvements. Add simple strengthening exercises two or three times a week and the benefits are even greater. The January issue of Mayo Clinic Health Letter lists some of the benefits of 30 minutes of exercise a day:

- Lower blood pressure: A reduction of 5 to 10 millimeters of mercury (mm Hg) is possible. In some cases, that's enough to prevent or reduce the need for blood pressure medications.
- Improve cholesterol: Exercise often increases the concentration of high-density lipoprotein (HDL or "good" cholesterol in the blood), especially when accompanied by weight loss. Exercise also helps reduce triglyceride levels.
- Prevent or manage type 2 diabetes: Exercise helps insulin work better, lowering blood sugar.
- Manage weight: Coupling exercise with a healthy diet is the best way to shed fat and maintain a healthier body composition.
- Prevent osteoporosis: Exercise may increase bone density and protect against bone mass decline, especially if weight-bearing activities are involved.
- Prevent cancer: Exercise has been shown to strengthen the immune system, improve circulation, reduce body fat and speed digestion. Each has a role in preventing cancer, particularly cancers of the colon, prostate, uterine lining and breast.
- Maintain mental well-being: Exercise may help reduce stress, improve mild-to-moderate depression and anxiety, improve sleep and boost moods.
- Increase energy and stamina: A lack of energy often results from inactivity, not age.

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What's the key to looking and feeling better and enhancing your health? Exercise.

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## *Moderate Exercise Can Improve Sleep Quality Of Insomnia Patients*

An acute session of moderate aerobic exercise, but not heavy aerobic or moderate strength exercises, can reduce the anxiety state and improve the sleep quality of insomnia patients, according to a research abstract that will be presented on June 11 at SLEEP 2008, the 22nd Annual Meeting of the Associated Professional Sleep Societies (APSS).

The study, authored by Giselle S. Passos, of Federal University of Sao Paulo in Brazil, focused on 36 patients (eight men and 28 women) with primary chronic insomnia, who were divided into three experimental groups (moderate aerobic exercise, heavy aerobic exercise, and moderate strength exercise) and a control group.

According to the results, after the exercise session, reductions were shown in sleep onset latency (54 percent) and wake time (36 percent) in the moderate aerobic exercise group, while increases were shown in total sleep time (21 percent) and in sleep efficiency (18 percent). A significant increase in the total sleep time (37 percent) and reduction in the sleep onset latency (40 percent) were observed in the sleep log of volunteers of the moderate aerobic exercise group. Finally, a significant reduction (seven percent) in the anxiety state was also observed after moderate aerobic exercise session.

"These findings indicate that there is a way to diminish the symptoms of insomnia without using medication," said Passos.

"This study is the first to look at the importance of using physical exercise to treat insomnia, and may contribute to increased quality of life in people with one of the most important kind of sleep disorders around the world."

Insomnia is a classification of sleep disorders in which a person has trouble falling asleep, staying asleep or waking up too early. It is the most commonly reported sleep disorder. About 30 percent of adults have symptoms of insomnia. It is more common among elderly people and women.

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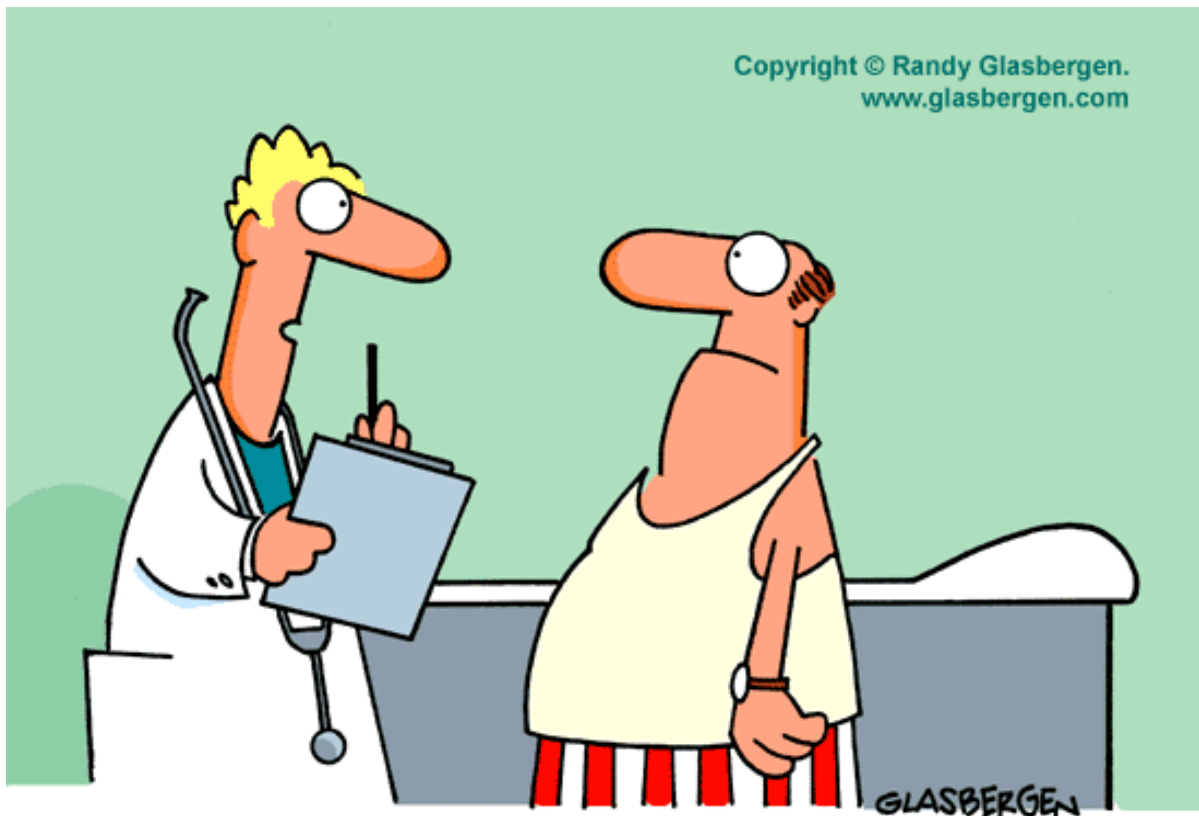
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The above articles were from [www.sciencedaily.com](http://www.sciencedaily.com).

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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**