



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

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Issue 20

Central Valley Bariatrics Newsletter

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1205 Garces Hwy, Suite 303 • Delano, CA 93215
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www.gr-ds.com



Calendar of Group Meetings:

Delano:

February 11 & March 11 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center 1401
Garces Hwy.

Paso Robles:

February 20 & March 20 6:30 PM
(Third Thursday of every month)
Paso Robles Airport Conference
Center facility 4000 Wing Way 2nd
floor. Elevators are available.

Ukiah:

February 7 & March 7 6:30 PM
(First Friday of every month)
Ukiah Valley Medical Center, 275
Hospital Dr. Contact Ruth Lorain for
further information at letstalk@iwon.com.

Bishop:

February 17 & March 17 6:30 PM
(Third Monday of every month)
The Partridge Building, Northern Inyo
Hospital. Contact Corrine Shuey
Corrine at cshue2@jcpenny.com.

Red Bluff:

February 6 & March 6 6:00 PM
(First Thursday of every month.)
The Coyne Educational Center, 2550
Sister Columbia Dr., Red Bluff. Please
contact me at keshishiand@gr-ds.com
for details or check the calendar on
our website www.gr-ds.com.

Eureka:

February 3 & March 3 6:30 PM
(First Monday of every month)
General Hospital Campus, Burre
Conference Room, 2200 Harrison Ave
Eureka, CA 9550. Contact Ruth Lorain
for further information at
letstalk@iwon.com.

Las Vegas:

February 17 & March 17 6:00 PM
(Third Monday of every month)
Sunrise Hospital, 3186 S. Maryland
Pwky. Usually in the Auditorium or in
the Rendezvous Room. Please contact
me at keshishiand@gr-ds.com or keep
an eye on the website www.gr-ds.com
for further updates.

Mariposa:

February 27 & March 27 6:00 PM
(Fourth Thursday of every month)
The John Freeman Clinic, 5126 Hospital
Road, Mariposa. Please contact Pam
Martinez-Darcy darmart@sierratel.com
for further information.

Linden:

February 27 & March 27 7:00 PM
(Fourth Thursday of every month)
Lions Den Restaurant Hwy, 26 Linden,
CA 95236 Contact Eileen Brown at
drgnfli95236@yahoo.com for further
information.

San Jose:

February 1 & March 9:00 AM
(First Saturday of every month)
Regional Medical Center of San Jose in
the Peppertree C Room, 225 N. Jackson,
San Jose, CA. 95116. Contact me at
keshishiand@gr-ds.com for additional
information.

Calling all Post-op Patients

Please send me your stories! We
would love to hear how your lives
have changed and how things are go-
ing! We would like to feature one
post-op patient in each of edition of
the newsletter. If you are interested in
being a featured post-op patient and
would like to share your story with
us, please e-mail a one page story to
me at keshishiand@gr-ds.com in
Word format with any pictures (in
Jpeg format) you may also have of
yourself pre and post-op. If you do
not have a computer you can send a
typed one-page story and your pic-
tures of yourself pre and post-op.
You can send the story and pictures
to me via regular mail. 1205 Garces
Hwy Suite #303, Delano, CA 93215.

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Carnation Instant skim milk	\$.97	12 grams	37 grams	32 grams	3 grams
Ensure "High Protein"	\$1.49	12 grams	31 grams	19 grams	6 grams
Boost	\$1.74	10 grams	41 grams	27 grams	4 grams

Delano Surgical Group (661)725-4847

**"The important thing is not
to stop questioning."
Albert Einstein**

Patient Referral List:

Dee Tinkle 661-725-4847
tinkled@gr-ds.com

Ketty Chamlian 559-495-3200ext 113
kettyc@alistarinsurance.com

Ken Couch 949-859-6130

Mark & Regina Johnson 209-830-0591
reginahj@goldrush.com

Stacy Anderson-Couch 760-741-6002
andersta@gateway.com

Patient Profile:

By Liz Samora

Liz and her husband Arthur are an extraordinary couple. They have helped so many patients who come from out of the area to get through being away from their usual support system. They take patients and their family into their support circle just as if they have known them their whole lives. They are invaluable to the people that they have touched. We also need to congratulate Arthur for being and incredible support person for his beloved wife! He has been there for Liz through her transformation and also for all the other patients they have taken the time to help. They are also such a loving couple and are both featured in this issue, Liz for her triumphant story and Arthur for his lovely poem.

Hello, my name is Liz Samora a post-op GRDS patient. In December 1999, 297 pounds, uncontrolled blood pressure, a diabetic (near insulin injection stage), swelling feet and legs, total body aches, in other words miserable. At the age of 49, already a recipient of two open-heart surgeries, my doctor stated he didn't see me getting to my fiftieth birthday only SIX months away!

My doctor told me about Dr. Keshishian and the procedure he was doing for morbid obesity. I was shocked and scared! I read everything possible about all the different surgeries for weight loss being offered. However, the final word came from my doctor and cardiologist that I was not a candidate for any other type of weight loss surgery except the Gastric Reduction Duodenal Switch procedure. The doctors came to this conclusion because of my heart history and the other surgeries had side effects, such as "dumping syndrome", which cause rapid heart rate that my heart would not

Today, nineteen months post surgery I've lost 130 lbs. But the best and most important factor beside the obvious weight loss, I'm no longer in need of medication for anything but my one aspirin a day and asthma medications. All my problems with high blood pressure, diabetes, swelling of my legs and feet are all history, no more! I went from wearing a 4X to a size 12 and sometimes even a size 10 depending on the style! Walking has become a joy instead of a chore. My life has really been renewed!

I encourage everyone to continue going to the group meetings, whether you have had surgery or are interested in having surgery. I had surgery nineteen months ago and rarely miss a group meeting and still learn something every time I go. I also meet people and I hope that even in a minor way my experience may benefit someone. The group meeting starts with introduction which we are able to share a brief synopsis of our histories and experience. I hope that this helps people receive a better insight into the procedure, to get a view of how the surgery was and how the recovery can be. I have been blessed and I thank everyone from the doctors, nurses, and those people who were there to encourage me. I am twice blessed, with a husband, Arthur, who was and still is my best supporter and strength. Life is so good!



A Poem By Arthur Samora

On the brink my angel stood,
Her chance for life was not so good.
Although her heart had seen repair
Her total health could not compare.
The doctors gave her little chance
That she would see her life advance
Another surgery was in store
To make her safe and whole once more.

A doctor's name was given her
And with this man she would confer
Of reputation she inquired
To see if all would be desired
Naught but the best was said of him
Her fateful choice was not a whim
Her decision, a painful one, but one
she freely made
For extra time on this earth, the price
she gladly paid

Step by step he guided her
With caution and respect
He proved to be her savior then
No flaws could I detect
The procedure
Though not simple
He explained to us so well
When it was done we realized
He'd brought her back from Hell

Day by day as she improved
A change in life was clear
For through her faith
And God's good grace
He delivered her from fear
For many years, this fear controlled
Her every waking hour
Though smiles would hide the pain inside
She always felt its power

Through love and patience I sometimes tried
To dry the tears my precious cried
But love could only do so much
To make her life seem right at times
I could only stand by and watch
While she carried on the fight

Dr. K as he is known
Has shown her how to live
And God above has blessed me with
more thanks than I can give!

Topic of the issue:

Pregnancy after GRDS

There are quite a few patients who are getting past or close to their 18 month to 2 years post-op anniversary and may start thinking of either starting a family or continuing to plan a family. Here are some of the questions you should ask yourself before considering planning a family.

- ? The first thing to consider is have I reached at least 18 months to 2 years post-op and has my weight loss stabilized?
- ? Have I had my vitamin levels checked and have I followed up with my weight loss surgeon before attempting to conceive?
- ? Have I discussed my decision to attempt to conceive with my weight loss surgeon and have I been cleared to proceed?

? Is my OB/GYN aware of my weight loss surgery procedure and do they have experience with patients who have had weight loss surgery?
? Have I informed my surgery of who my OB/GYN is?
These are all extremely important questions to consider and resolve before attempting pregnancy after weight loss surgery.

Due to the malabsorptive component of the Gastric Reduction Duodenal Switch procedure it is imperative to make certain that your weight loss has stabilized and you have made it past your 18-month to 2 years post-op anniversary. During the weight loss period you are in a negative nutritional balance, meaning you are not getting enough calories to support your own weight and therefore would not be able to support the addition of a growing healthy fetus. There is a great possibility of birth defects if you become pregnant prior to weight stabilization and your 18-month to 2-year anniversary. The decision absolutely needs to be discussed with your weight loss surgeon prior to any attempts to conceive.

After all the above questions have been dealt with and resolved and you have been cleared by your surgeon to attempt to conceive there are extra steps needed for a post weight loss surgery pregnancy. We will inform you of these steps during the decision process with your surgeon. You always have to keep in mind that your anatomy has been changed and how your body works also has been changed. You should also start your preparation to become pregnant several months prior to attempting to conceive. You will need to be more diligent with follow-up with your OB/GYN and your weight loss surgeon during your pregnancy. Our office will work closely with your OB/GYN in your monitoring your lab work and the progression of your pregnancy.

