



September/October 2000

Central Valley Bariatrics Newsletter

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Issue 6

Calendar

Paso Robles Group Meeting: Thursday, August 24, 6:30 p.m., Library-Story Hour Room.

Fresno Group Meeting: Monday, August 28, 7:00 p.m., Chamlian Bldg, corner of Santa Fe and Ventura St.

Tuesday, September 12, 2000, 6:00 p.m. Group Meeting, Silver Oak Room, DRMC Guest Speaker, Bill Allen, 2 ½ yr post op patient from Santa Paula with a 216 lb wt loss.

Walk-a-Thon, Delano Health Fair at DRMC: SATURDAY, SEPTEMBER 30, 2000, 8:30 a.m. 1 ½ MILE—3 MILE FUN Be there or be square!!! All postoperative

patients are encouraged to attend this event and make it become an annual get together for us all!!! Come walk with Dr. Keshishian and Dawn!!! Barbara and Dee will be there with cameras for our upcoming calendar!!!!

Tuesday, October 10, 2000, 6:00 p.m. Group Meeting Silver Oak Room, DRMC Robert Mata, 10 month post op patient from Delano. Autumn Harvest Potluck—bring healthy, high protein, low fat, delicious food items please!!

Tuesday, November 14, 2000, 6:00 pm Group Meeting Silver Oak Room, DRMC Jim DeLaMater, guest speaker, husband of patient Teresa DeLaMater. The **SUPPORT Person**—and their importance!!

Patient Referral List:

Dee Tinkle	661-725-0929 dtinkle@aol.com
Teresa DeLaMater	661-725-6952 tarvizu@Juno.com
Jim DeLaMater	661-725-6952 jdelamat@delanoelem.k12.ca.us
Paulette Kizer	209-838-3348 Dpkbear@aol.com
Rick Sparks	661-792-6422

Announcements: Plus Size Clothes: Please save all of your “plus size” clothes for our Parking Lot Sale to be announced.

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 ½ 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 discounted room. Let’s have a 100 % turn out and please bring friends and family members!!

BIG THANK YOU—RICK SPARKS,

A seven month postop patient with a weight loss around 75 lbs., who admits he *SHOULD* be exercising more and hopes to in the future now that his knees can handle his weight with more ease.

Rick shared with us how he had looked into WLS (weight loss surgery) in San Diego and knew he didn’t want to be far away. He spoke of the pain of not being able to participate in the coaching that he loved so dearly because of his weight, and inability to walk and breath with ease. He travels now to places he couldn’t because of his weight. His teaching and work with the school board have taken him to places he would not have gone to before!! Thanks Rick for sharing your success story with us!

Generation XXL

Childhood obesity now threatens one in three kids with long-term health problems. And the crisis is growing. **Social forces**—from the demise of home cooking to the rise of fast food and video technology—have converged to make them heavier. Some 6 million American children are now fat enough to endanger their health.

Obese kids suffer both physically and emotionally throughout childhood, and those who remain heavy as adolescents tend to stay that way into adulthood. The resulting illnesses—diabetes, heart disease, high blood

pressure, several cancers—now claim an estimated half-million American lives each year, while costing us \$100 billion in medical expenses and lost productivity.

Dr. Nancy Krebs, a pediatrician at the University of Colorado, notes that overweight children are now showing up with such problems as fatty liver, a precursor to cirrhosis, and obstructive sleep apnea. Even Type 2 diabetes—known as “adult-onset” diabetes is turning up in overweight kids. Pediatricians never use to see this disease in children.

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Generation XXL

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The challenge for children, and their parents, is to swim against the current. How does a child end up in this predicament? Genes are clearly part of the story.

What families should do?

This is a very delicate balancing act for parents. Helpful hints include:

1. Setting a good example themselves.
2. Look at family lifestyle.
3. Do NOT put child on diet.
4. Increase activity levels at home.
5. Be critical of child's eating habits, not the child.
6. Loneliness often accompanies overeating.
7. Look at emotional stress in child or teenager's life.
8. Focus on health not appearance.
9. More activity, not less food
10. **UNCONDITIONAL LOVE!!!**

Geoffrey Cowley, Newsweek, July 3, 2000

Low Fat Recipe of the Month

Milk Chocolate Brownies

½ C Lighter Bake (oil and butter replacement)

¼ C Sugar

3 Egg whites

2 tsp. Vanilla extract

½ C unbleached flour

¼ C plus 2 tbsp. Cocoa powder

3 tbsp. Nonfat dry milk

1/8 tsp. Salt (optional)

1/3 C chopped nuts (optional)

Combine the Lighter Bake, sugar, egg whites, and vanilla extract and stir to mix well. Stir in remaining ingredients. Coat an 8-inch square pan with nonstick cooking spray. Spread the batter evenly in the pan and bake at 325 F. for 25 to 30 minutes or just until the edges are firm and the center is almost set.

Cool to room temperature, cut into squares and serve. Yields 16 servings.

One serving equals 78 calories, 0.5 g fat, 1.9 g protein, 0 cholesterol, 29 mg sodium, 1.4 g fiber, 17 mg calcium and 85 mg potassium.

THANK YOU TO DIANE MACINTYRE, guest speaker at our July group meeting.

Diane had her surgery in Ventura about 2 ½ years ago and has maintained a 170 weight loss. Diane's energy level is insurmountable as she relayed to us her lifelong struggle with obesity. Her ability to lose weight many, many times, and then to only watch the weight come back on again. Her unsuccessful first marriage to a man who was always watching what she would eat. The turning moment when she fainted while mowing the lawn and her quadriplegic 19 year old son watched with horror, as he could not help her. She realized for him and for herself she needed to do something permanent about her escalating weight.

Her success story was entertaining to say the least. Especially now when men whistle at her, she doesn't mind a bit, in fact she LOVES it! And all of us in the room understood what she meant, because of what she had been through! Thank you Diane and please come again!!

Diane MacIntyre



After



EXERCISE TIP OF THE MONTH!!

Variety is the spice of life when it comes to abdominal training:

REVERSE CRUNCHES for more Solid Abs

Do you have 5 or 10 spare minutes a day? Access to a chair, sofa, or bed to put your feet on? You can do this exercise, called the "reverse crunch," during TV commercials, right after brushing your teeth of just before you go to bed at night. It is a tried-and-true move that tightens and tones your abdominals. In a traditional crunch, you lie on your back, feet flat on the floor and curl your chest toward your hips. A reverse crunch uses the opposite action, in which you curl your hips toward your chest. Both exercises are useful. Using different positions and angles will yield faster results and help you avoid plateaus.

If you are bothered by a tight or stiff lower back, performing this move **correctly** can provide immediate relief, by helping your lower back muscles to relax and loosen up. When you tighten and curl the front of your torso, you are simultaneously stretching and lengthening your back.

It's easy to do reverse crunches incorrectly. To ensure a correct reverse curl, slow down and perform the move

smoothly. The quality of your movement is more important than the number of repetitions you do.

- Lie on your back and rest your feet on a chair with your knees bent.
- Place your hands on a pillow beneath your head. Keep your neck long and your chin slightly tucked in. Now inhale.
- As you exhale, press your lower back to the floor and tighten your abdominal muscles.
- Keep your head and upper body on the floor as you begin to roll your tailbone and hips slightly off the floor.
- Try not to tense your buttock muscles to raise your hips. Focus on moving your hip bones toward your rib cage by squeezing only your abdominal muscles.
- Hold this contracted position for 2-3 seconds, then slowly relax your abdominals and roll your hips down to the floor. Work up to 25-50 Reps.

REMEMBER: use a fluid motion and coordinate it with your breath. Use this as a 5 minute stress-reliever whenever you can!!

Karen Voight, LA Time.

In Sickness and In Health

....A testimonial from
Jim DeLaMater

As I watched my bride walk up the aisle, the wedding vows ran through my mind time and again. "To have and to hold, for better for worse, in sickness and in health, till death do us part?"

Twelve years ago I had the pleasure and privilege of marrying the woman that in all likelihood saved my life. It was on that day that we pledged all those wonderful things to each other. Recently I had the opportunity to reflect on all of these promises I had made twelve years ago.

My wife came home one day after an appointment with our family doctor. He had advised her to look into the possibility of bypass surgery in order to get control of her weight problem. Little did I realize for these many years, I was part of the problem.

Seeing the terms morbidly obese next to the name of a loved one can wake you up in a hurry. I knew then that since I was part of the problem I too had to be part of the solution. Together we attended the next meeting with Dr. K., Barbara, and many others contemplating or following up on their own bypass surgery.

As the doctor explained to the group the procedure that he uses, I listened carefully. Throughout the talk I was compelled to ask many questions. The explanation given was simple yet thorough enough for me to follow along and understand. The one thing the doctor told us is that we should investigate the procedure and him very well before we finally decide one way or other whether to do this or not.

My part in the procedure was the simple one; I drove her to the hospital. I left her in the hands of the healthcare providers. I kept the secret from my mother-in-law. And I continued with my daily routine of being a father. This was easy! Four hours later as I saw my wife lying there in her post operative condition, reality began to set in. This was not going to be easy, but solutions seldom are.

It was now my turn to become partner, leaning post, cheerleader, coach, or anything else my wife needed to overcome the post operative aches and pains that were now a large part of both of our lives. During the first week home, I found that I could sleep anywhere, chairs, couches, and yes even on the floor.

Being the primary support person for a loved one following surgery is not easy. It will vary from patient to patient, but it can call for many sleepless nights, cooking and tasting strange meals, assisting in normally common tasks, and many other duties. As the primary support person you are the person that will in all likelihood be doing the shopping, cooking, cleaning, etc.... you too should think long and hard before agreeing to "go for it".

As mentioned before, in my mind there was no decision to be made. We have the surgery, or we grow old together and watch our bodies fail us, just as we have failed them over the past several years.

Finally let me reiterate what the doctor advised us to do. Investigate the procedure thoroughly. Talk to other patients. Do not consider this to be a cure for years of poor health habits. But do consider this as the vehicle to turn your life around. The point in your life in which you take control of your health instead of letting your health control you.

Remember too, exercise is the key. During the first few months following the operation it will be very encouraging. The pounds will drop off quickly. Be mentally prepared for your body to hit plateaus.

Walk, walk, walk and drink lots of water. Your future literally is in your feet. Let them lead you into the new life that is there waiting for you. One step at a time will begin the life you desire. A life with less pain, less discomfort, less humiliation, and less embarrassment.

If you desire to contact me regarding anything contained in this letter, please feel free to e-mail me at jdalamat@delanoelem.k12.ca.us or tarvizu@uno.com Or contact Barbara Metcalf, she knows how to reach us.



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