



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215



Central Valley Bariatrics Newsletter

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Calendar of Group Meetings:

Delano:

August 10 & September 14 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center 1401
Garces Hwy.

Paso Robles:

August 19 & September 16 6:30 PM
(Third Thursday of every month)
Centennial Park 6000 Nickerson in the
Live Oak room.

Ukiah:

August 6 & September 3 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. **Dr. Keshishian
will be the guest speaker at the
September meeting.**

Bishop:

August 16 & 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 5 & September 2 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. **Dr.**

**Keshishian will be the guest speaker in
September.**

Eureka:

August 2 & September 6 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. **Dr. Keshishian will be the
guest speaker in August.** We apologize
for Dr. Keshishian's absence in June, but
due to airplane malfunction and his safety
he was unable to make it to Eureka.

Las Vegas:

August 16 & September 20 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. **Dr. Keshishian will be the
guest speaker at the August meeting.**

Sacramento:

August 6 & September 3 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:

August 7 & September 4 10:00 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.

Mariposa:

August 26 & September 23 6:00 PM
(Fourth Thursday of every month)
The John Freeman Clinic, 5126 Hospital
Road, Mariposa. Please contact Kimberly
Scott at ksblueheart@sti.net for further
information.

As you can see from the schedule, it is
extremely busy. In addition, the practice is
down to only 2 surgeons taking call and it is
becoming exhausting. Please bear with us as we
are looking to grow and add several new
surgeons.

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!

**What are you looking for
on our blood work?** The
proteins in the serum are
referred to simply as "serum proteins".
There are a large number of different
serum proteins and they have different
functions.



One
example
of a
transport
protein

* The most abundant serum protein is
albumin. It retains the water within
the vessels and ensures that it does not
flow out into the tissues. If albumin is
absent, liquid passes from the vessels
into the adjacent tissue, and edema
develops. **The treatment for this type
of edema is not diuretics alone, but
increase protein intake to reverse
the effects of the a low albumin level.**
Albumin is also important for the
wound healing process. Many
substances bind to albumin and are in
this way transported in the
bloodstream.

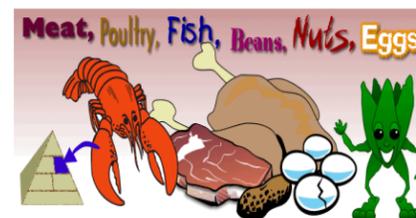
* One particularly important function is
performed by the **immunoglobulins**.
These are responsible for the defence

against disease-causing agents
(pathogens). Patients who lack one of
more types of immunoglobulin can
be at particular risk of infection. The
immunoglobulins also play a
regulatory role in autoimmune
diseases (diseases caused by
antibodies to substances natural to
the body).

* **Transport proteins** allow certain
substance in the body to be
transported via the bloodstream.
They ensure that these substances are
not broken down by the body before
they reach the site where they are
required. Some of the substances that
are transported would be toxic where
they to swim freely in the
bloodstream. Transport proteins
protect our body from these
substances and release them only
when they reach the correct location.

protein is **transferrin**. This binds
to iron supplied with the diet, and
takes it to the blood-building
(haematopoietic cells) in the bone
marrow. **Without this important
protein you could become
anemic due to the lack of
transferrin to transport ferritin
to be used to make red blood
cells.**

The serum also contains myriad other
proteins. These can have inhibitory or
regulatory functions in certain
metabolic steps or processes in the
body (such as blood coagulation or
inflammatory reactions).



Patient Profile

By
Cindee Allen

My name is Cindee Allen. I was obese. I wanted a better life, a healthier life, and a longer life. I had the gr-ds procedure on October 15th, 2002. I was 35 years old, 5 foot 5 inches and 252 pounds in February of that 2002. But I went into surgery at 238 lbs with a BMI of 39.4 on October 15th, 2002 with the most wonderful Dr Zahriya.

I am engaged to the sweetest firefighter you could ever meet! We have 3 children at home 15, 13, and 12 and we have 2 grown as well, 22, and 20 and a 4 year old grandson as well as a one month old grand-daughter. I have a lot to live for! I have a wonderfully special family!

WOW! Where do I start? I was always the "big girl" in school, not fat, but always more solid and a bit larger than the other kids. In Jr. High I was wearing a size 13 and by 15 I was up yet another size to a 15. By the time I hit 21, I was in 18/20's and weighed about 185 lbs. The weight came on slowly over several years so I never really realized how fat I had become until one day I saw a fat lady in the window of a store and I realized that it was MY reflection!

I was fat, but pretty healthy much of those years even though I was born with a condition called Scimitar Syndrome. I have a hypoplastic (underdeveloped and missing several lobes) right lung and asthma. I also have scoliosis. It wasn't until I hit 250+ pounds that the real health problems began. My blood pressure went sky high and my asthma worsened. I was breathless and exhausted upon exertion and the reflux worsened the respiratory problems and I battled pneumonia quite often. I developed apnea and woke up exhausted. I spent so many nights in the ER for wheezing that I knew the staff by first name and they knew my history by heart! My hips and knees

started aching and I was diagnosed with arthritis related to obesity. I was fighting the battle of my life and losing.

I woke up one day and realized that I was dying slowly but surely and I had to crawl out of that black hole of despair, pain, and frustration. I started looking at my options.

One winter day in 2001 I was sitting at my desk in tears because I hurt. I was so tired that I couldn't even walk to the bathroom down the hall! I just wanted to feel human again! Then something clicked in my head and all the info I had overheard over the years started to make some sort of sense to me.

Two of Ray's ex-wives had the RNY and looked and felt great. (At least they never talked to ME about the side effects that RNY can have). I knew several others who had also had the RNY and I was intrigued. What WAS this magical procedure? I got online at work and started looking at the RNY. I didn't like the side effects but it sounded better than the life I was living.

I called several surgeons in my area and found that my insurance would cover it. But there were 6-12 month waiting lists for a consult as well as a 2 year wait for a surgery date! I felt that my only chance was gone. I didn't even have the energy to fight for it, or even try to get on the waiting list. All I could do was say a prayer, give it all to God and I let it go.

Six months later in June of 2002, I was online at the Red Cross when I ran across the duodenal switch website www.gr-ds.com and



www.duodenalswitch.com. I started reading and comparing it to the RNY as well as other procedures and I began to wonder why no one had ever told me about THIS procedure. I started asking questions and getting answers and I could feel my hopes rising with every word I read!

I looked for surgeons in my area, found Dr Keshishian in Delano and was amazed that he was only 45 minutes from home! I closed my eyes, took a deep breath, said a long heartfelt prayer, and I told God that if THIS was the right one for me, He needed to let me know and soon! I picked up the phone and I dialed it, all the while holding my breath. When the words finally came from the other end of the phone my chest got tight, my eyes started tearing up, and I couldn't even speak.

YES, they could schedule a consult without a referral, and my appointment was then scheduled for 10 days later on June 13th, 2002.

I remember getting the words "OK, I will be there" out through the tears and I hung up the phone and I cried. I sat there and thought to myself "Sometimes God say YES, sometimes God says NO, and sometimes God says NOT YET!" I believe with all my heart that RNY was the wrong choice for me and God stopped me from having it!

UPDATE 10/15/02

One year ago today I made the switch to the other side. I have gone from a size 3X and 252 pounds to 147 and a size 10 today! I can walk to the mailbox again. I can breathe again. It's as though God has given me a wonderful gift and I'll do my best to make the most of it!

Life is just amazing, the change in the mirror is incredible, but the change in myself is beyond belief! I look and feel like a whole new woman and I feel 10 years younger! My



realistic goal was 173 pounds and a size 14/16 - my hearts desire was 163 and a size 12, but to reach 147 and a size 10 is a miracle I never thought I would see!

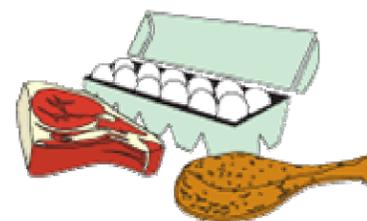
01/21/04 UPDATE

I am wavering between 140 and 150 lbs and I had a Tummy tuck/Hernia repair on January 9th. Once I looked down and saw that flat tummy, that switch in my head clicked and I FINALLY realized "I AM NOT FAT ANYMORE!!!". I can look in the mirror now and see the new me, the slim me, not the fat old me that no longer exists! WOW, my brain is finally functioning normally too! Today I am a size 6-8. My BMI is too low to mention and I am NORMAL!!! NO LONGER OBESE or even overweight! My lab work is beautiful, I am healthy and happy, and doing great!

I still battle depression and I still have pain from the scoliosis but I can take a 3 mile walk without stopping to rest today! I can dance, and I can climb mountains, and I can be a mother, grandmother and wife without oxygen! I can PARTICIPATE in my own life now, not just watch it go by me.

God brought me to it, God saw me through it, God guided the hands of the man who literally held my life in his hands! I have been so very blessed!!!

Cindee Allen
Hanford, CA
www.geocities.com/firecoupleinca -
My Weight Loss Journal



Topic of the Issue Supplements and Follow-Up

It has become apparent that some post-op patients are becoming complacent in monitoring and maintaining their supplementation and follow-up. This can have devastating effects and can potentially lead to death.

I would like to remind all post-op patients that their anatomy has changed and the ability of your body to absorb enough nutrients to support a healthy body without taking supplements is reduced. You also may not have the "reserve" to maintain healthy levels of nutrients if you do not take your supplements and eat a healthy diet daily.

Our bodies are using the nutrients daily and they need to be replenished daily. Supplements include one general multi-vitamin, a minimum of 1500mg of calcium, protein and, if prescribed, possibly ADEK, Calcitriol, and iron. **Your annual blood work is the only way that we can make certain that you're getting enough nutrients. Along with that, WE need to see your blood work results AND you in our office. There are things that your PCP might not be familiar with that we can diagnosis immediately.**

In the next few issues I will give you a refresher course in the supplements and why they are so important. You can also read on the website www.gr-ds.com under the icon Patient Workbook Doc. 21 Nutrient Information Protein is extremely important your entire life, not just during the rapid weight loss period. If you are having any issues with taking supplements or any symptoms, please call our office immediately.

Why is protein important?

Protein is an important nutrient in the body because it builds and repairs body tissues, makes enzymes, hormones and other body chemicals, protects the body from disease-carrying bacteria and viruses, transports other nutrients, and facilitates muscle contractions.

Protein is made up of chains of amino acids, some of which our bodies cannot manufacture. Protein is essential for building and maintaining muscles, as well as repairing the muscle damage that occurs during exercise and daily use.

Protein is also needed to make red blood cells, produce hormones, boost your immune (disease-fighting) system, and help keep hair, fingernails, and skin healthy. People who are protein deficient may complain about having hair that falls out easily and fingernails that grow slowly and break easily.

What foods are good sources of protein?

Meat is the most concentrated source of protein. Choose lean meats, poultry, and fish to reduce the amount of total fat, saturated fat, and cholesterol in your diet. Low-fat dairy products such as skim milk, low-fat cheese, yogurt, and cottage cheese are also good sources of protein.

Are meats and dairy products the only sources of protein?

All foods, except fruits, contain some protein. It is not necessary to consume meat to get all the protein your body needs. Beans, nuts, seeds, peanut butter, and tofu are all excellent plant sources of protein.

One serving of lean meat, fish or poultry is 3 ounces, roughly the size of a deck of playing cards. In general,

1. a 3 ounce serving of **lean meat, poultry or fish**, e.g. 1 medium pork chop, 1 small hamburger, 1/2 of a whole chicken breast, or a small fish fillet provides **21 grams of protein**
2. a 1/2 cup of **cooked beans**, 1 ounce of **cheese**, 1 **egg**, 2 **egg whites**, 4 ounces of **tofu** or 2 tablespoons of **peanut butter** each provides **7 grams of protein**
3. one cup of **lowfat milk or yogurt** provides **8 grams of protein**
4. one serving of **grain products** (preferably whole grain) such as a slice of whole wheat bread provides **3 grams of protein**