



November/December 2000

Central Valley Bariatrics Newsletter

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Issue 7

Calendar

Delano Group Meeting: *FIRST YEAR ANNIVERSARY CELEBRATION!*

Tuesday, November 14, 6:00 pm, Silver Oak Room. Jim DeLaMater guest speaker, husband, and support person for wife Teresa! Ketty Chamlian, first Delano Duodenal Switch, one year postop patient!! Come and help us celebrate!

Tuesday, December 12, 6:00 pm, Silver Oak

Room. **Holiday Party-Potluck dinner**
Guest speaker: Dr. Kathryn Smith, psychologist, “Emotional Eating” How will we ever get through the Holidays? **Potluck dinner.**

Paso Robles Group Meeting: Thursday, Nov. 30, 2000, and Thursday, December 14, 6:30 pm, Paso Robles Library, Story Hour Room.

Fresno Group Meeting: November 6,

Patient Referral List:

Dee Tinkle	661-725-0929 dtinkle@aol.com
Ketty Chamlian	559-495-3200 ext 113 ketytc@alistarinsurance.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
Sandy Morgan	209-838-1945 morgihorse@aol.com
Stacy Anderson-Couch	949-859-6130 andersta@gateway.com

Announcements: Please save all of your “plus size clothing” for our Parking Lot Sale—to be announced. Bring clothing items to office or group meeting.

Delano Community Health Fair:

Wow—those of you who missed this fun, exhilarating event will have to mark their calendars for next year!! Congratulations to Sandy Morgan, Claudia Zaman, Stacey Anderson-Couch, and Heidi Guio—all postop patients who have never participated in a 5K event before EXCEPT—Stacey Anderson-Couch. This lady was 10.5 weeks postop and had just completed her first 5K the previous

Sunday, in Southern California at a Breast Cancer Awareness Walk/Run. Amazing Stacey!! Then she participates the following Saturday, in Delano! Her goal is to walk a 5K every month, gradually moving up to a 10K. Then she will proceed with her goal to run a marathon with her father, Dr. Nolan Anderson, who many of you may know already! This is an incredible goal and we hope to continue this

“walking group.” And congratulations to our office staff!! Ruth, Bea and Barbara were there and a fun time was had by all!! Dr. Keshishian and Dawn were literally tied up in the OR all day. They were greatly missed!!

BILL ALLEN, 2 ½ year postop patient from Santa Paula shared with us his journey of loosing 216 pounds and maintaining this weight loss; how he had been heavy most of his adult life, but as he aged the weight continued to overwhelm him. He married his high school sweetheart, and her tiny, petite structure only made Bill stand out more.

Bill shared with us the discrimination he suffered at his employment and how they moved him out of the public eye. His health began to deteriorate and surgery was finally considered the only option. He admits other than marrying his lovely wife, this has been the best thing he has ever done for himself. He shared with us his joy of drinking CocaCola and after having such great weight loss, he started drinking Cokes again....much to his dismay and put 15

A BIG thank you....

pounds back on. He realized he wasn't going back to his old habits, kicked the Coke habit once again, and enjoys a stable weight. He and his wife now enjoy the cruises he could never go on before...he wouldn't have fit in those small rooms!! Thank you Bill for your inspiring story and pictures!!

ROBERT MATA, 10 month and 110 pound weight loss, postop patient from Delano shared with us his journey in October. His weight seemed to escalate after coming home from Vietnam and finding emotional comfort in food. It was a difficult transition for him and food seemed to help.

As he aged, his ability to teach Karate continued to decline and he could only watch his students while his blackbelt

students did the teaching. He became diabetic and started researching surgery options with a good friend. Despite having an abdominal wound infection that took longer to heal he is now off of his blood pressure medicine and his Insulin has been dramatically decreased. His skin condition, psoriasis, has almost completely gone. Clothing and belt sizes are still changing. He has recently become engaged and hopes to be married the first of next year. This year he received the California Teachers Assn. American Indian/Alaska Native Human Rights Award. Despite the infection, he would recommend this surgery and “get back your life!” Thank you Mr. Mata!!

And after that, we were rewarded with lightening, thunder, rain and even a black out. What a night!!

Recipe for Better Breakfast

- ★ Do your kids generally skip breakfast?
- ★ Are they watching you gulp down a cup of coffee and run out of the door?
- ★ Are you a poor example?

Kids, who are still growing, need all three meals. Eating something nutritious in the morning gives your body the fuel to get going. Studies have found that kids who eat before school have better concentration in class. "Kids can be anxious in the morning and that can affect appetite," says Polly Nelson, a pediatric dietician at UCLA. "If you're nervous, you don't want to eat." Finishing homework, finding your shoes, and running to catch the bus can make you tense, so you should try doing as much as possible the night before. Be creative with the most important meal of the day....leftovers, sandwiches, breakfast burritos, pizza and protein smoothies might entice them more. Eating breakfast will become an important lifetime habit....

So jump-start your day and your children's by starting with breakfast and increasing your body metabolism rate in a natural way!!

"Eating Habits Put Teens At Risk," Study Says

Fattened by fast food and immobilized by TV and video games, a surprising segment of California teenagers is heading into adulthood at greater risk of chronic disease and even premature death, according to the first comprehensive statewide study of youths' eating and exercise habits.

The 1998 telephone survey of more than 1,200 12 to 17 year olds found that nearly a third of the youths were overweight. Half reported eating no vegetables the day before and a third had consumed at least one fast-food meal. At least some good news emerged from the Public Health Institute study, researchers said: Teenagers are flexible and receptive to change through education. Experts said, changes need to be made to ensure that good habits are reinforced rather than discouraged. "If we don't do that, kids are going to pay with their

REFLECTIONS OF 2000 AND LOOKING AHEAD TO 2001

Central Valley Bariatrics has just completed its first year in Delano, California. Still many of our patients say, "where is Delano?" One patient, Jackie Timer, even had tee shirts made up with that saying. We have come a long way in one year. From administration, to nursing staff, the operating room to maintenance....everyone has seemed to jump on board with a smile and positive attitude....we are so lucky to have you all part of our team!

Our first year has brought more than 30 patients through our door. They have come from as close as down the street to as far away as San Francisco, Reno, Tuscon, Santa Fe, Los Angeles, Merced, Santa Barbara, Auburn, Irvine, Calabases, Fresno and Taft. Wow !

We have seen our patients hypertension and, diabetes go away, arthritis improve, sleep apnea go away, and even psoriasis improve. We have seen depression and self confidence improve, and even engagements and marriages about to happen! We have seen patients now able to move their bodies in ways they never thought their bodies would react and we are able to help patients watch their progress made with percentage of body fat loss and increase of lean body mass as they shed this incredible weight loss over this past year.

It has been a truly wonderful and exciting year for Central Valley Bariatrics. We now hold monthly group meetings in Paso Robles and Fresno as well. Our office staff has learned to work together as a team through the sometimes-difficult struggles with insurance authorizations, specialists, therapists, follow ups, and long distance patients with many questions.

Dr. Keshishian, Dawn, Dee and I would like to thank everyone for all of their hard and dedicated work to make this our first year so extremely successful! We are looking forward to 2001 with a new operating room, more nursing staff and computerized technology in our office. We have lots to be thankful for.....and we look forward to the next year with enthusiasm and gratefulness! *Barbara*



Gardening!



Yes! Mowing the grass and pulling weeds can actually get you and your yard in better shape.

Before your know it, you have spent 45 minutes to an hour and it doesn't seem like a whole lot of work. But think about it: All that bending, reaching, pulling and pushing can build up a light to moderate sweat, relieve tension, and put you in a good mood. It's like having a gym right outside your back door!

Gardening can burn up to 300 calories and hour, and it's a good form of resistance training. Turning a compost pile and digging holes in the ground provide a challenge to your muscles similar to lifting weights. Continuous raking, shoveling or hoeing strengthens your heart and lungs just like walking on a treadmill. Squatting down to pull out weeds or reaching overhead to prune tress improves

EXERCISE OF THE MONTH!!

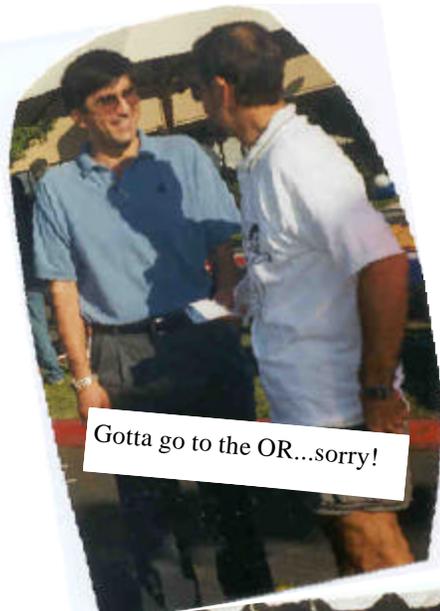
flexibility and balance throughout your body. Since yard work is a weight-bearing activity, it may help keep your bones strong and prevent osteoporosis.

To prevent sore muscles, take a 10 minute walk prior to gardening and stretch your body. Alternate activities such as raking, digging and weeding to prevent repetitive motion injuries. Exhale when you lift heavy objects. To protect your back muscles, always bend at your knees, not your waist. If you have arthritis or other conditions that make gripping difficult, easy-to-grasp tools are available in many gardening mail-order catalogs. Use a foam pad when kneeling to help your knees.

This is also a great activity for the whole family because it includes exercise, good nutrition (vegetable gardening) family interaction and stress relief, plus it encourages an awareness of the environment, science and nature!

KarenVoight, LA Times
kvoightla@aol.com

Delano Community Health Fair



Gotta go to the OR...sorry!



Before the Walk



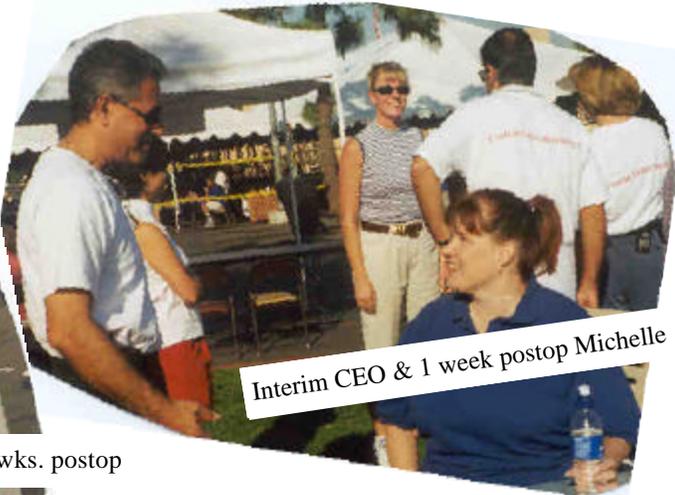
Bea, Ruth & Carmen....
What did Barb talk us into?



Oops, did I miss the walk?



2nd 5K in 1 week is 11wks. postop



Interim CEO & 1 week postop Michelle



"OK" let's go!



The "A" Team
Barbara, Heidi, Claudia, Stacey & Sandy



Central Valley Bariatrics

1205 Garces Hwy Suite 303
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**Join us for our exciting
Delano
One Year Anniversary
Celebration**

See "Calendar" Events
inside for Details