



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

Central Valley Bariatrics Newsletter

Ara Keshishian, M.D.

Dawn Keshishian, BSN, RN, CCRN — Dee Tinkle, LVN

1205 Garces Hwy, Suite 303 ♦ Delano, CA 93215

(661) 725-4847 (800) 816-6647

www.dssurgery.com



Calendar of Group

All group meeting information can also be found on the website www.dssurgery.com under the group meeting icon or e-mail dawn.keshishian@dssurgery.com

Delano:

July 11 & August 8 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center, 1401
Garces Hwy.

Paso Robles:

July 20 & August 17 6:30 PM
(Third Thursday of every month)
Centennial Park, 6000 Nickerson in
the Live Oak Room.

Ukiah:

July 7 & August 4 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.

Red Bluff:

July 6 & August 3 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:

July 3 & August 7 6:00 PM
(First Monday of every month)
Red Lion Inn, 1929 Fourth Street (at
Fourth and V Streets).

Las Vegas:

July 17 & August 21 6:00 PM
(Third Monday of every month)
Sunrise Hospital, 3186 S. Maryland
Pwky. Usually in the Auditorium or
in the Rendezvous Room.

Sacramento:

July 7 & August 4 6:00 PM
(First Friday of every month)
Mercy General Hospital Campus.
Greenhouse A&B (inside the
cafeteria).

Show Off Your Muscle!

Easy Steps to Burning Fat and Building Muscle—All Day Long

Don't we all know someone who can eat anything they want and never gain an ounce? You know, the person that has lightening speed metabolism, the one that just can't understand why everything you eat seems to stick to your hips, and anywhere else on your body it chooses to latch on to. Unfair? You bet! Unchangeable? Not entirely. Age, gender and genetics determine your metabolic rate, in part, but diet, exercise and body composition all influence your calorie burning potential.

You burn calories every minute of the day-when you are walking, talking, sleeping, reading and yes, even while you are eating. Your metabolic rate describes how quickly you burn those calories. The faster your metabolic rate, the easier it is to lose weight or the more you can eat without gaining weight.

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*In the truest sense, freedom cannot
be bestowed; it must be achieved.*

Franklin D. Roosevelt

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Calling all Post-op Patients

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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 in Word format. Also send any pictures (in Jpeg format) you may also want to share of yourself pre and post-op.

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What is Real Hunger?

In order to identify hunger, we must first understand what it is. This is not as simple as it may seem. Many of us may have never allowed ourselves to experience true hunger, only a feeling of discomfort. Not knowing exactly what it was, we may have been eating past hunger for such a long time that we can no longer differentiate between hunger and the feeling of anxiety, stress,

We need to eat when we are hungry, stop eating when we are no longer hungry, and not eat when we feel full.

boredom, sadness, or any number of other emotional or circumstantial stimuli. We haven't allowed ourselves to go without eating for a long enough period of time to have felt true hunger; in fact, we may not have experienced it since childhood.

Each of us was born with an innate sense of hunger. When we were babies and felt this sensation, we cried. Our mother or caregiver pacified us with a bottle or breast, and when we were no longer hungry we pushed the food away. Before we could speak, we made ourselves understood.

As a toddler beginning to eat baby food, we were still in control of our food consumption. Our mothers might have thought we needed to finish everything she served, but we had other ideas. We might have clenched our little teeth together and not permitted one extra spoonful to enter our mouth. She might have coaxed and tempted us, squeezing our cheeks together to get our mouth open, or by playing the age old "airplane and hanger game" but to no avail, we wouldn't budge. The message was clear, No more food, Mom.

As she persevered, we finally learned to please our mom by finishing everything on our plate. We may have been told that eating our vegetables would result in a yummy dessert. We may have been bribed with a lollipop if we'd stop crying and eat our food. We learned to eat all of our food because it gave pleasure to others. It didn't seem to

matter any more whether we were hungry or not. We were taught to ignore the feelings of hunger and satiation (fullness) just to please someone else. And we learned well.

Years later we all keep friends company by sharing a meal when we are not even hungry, or by accepting an alcoholic beverage to be part of the crowd or to make a hostess happy.

The dictionary describes hunger as "the painful sensation or state of weakness caused by the need of

food." Some people become irritable, shaky, or disoriented if they are not fed at their usual mealtime. Others experience hunger as feelings of lightheaded, empty, low, headachy or hollow. At times a growling stomach prompts an eating episode. Some people eat when they get depressed. Others lose their appetite with depression. External stimuli are abundant, as are emotional and physical ones, yet few of these are actual hunger, just another strain on your nervous system.

Human beings have a built in fight or flight mechanism that helps them to survive. Emotional stressors initiated by things such as a death in the family, loss of or stress on the job, or an illness may have the bite of a wolf. Our pulse quickens, our mouth feels dry, our palms sweat, and we revert to the old behavior of trying to quell the anxiety by putting something into our mouth. We also may be reacting to the fluctuations of daily life...a waiter being inept, traffic jams, a long line at the bank or grocery store...that cause us to eat a box of cookies or to take that second helping of food. What may be happening is that we are misidentifying a minor stressor and turning it into an adult wolf attack when it's really just a baby cub.



Have you had the experience of thinking that you were hungry at noon only to get involved in a project at work and then to realize a few hours had passed by and you still had not eaten or even thought about food? TRUE hunger cannot wait a few hours. It demands to be fed. You were not truly hungry at noon, but were actually reacting to a normal stimulus associated to the time of day, which is another reason we have given ourselves to eat. If we distract ourselves with some other activity, the urge usually passes within a few minutes. We need to learn to differentiate between our hunger and our urges.

Food need not fill us up in order for us to feel satisfied. A few bites of foods that we don't usually eat can be very satisfying, while baskets of bread, mugs of coffee, bottles of soda can leave us feeling hungry and unsatisfied.

It is not okay to eat when we are physically or emotionally uncomfortable, we need to eat when we are hungry, stop eating when we are no longer hungry, and not when we feel full or there is no food left on our plate. We need to retrain those habits our dear mothers lovingly helped us to obtain during our lives and finally quiet that little voice that says we must clean our plates. As our clothes get looser and our breathing and moving becomes less labored it becomes easier to leave that food on the plate. It is a process that takes time to achieve, it took us a lifetime to learn it, but it can be "unlearned" and redirected.

Remember:

Volumes of non-nutritious foods merely stuff and bloat us, but do little to satisfy real hunger. Variety and texture along with nutrition satiates hunger. Leave your emotions out of the mixture.

Reference: *Excerpts from CONQUER YOUR FOOD ADDICTION/Simon and Schuster*

Show Off Your Muscle!

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You burn the most calories by doing things you don't even think about: breathing, maintaining a normal body temperature and circulating blood. This is your resting metabolic rate, and for most people, it accounts for 60-75 percent of the total calories your body uses daily.

Physical activity is your second biggest burner. The rest comes from the digestion, absorption and storage of food.

True, most people watch their metabolic rate dwindle as they age. But you don't have to settle for that. Below are some steps to help keep you in the fast lane.

Make More Muscle

"Your lean body mass drives your metabolic engine" says Roberta Anding, spokesperson for the American Diabetic Association and registered dietician for the Houston Texans National Football League franchise. Muscle blazes through calories much faster than fat does even when you are resting. That's why men generally burn calories more quickly than women: Men have more muscle, even at the same weight and height.

Beginning at age 30, many of us become less active. We spend more time surfing the Web and sitting in traffic. The result is a gradual loss of muscle and an increase in body fat.

"Regardless of your age, you can keep your metabolic engine ignited by lifting weights", advises Anding. They should be heavy enough that you can lift them only 8 to 15 repetitions per set.

Go the Distance

The only way to burn more calories purposefully is through aerobic exercise. For an athlete, physical activity account for as much as 50 % of the total calories burned. For the rest of us, it's much less. To burn more, move more. Walk, jog, swim or do any exercise you like. The type of activity is less important than the time and intensity that you put into it. Scientists aren't sure if aerobic exercise increases your resting metabolic rate, but putting the time and effort into exercise will definitely keep your weight under control and will also improve the health of heart, brain and whole body.

Some aerobic exercises, such as stair climbing, might also build muscle, but don't rely on them solely. They are more likely to contribute to muscle-mass maintenance than to actually increase the muscle.

Be Neat

Non-exercise activity thermogenesis (NEAT) refers to the calories burned when shifting and maintaining posture, toe-tapping ironing, brushing your teeth, typing and anything else that isn't sleeping, eating or purposeful exercise.

A small study last year found that lean people perform more nonexercise activity than obese people. They fidget, stand, and just plain move more. On average, obese participants in the 10 day study sat about two hours more each day than did the lean participants.

According to the researchers, if the obese subjects had limited sitting and instead stood, shifted posture, moved and fidgeted as much as the lean subjects, they may have used an extra 350 calories per day. That's the equivalent of walking 3.5 miles or consuming the calories in a double scoop ice cream cone.

Power Up With Protein

Protein affects the total calories you spend each day. Your body burns more calories digesting, absorbing, and storing protein than when doing the same for fat, carbohydrates, or alcohol. Plus protein leaves you feeling fuller longer!

Keep Calories Reasonable

Suffering through a very low-calorie diet is a surefire way to wreak havoc on your metabolic rate. Very low calorie diets can make your body go into a "starvation mode". Your body does not know if and when it will receive any more food, so it becomes super efficient with how it uses the little food it receives. It protects the fat storage by burning up muscle. Every bit of muscle you lose just slows your metabolism even more. Women shouldn't eat fewer than 1,200 calories per day on a regular basis, and men should stay at or above 1,500 calories per day to prevent muscle loss.

Just Do It!

If you are not already working out, the time to act is now. A balanced fitness routine includes strength training, cardiovascular (aerobic) exercise and flexibility exercises. All three components are equally important, but it's the strength training that preserves your metabolic rate as your age.



To maintain or build muscle most effectively, you'll have to perform exercises for each muscle group: upper and lower back, chest, shoulders, triceps, gluteus muscles (your back-side), and abdominals, calves and front and back thighs. Be sure to vary your exercises every one to three months. Otherwise, your body gets accustomed to your routine and it stops progressing.

When deciding where to exercise, consider what fits best into your routine. If the social aspect of going to a gym appeals to you, find one nearby with a variety of equipment and class offerings. If you prefer home workouts, check out DVD's, exercise tubes, strength bands, exercise ball and

dumbbells. Each can give you a good workout, strength bands are giant rubber bands that you pull to create resistance, exercise tubes are also used for resistance but allow the exerciser to determine the amount of resistance to use. The exercise balls work your core muscles groups, abdominals, and trunk and back muscles. Using your own weight is another way to strengthen and tone your muscles. You'll find yourself getting stronger with push-ups, leg lifts, squats and lunges. The most important thing is to DO SOMETHING.

References: *My Family Doctor Summer 2006; Jill Weisenberger, M.S., R.D., C.D.E.*

Things to Remember

- * No one can ruin your day without your permission.
- * Most people will be about as happy as they decide to be.
- * The best way to escape your problem is to solve it.
- * Success stops when you do.
- * You will never "have it all together."
- * Life is a journey...not a destination. Enjoy the trip!
- * If you don't start, it's certain you won't arrive.
- * He or she who laughs ... LASTS!
- * Yesterday was the deadline for all complaints.
- * Look for opportunities ... not guarantees.
- * Life is what's coming ... not what was.
- * Success is getting up one more time.
- * Now is the most interesting time of all.
- * When things go wrong ... don't go with the flow.