



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

Central Valley Bariatrics Newsletter

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Calendar of Group Meetings:

Delano:

April 13 & May 11 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center 1401
Garces Hwy. Amy Covert will be our
quest speaker for April

Paso Robles:

April 15 & May 20 6:30 PM
(Third Thursday of every month)
Centennial Park 6000 Nickerson in the
Live Oak room.

Ukiah:

April 2 & May 7 6:00 PM
(First Friday of every month)
398 N. Barnes directions on the website
www.gr-ds.com. Please contact Ruth
Lorain regarding meeting at
letstalk@iwon.com.

Bishop:

April 19 & May 17 6:30 PM
(Third Monday of every month)
The Partridge Building, Northern Inyo
Hospital. Contact keshishiand@gr-
ds.com for further details.

*Spring is a true
reconstructionist.*

Henry Timrod

*An optimist is the human
personification of spring.*

Susan J. Bissonette

Red Bluff:

April 1 & May 6 6:00 PM
(First Thursday of every month.)
Across the parking lot from the Coyne
Educational Center in the modular
building. 2550 Sister Columbia Dr., Red
Bluff. Please contact me at
keshishiand@gr-ds.com for details or
check the calendar on our website.

Eureka:

April 5 & May 3 6:00 PM
(First Monday of every month)
St. Joseph Hospital Campus Modular A &
B at the entrance, 2700 Dolbeer Ave.
Eureka, CA 95501 Contact me at
keshishiand@gr-ds.com for further
information.

Las Vegas:

April 19 & May 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.

Sacramento:

April 2 & April. 30 6:00 PM
(The Friday before San Jose)
Mercy General Hospital Campus 4001 J.
Street in the Conference Room #2 Please
contact me at keshishiand@gr-ds.com or
keep an eye on the website www.gr-
ds.com for further updates.

San Jose:

April 3 & May 1 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



Calling all Post-op Patients

Please send me your stories! We
would love to hear how your lives have
changed and how things are going!

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. Any pictures (in Jpeg format)
you may also want to share of yourself
pre and post-op. If you do not have a
computer you can send via regular mail
a typed one-page story and your
pictures of yourself pre and post-op.
You can send the story and pictures to
me at 1205 Garces Hwy Suite #303,
Delano, CA 93215. Hope to be able to
share all your successes!

All the Whey™

100% Pure Protein

**Blend
Concentrate/Isolate**

2 lbs. - \$9.99
5 lbs. - \$19.99
10 lbs. - \$37.99

Isolate

2 lbs. - \$13.99
5 lbs. - \$32.95
10 lbs. - \$64.95

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The Highest Quality!

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877-ALL-THE-WHEY

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www.allthewhey.com

	Amt./serving (28.4g)*	
	Blend	Isolate
Protein	22g	25g
Fat	2g	trace
Carbohydrates	2g	<1g
Lactose	2g	<1g
Calories	113	105

*amounts vary very slightly with each flavor

Patient Profile

By
Sharon Scott

The first time I realized I was different from every one else was in the 2nd grade when my mom took me to Sears to get a Brownie uniform and none of them fit. The sales clerk had to order one from the huskies catalogue.

I am now a 48 year old mother of 2 young men and married to my soul mate but there are words in my mind that I will never forget. Whoever said that words cannot hurt you has never been on the receiving end of those words. Like "Sharon Lynn Kelly with the big fat belly." Or "your fat assed daughter", or "If you don't loose weight, no man will ever love you". Then there is the classic, "You have such a pretty face, if you loose weight you will be a knockout". Well the first words came from my little brother when we were little, and I just pounded him. The second were from a stepfather, and that was the least that he did to me. But God will have to deal with him. The third was the parting shot from my ex-husband. The last line was from just about everyone I knew. And I would just smile and think, "What am I now, chopped liver?"

Throughout my life I have prayed to be delivered from this prison of a body. I didn't want to be Miss America, or a beauty queen. Just normal, like everybody else, and invisible. I wanted to be able to walk



"All my before pictures are fuzzy!"

into a room and nobody notice. So I prayed. In grade school I prayed, in Jr. High I prayed and went on my first diet.

My mother took me to a weight loss clinic. I had to strip, be weighed, measured, fat measured, and just humiliated. The woman said she could help me, but it would cost over \$300.00. Which my mom said we couldn't do, but she would help me diet. My mom weighed all of 105 lbs.; I weighed more than she did. This was just the beginning of my diets. My mom would diet with me, then bake a cake and say eat just a small piece – it won't hurt you. I lived on diet cokes and sugar free gum for weeks before a prom, so I could fit into the dress I made.

The lowest weight I can remember being as an adult came after a diet of an open face fish sandwich (which I ate at lunch time), and nothing else the rest of the day. I did this for 3 months and lost 50 lbs. I was 22 years old. I then got pregnant immediately and had my first son, three years later my second son, and 2 years later my divorce.

In the early 1970's I heard about WLS. It was the Jejuno-ileal bypass and one of my friends had it. She lost well over a 100 pounds, but later lost her life. Her liver failed her, as well as problems with her pancreas. Then in 1983 I read up on the RNY, or gastric bypass. I was seriously considering it. But worried about regain, and not being able to stick to the diet. I was also going through a divorce, in which I lost my marriage, my home, and security. I wasn't ready to loose part of me too. Even if it was the part of me I hated most.

Through all of this, I kept praying, just to be normal and invisible. I was persistent, and God was faithful.

In 2001, several of my friends had the gastric bypass, and I was considering it again. I was just really worried of the weight regain. I knew I would be in

that percentage that gained it back. I also knew that if I did loose, and get to a normal weight, then gained it all back and more, that my mind would break. I was 347 lbs. I just didn't know if I could take that risk. Then in September God sent me an angel, through an unlikely source- her dad - and Amy told me about the Duodenal Switch. I was so excited; I thought maybe, just maybe, this was my chance to become normal.

I attended my first support group meeting in October and heard Misty's inspiring story. I just knew if she could go through the problems she did after her surgery and still say she would do it again, in a heartbeat, I could do this too. I made my appt for Nov., the office sent in my insurance, and I prayed again. My approval came back in 3 days, and I had my surgery ion December 20th, 2001.

I went into the hospital weighing 335 lbs. My surgery and recovery was text book. I had no complications. I healed right up. This isn't to say it was easy. It was one of the hardest things I have done, mentally and physically. I was a slow looser compared to everyone else, and this was frustrating. I lost over a third of my hair, and would bring it to the meetings in baggies to show Dr K. I took all my supplements, even extra ones for hair; I ate all my protein, and still lost it. I have hemorrhoids, and fissures, but people who have never had the DS have these. My hair (for the most part) is growing back,



and my other problems have settled down a bit.

I didn't loose all my weight, nor did I reach my personal goal of 157 and a size 12. I tried, I really did, but I didn't get there. I am still trying and won't give it up though. I have lost 145 lbs., 104 inches, three gallstones, 3 bags of hair, and 25 points from my BMI. My BMI going in was 58, it is now 33. My fat % has gone from 53% to 29%, and considered desirable. Go figure, I am desirable! My fat mass has gone from 178 to 56, again desirable. And even though I didn't loose what I wanted to and never made the size 12 I wanted. I did go from a size 32 pant to a 14/16, and a 3X shirt to a small/medium. I did not make my goals- yet- I am not giving them up. I will keep trying. I just have some advice for you pre-DS'rs. Before surgery measure yourself, as well as weigh. This will help when you reach those nasty plateaus. Get online with the Keshishian Yahoo groups. The support and friendships you make there are invaluable. DO NOT compare yourself to others. We are all so different. This was the hardest thing for me to learn.

I am now a normal size person in stature, (nobody knows my weight). But I still have to work on my head. The very best thing I have gained through this, besides my health and FREEDOM, is the



friends and family I have made through this journey. I will cherish you the rest of my life. And thanks to God and Dr K, it will be a much longer one!

I am now through with this league of my journey and look forward to the rest of the journey with my friends and family and am eager for what the future holds. I am now NORMAL.

All of us have "skinny" friends that want to loose those extra 20 lbs. Well guess what? That "skinny" friend is me!

Ukiah Office

A large amount of questions have come up regarding the appointments in the Ukiah office. We would like to make the following announcement to clear up any discrepancies regarding the office schedule and appointments in Ukiah.

Due to time constraints the Ukiah office time is reserved for fresh surgical patients, follow-up that are having problems and new patients, if time allows. We are only in Ukiah quarterly and the available appointments need to be prioritize for the above patients. All other patients need to be seen in the Delano office for their follow up appointments.

Topic of the Issue Insurance

The "Hot Topic" in the news is the skyrocketing rate of obesity in the U.S. and obesity's rise to the #2 spot as the most preventable cause of death in the U.S., second only to tobacco related deaths.

Since 1991 the rate of death every year of obesity related causes has risen 33% to 400,000 deaths per year. This is a staggering statistic.

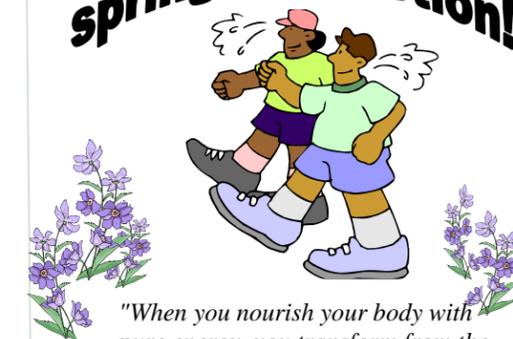
However, in the next news clip we hear that Blue Cross/ Blue Shield is considering discontinuing coverage of all types of weight loss surgery. Isn't there something wrong with this picture? The NIH has said that surgery can be a viable option for the morbidly obese patient for weight loss outcomes and extended weight loss maintenance when compared to non-surgical options.

There have also been numerous research articles that have come to the conclusion that the untreated obese patient uses much more medical resources than the average weight loss surgical patient. So why these changes in insurance coverage now when the rate of obesity and death from obesity is at its all time high?

I would encourage you all to write to your state's insurance commissioner and your local regional directors of BC/BS to ask them these same questions. Tell them all your stories of how your life has changed. I don't think that we should meekly sit by and watch other people's chance at having the awesome changes take place in their lives be destroyed by insurance bureaucracy and prejudice.

Here is the website for the Department of Managed Care in California www.hmohelp.ca.gov. You can find similar websites for every state. The Blue Cross / Blue Shield website to find your regional director is www.bcbs.com. Please join us in the fight to give every person the choice in treatment.

**Grab a partner and
spring into action!**



"When you nourish your body with pure energy, you transform from the inside out" Bill Phillips~