



## Central Valley Bariatrics

1205 Garces Hwy Suite 303  
Delano, CA 93215



# Central Valley Bariatrics Newsletter

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*To love oneself is  
the beginning of a  
lifelong romance.*  
- Oscar Wilde

## Calendar of Group Meetings:

All group meeting information can also be found on the website [www.dssurgery.com](http://www.dssurgery.com) under the group meeting icon or e-mail [dawn.keshishian@dssurgery.com](mailto:dawn.keshishian@dssurgery.com)

### Delano:

February 14 & March 14 6:00 PM  
(Second Tuesday of every month)  
Delano Regional Medical Center  
Zacharias Conference Center, 1401  
Garces Hwy.

### Paso Robles:

February 16 & March 16 6:30 PM  
(Third Thursday of every month)  
Centennial Park, 6000 Nickerson in  
the Live Oak Room.

### Ukiah:

February 3 & March 3 6:00 PM  
(First Friday of every month)  
Senior Center, 499 Leslie St., Ukiah,  
CA. A one block long street that runs  
parallel to the freeway between Gobbi  
and Perkins Streets. Please contact  
Ruth Lorain regarding meeting at  
[letstalk@iwon.com](mailto:letstalk@iwon.com).

### Red Bluff:

February 2 & March 2 6:00 PM  
(First Thursday of every month)  
McCauley/Ward Room in the Coyne  
Educational Center in the Modular  
Building, 2550 Sister Columbia Dr.,  
Red Bluff.

### Eureka:

February 6 & March 6 6:00 PM  
(First Monday of every month)  
Red Lion Inn, 1929 Fourth Street (at  
Fourth and V Streets).

### Las Vegas:

February 20 & March 20 6:00 PM  
(Third Monday of every month)  
Sunrise Hospital, 3186 S. Maryland  
Pwky. Usually in the Auditorium or  
in the Rendezvous Room.

### Sacramento:

February 3 & March 3 6:00 PM  
(First Friday of every month)  
Mercy General Hospital Campus.  
Greenhouse A&B (inside the  
cafeteria).

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## Please Note:

**Website & E-mail  
addresses!**

**[www.dssurgery.com](http://www.dssurgery.com)**

**E-mail addresses:  
[Firstname.lastname@dssurgery.com](mailto:Firstname.lastname@dssurgery.com)**

### Calling all Post-op Patients

Please send 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 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  
[dawn.keshishian@dssurgery.com](mailto:dawn.keshishian@dssurgery.com) in  
Word format. Also send any pictures  
(in Jpeg format) you may also want to  
share of yourself pre and post-op.

## Top 10 New Year's Resolutions

New Year's Eve has always been a  
time for looking back to the past, and  
more importantly, forward to the  
coming year. It's a time to reflect on  
the changes we want (or need) to  
make and resolve to follow through on  
those changes. Did your New Year's  
resolutions make our top ten list?

1. Spend more time with family  
and friends

2. Fit in fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learning something new
9. Help others
10. Get Organized

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## Topic of the Issue: Why Your New Year's Resolution to Get Healthier May Be Pretty Easy to Keep

Promising to exercise for better health is usually the hardest New Year's Resolution to keep. But a growing body of research shows that it should be one of the easiest.

Numerous studies show that you don't always have to break a sweat to reap the most significant health benefits of exercise. While national health guidelines often suggest 30 to 60 minutes a day of exercise it appears to take less effort than that to make a dramatic improvement in your health. The biggest health benefits comes from just a small increase in activity: Five hours of housework a week, a nine minute walk a day, or four hours of weekend golf all translate into dramatic reductions in risk for heart attacks and other health problems.

Most people think they need to take a daily jog or hit the gym several times a week to boost health. That's because for years the medical community has preached the need for vigorous aerobic activity and athletic fitness. Those are laudable goals with clear benefits, including improved muscles tone, energy levels and psychological well being. But they are also tough goals, so people often fail and end up doing nothing.

Now many doctors are trying to undo the wrong impression caused by the



Biggest health benefit comes from small increases in everyday activities.

aerobics movement. They are trying to redefine how much exercise is really enough, and encourage patients to think about achieving "health fitness" rather than athletic fitness.

"I regret preaching the doctrine of aerobics as I did for so many years," says Harvey B. Simon, the Harvard Medical School Professor whose 1987 book "The Athlete Within" urged readers to expend at least 2,000 calories a week exercising—that's about three to six hours a week of aerobic effort, depending on the activity. He now believes it takes only about half the amount to improve health. "We need a new way to think about exercise," he says.

### To burn about 145 calories a day, most people need to increase their daily activity only slightly.

This doesn't mean people who like to exercise several hours a week shouldn't continue. And people in high-risk categories, such as those with a strong family history of heart disease, might be advised to adopt a more vigorous exercise program. But a closer look at the data from various exercise studies shows that for most of us, the biggest gains in health come with far less effort.

So what's the magic number? In June 2001, researchers reviewed 44 exercise studies and found that most of the benefits of exercise kick in within the first 1,000 calories of increased activity each week, which reduced the risk of dying during the various periods by 20% to 30%, according to the Journal of Medical Science and Exercise.

To burn 1,000 calories a week or about 145 calories a day, most people need to increase their daily activity only slightly. A 180-pound person could burn off about 100 calories during 20 minutes of housework. Add in a 10-minute walk (50 calories) or taking the stairs four times a day (100 calories) and you've exceeded your daily goal. Search the web for an exercise calculator, like the one found at [www.caloriecontrol.org/exercal.htm](http://www.caloriecontrol.org/exercal.htm)

Other studies have supported the notion that a little activity goes a long way. This month, the medical journal, Diabetes Care, showed that moderate exercise added nearly 2 1/2 years to life expectancy for patients, compared with those who were sedentary. A 2004 report by Swedish researchers showed that older adults who exercise only once a week were 40% less likely to die during the 12-year study period than those who did nothing.

A 1999 study of more than 800 residents of Kings County, Wash., showed dramatic health benefits among those who gardened or walked for just an hour a week. Although that adds up to only about 400 to 500 calories, the increased activity translated into about 70% lower risk of dying from sudden cardiac arrest.

Much of what we know about moderate exercise and health comes from observational studies following groups of people for long periods of time. But the Cooper Institute, who coined the term "aerobics", has just finished a five year study of 460 post menopausal women who were assigned to 225, 150 or just 75 minutes of exercise a week ... that's

as little as 15 minutes, five times a week. The results of trial aren't yet available, but the study is part of a new push by scientists to determine what "dose" of exercise offers the biggest gain in health. And there's growing belief that it's less that the standard 30 minute a day recommendation.

"All the evidence shows it doesn't take that much," says Tim Church, medical director for the Cooper Institute in Dallas.

The problem is convincing patients that a little extra effort really does go a long way. Doctors say most people have gotten the message that it is better to take the stairs or park further away as a way to boost activity during the day. But most patients don't believe it really works. "The average person still thinks you have to train for a marathon," Dr. Church says.

One concern is that there isn't a scientific vocabulary to describe this "other" type of exercise. Aerobic exercise involves pushing your heart rate to 70% to 80% of its maximum, and keeping it there 20 to 60 minutes at a time. That sounds far more impressive than a daily exercise plan that consists of a morning stretch, taking the stairs at work, cleaning the house and walking the dog at the end of the day.

In his latest book, "The No Sweat Exercise Plan," Dr. Simon has dubbed these lower intensity activities as "cardio metabolic" exercises. He hopes the more scientific sounding name will add credibility to the notion that moderate physical activity really does improve your health. "Somebody can get the health benefits of exercise with out ever buying a pair of sneakers," Dr. Simon says.

## A Patient Story: Janet Morrison

When I finally decided to do something about my obesity, I was 38 years old and I weighed 365 lbs. I began my journey to having a weight loss surgery by doing a lot of research on various surgeries offered for people in my condition.

A cousin recommended Dr. Keshishian. After further research, I found that Dr. K offered a different procedure than Alvarado in San Diego and numerous other facilities doing weight loss surgery. The more I looked into the surgery, the more I was leaning toward seeing Dr. K.

After attending a support meeting with a friend that had the surgery, I decided to make an appointment to talk to Dr. K. The thing that impressed me the most was Dr. K and his staff were very supportive and didn't make me feel like I should just push myself away from the table. That was a big thing for me. I wasn't intimidated in any way.

The next reason I chose the D.S. surgery was because, after surgery, I was able to eat more normal foods. I was also impressed with the high success rate of the D.S. surgery. The high protein diet fit my lifestyle and was very easy for me to follow.

The after surgery care at Delano Regional Medical Center was great. The nurses are very knowledgeable about caring for the bariatric surgery patient.

Before my surgery, I my life was horrible. Once, I rode the Greyhound from Ohio to California

and I couldn't use the restroom on the bus because of my size. It was a very miserable trip. Even finding work was difficult. I couldn't sleep very well because I couldn't sleep on my back, only on one side. Waking up every morning was terrible because I hurt so bad when I tried to get out of bed. Every joint in my body hurt from the weight.

After surgery, I am now able to run, ride a bicycle, go to the gym, do aerobics, lift weights and work without difficulty and pain. I square dance and am enjoying life much more than before surgery. The compliments I get are many. They say I look great and I feel great thanks to Dr. K and his wonderful staff. Would I do it again? You better believe it!



Janet Before Surgery



Janet After Surgery