



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

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Central Valley Bariatrics Newsletter

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Calendar of Group Meetings:

Delano:

August 12 & September 9 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center 1401
Garces Hwy.

Paso Robles:

August 21 & September 18 6:30 PM
(Third Thursday of every month)
Paso Robles Airport Conference Center
facility 4000 Wing Way 2nd floor.
Elevators are available.

Ukiah:

August 1 & September 5 6:30 PM
(First Friday of every month)
!New Location! 398 N. Barnes
directions on the website www.gr-
ds.com **Dr. Keshishian will be
speaking at August meeting.**

Bishop:

August 18 & September 20 6:30 PM
(Third Monday of every month)
The Partridge Building, Northern Inyo
Hospital. Contact keshishiand@gr-
ds.com for further details.

Red Bluff:

August 7 & September 4 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:

August 4 & September 1 6:30 PM
(First Monday of every month)
General Hospital Campus, Burre
Conference Room, 2200 Harrison Ave
Eureka, CA 9550. **Dr. Keshishian will
be speaking at August meeting.**
Contact me at keshishiand@gr-ds.com
for further information.

Las Vegas:

August 18 & September 20 6:00 PM
(Third Monday of every month)
Sunrise Hospital, 3186 S. Maryland
Pwky. Usually in the Auditorium or
the Rendezvous Room. Please contact
me at keshishiand@gr-ds.com or keep
on the website www.gr-ds.com for
updates.

Mariposa:

August 28 & September 25 6:00 PM
(Fourth Thursday of every month)
The John Freeman Clinic, 1000
Road, Mariposa. . Please contact
Martinez-Darcy dmartinez@gr-ds.com
for further information.

San Jose:

August 28 & September 25 6:00 PM
(Fourth Thursday of every month)
Lions Den Restaurant, 1000
CA 95236 Contact Eileen
drgnfl95236@yahoo.com for
information.

San Jose:

August 2 & September 6 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.

Santee

!New Meeting!

September 12 6:00 PM
(Second Friday of every month)
City of Santee Civic Center Building 8A
10601 Magnolia Ave. Santee, CA 92071.
Contact me at keshishiand@gr-ds.com for
additional information and/or look on the
website for further updates www.gr-ds.com.

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 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 pictures 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. Hope to be able to share all
your successes!

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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

Enjoy a healthy summer!



"The first wealth is health." - Emerson

Your Lab Values

You might be wondering why the office is sending you those reminder letters about having your blood drawn.

Well as we say, once you have GRDS you have changed your anatomy and how your body processes different vitamins, nutrients, and minerals due to the re-routing of the small intestine and the limited absorption. These are the reasons for the blood work and the general multi-vitamin and at least 1500mg of Calcium in divided dose throughout the day for the rest of your life or at least the entire time you live with your GRDS.

The blood work is the best way to monitor you for any deficiencies that may take place after GRDS. It is important to catch any deficiencies early or possibly even before any symptoms occur. Your labs are due usually at 6 months and yearly for the rest of your life. Some patients may need more frequent blood work but that is decided by your surgeon on an individual basis.

Lets take a look at the blood work and see what we are looking for. If you would like further information regarding nutrients, vitamins and minerals you can find it in your patient workbooks or on the website www.gr-ds.com under patient workbook under the heading Nutrient Information.

CBC with Differential: This is a complete blood count. It needs no special care at the laboratory and almost all labs can easily perform these tests.

RBC: It tells us if you have enough red blood cells, which can also tell us if your are absorbing enough iron. **Hemoglobin** is an iron-rich protein found inside red blood cells, which gives blood its red color. Oxygen travels through the bloodstream bound to hemoglobin. The amount of hemoglobin in the

blood is an indicator of the amount of oxygen the blood can carry throughout the body

WBC: shows the amount of white blood cells which if elevated can indicate an infection. The **differential count** of the CBC measures the numbers of the different types of white blood cells present in the blood. There are five types of white blood cells, each with a specific job: neutrophils, lymphocytes, eosinophils, basophils, and monocytes. The two major types of white blood cells are neutrophils and lymphocytes.

Platelet Count: The smallest blood cells play an important role in blood clotting and the prevention of bleeding. There are about 100,000 to 300,000 platelets in each cubic millimeter of blood. When a blood vessel is damaged or cut, platelets clump together and plug up the hole until the blood clots. If the platelet count is too low, a person can be in danger of bleeding in any part of the body

COMPREHENSIVE METABOLIC PANEL: It needs no special care at the laboratory and almost all labs can easily perform these tests. Includes:

Electrolytes: Sodium, potassium and chloride & phosphorus are particles involved with regulation of fluids, signal processing, heart, and muscle

BUN & Creatinine: tell us the kidney function and hydration status.

Calcium: necessary for blood clotting, normal cardiac & skeletal muscle contraction, nerve function, & enzyme cofactor .30% increase in free Ca, nerves & muscles become unresponsive .35% decrease, nerves over excitable & convulsions occur; 50% decrease can be fatal. It is extremely important, as a GRDS patient, to maintain your body functions, help prevent kidney stones and maintain **bone density** by taking a minimum of 1500mg of Calcium daily in divided doses. **Do Not** take all your calcium tablets/chews all at the same time of the day. Take them 3 times daily.

ALBUMIN & TOTAL PROTEIN: tell

us nutritional status, liver function and immune status, healing process. The blood needs no special care at the laboratory and almost all labs can easily perform these tests.

IRON: The blood needs no special care at the laboratory and almost all labs can easily perform these tests.

Iron is important in the formation of Red Blood Cell.

LIVER FUNCTION TEST: alkaline phosphatase, lactate dehydrogenase, gamma-glutamyl transferase, SGOT, and SGPT Liver damage-medications, alcohol toxicity, hepatitis, tumors in the liver, or a number of viral illnesses. Frequently, one or two of these tests may be only slightly elevated which is not always significant, repeated at a later date-follow up. The blood needs no special care at the laboratory and almost all labs can easily perform these tests.

LIPID PROFILE: It needs no special care at the laboratory and almost all labs can easily perform these tests. You will see a significant decrease in these blood levels due to the limited absorption of fat after GRDS. These are the good and bad levels of fats in the blood. It needs no special care at the laboratory and almost all labs can easily perform these tests.

Cholesterol
Triglycerides
HDL-Cholesterol
LDL-Cholesterol
VLDL- Cholesterol measure cardiovascular risk i.e. risk of plaque forming in the arteries.

PT, PTT: It needs no special care at the laboratory and almost all labs can easily perform these tests. This test shows the viscosity of your blood or how well it does or doesn't clot. There are many things that can effect this such are medications, aspirin, alcohol intake, liver disease, etc.

T3,T4,TSH: Thyroid study the thyroid gland is in the neck and produces a hormone called thyroxine which is responsible for metabolism. The TSH level is inversely related to your thyroid gland output of hormone

Under active: fatigue, consti

pation and depression
Overactive: anxiety, weight loss, diarrhea

URINALYSIS: It needs no special care at the laboratory and almost all labs can easily perform these tests. A test for evidence of a urinary tract infection diabetes, kidney disease, or liver disease.

Calcium Oxalate crystals
Blood-tumor, stone

VITAMIN LEVELS:

VITAMIN A & VITAMIN D1-25 OH: *Both or one of these labs need special handling, such as freezing or refrigeration and possibly protection from light, depending on the laboratory facility. Also, some laboratories have mistakenly ordered the wrong type of Vitamin D. Please remind the person drawing your blood of these items.

Vitamin A and Vitamin D1-25 OH are fat soluble vitamins often found as precursor in food. They are stored in the body and usually are not needed every day. However after GRDS because of the limited absorption of fat these vitamins can become more deficient than before surgery. If you do become deficient there are water soluble forms of these vitamins that would need to be taken.

Vitamin A effects Eyesight (2 ways)

1. a chemical reaction involving rhodopsin in the rods & cones of eye stimulates optic nerve
2. maintains healthy cornea (lens of eye)

Early definitive symptom is Night Blindness

Other functions of Vitamin A:

1. Epithelial Cell Integrity
2. Normal Bone Growth & Reproduction
3. Antioxidant (only some forms)

Vitamin D: Unique vitamin: body can make from cholesterol in multi-step process helps the absorption of Calcium.

Liver-->Skin (sunlight)-->liver --> kidney

Two forms 1,25 and 25-OH. Need to be measured in conjunction with Ca,

PTH, Alk Phos.to get a accurate picture on levels and bone involvement.

FOLATE, B6, B12: There are 9 water soluble vitamins however the above are the most accurately measured in the blood. Water soluble vitamins are limited in the body stores so need "more often" (daily?). The water soluble vitamins are more easily destroyed or lost in processing and excess lost in urine. Deficiencies develop more quickly.

Benefits the following bodily functions: Healthy red blood cells, gums, teeth, blood vessels, nervous system, tissue cells, normal growth and a healthy intestinal tract.

*B 6 may need special handling by the laboratory such as plasma frozen and protection from light.

B12: *May need special handling such as refrigeration.

Folate: May need special handling such as protection from light.

SERUM COPPER: Is important in enzyme function and Hemoglobin production. *May need special handling such as special tube and refrigeration.

MAGNESIUM: Is a mineral that is important in enzyme activity, health of heart arteries, protein production and nerve function. *May need special

handling such as special tube and refrigeration.

INACT PTH: Parathyroids are small glands on posterior surface of thyroids, stimulated by low free Ca levels, secrete parathyroid hormone (PTH). PTH, when blood calcium levels are low, works on the kidney (increases calcium absorption in the small intestines) and directly on the bone to break down bone to release calcium into the blood stream to increase blood calcium levels. * This blood needs may need special handling depending on the laboratory used. The sample may need the serum frozen. Also, some laboratories have mistakenly ordered the wrong type of PTH.

ALKALINE PHOSPHATASE : is a byproduct, produced by the liver, of the break down of bone. It is also in the Liver Panel.The blood needs no special care at the laboratory and almost all labs can easily perform these tests.

Below is a diagram of how PTH, Calcium, Vitamin D work to control blood (serum) levels of Calcium.

