



## Central Valley Bariatrics

1205 Garces Hwy Suite 303  
Delano, CA 93215

June/July 2003

Issue 22

# Central Valley Bariatrics Newsletter

**Ara Keshishian, M.D. — Karim Zahriya, M.D.**  
**Dawn Keshishian, BSN, RN, CCRN — Dee Tinkle, LVN**

1205 Garces Hwy, Suite 303 • Delano, CA 93215  
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www.gr-ds.com



## Calendar of Group Meetings:

### Delano:

June 10 & July 8 6:00 PM  
(Second Tuesday of every month)  
Delano Regional Medical Center  
Zacharias Conference Center 1401  
Garces Hwy.

### Paso Robles:

June 19 & July 17 6:30 PM  
(Third Thursday of every month)  
Paso Robles Airport Conference  
Center facility 4000 Wing Way 2<sup>nd</sup>  
floor. Elevators are available.

### Ukiah:

June 6 & July 4 & August 1 6:30 PM  
(First Friday of every month)  
June mtg at Ukiah Valley Medical  
Center, 275 Hospital Dr. We are  
looking for a new meeting room.  
Update on website [www.gr-ds.com](http://www.gr-ds.com)  
**Dr. Keshishian will be speaking at  
the August meeting.**

### Bishop:

June 16 & July 21 6:30 PM  
(Third Monday of every month)  
The Partridge Building, Northern Inyo  
Hospital. Contact [keshishiand@gr-ds.com](mailto:keshishiand@gr-ds.com)  
for further details.

### Red Bluff:

June 5 & July 3 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](mailto:keshishiand@gr-ds.com)  
for details or check the calendar on  
our website [www.gr-ds.com](http://www.gr-ds.com).

### Eureka:

June 2 & July 7 & August 4 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 Ruth Lorain for further  
information at [letstalk@iwon.com](mailto:letstalk@iwon.com)

### Las Vegas:

June 16 & July 21 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](mailto:keshishiand@gr-ds.com) or keep  
an eye on the website [www.gr-ds.com](http://www.gr-ds.com)  
for further updates.

### Mariposa:

June 26 & July 24 6:00 PM  
(Fourth Thursday of every month)  
The John Freeman Clinic, 5126 Hospital  
Road, Mariposa. **Dr. Keshishian will be  
speaking at the June meeting.** Please  
contact Pam Martinez-Darcy  
[darmart@sierratel.com](mailto:darmart@sierratel.com) for further  
information.

### Linden:

June 26 & July 24 7:00 PM  
(Fourth Thursday of every month)  
Lions Den Restaurant Hwy, 26 Linden,  
CA 95236 Contact Eileen Brown at  
[drgnfl95236@yahoo.com](mailto:drgnfl95236@yahoo.com) for further  
information.

### San Jose:

June 7 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](mailto:keshishiand@gr-ds.com) for additional  
information.

### 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](mailto: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!

*The Freedom to be Yourself!*

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I make an effort to avoid public restrooms because of the offensive odor.  
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so grateful! Thanks for your help, and THANKS for your product!"

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*Pro Blend 55*  
*Protein*  
*vs.*  
*Sugar*

### Which one do you want?

Product	Cost per Serving	Protein	Carbs	Sugar	Fat
Pro Blend 55	\$1.05	27 grams	<4 grams	2 grams	1 gram
Carnation Instant Wskim milk	\$.97	12 grams	37 grams	32 grams	3 grams
Ensure "High Protein"	\$1.49	12 grams	31 grams	19 grams	8 grams
Boost	\$1.74	10 grams	41 grams	27 grams	4 grams

Delano Surgical Group (661)725-4847



## Happy Flag Day and Fourth of July

**Patient Spotlight — Margie Handley**

Margie has always been dynamic but, since her surgery, she glows. You can feel the energy coming off her! One of the pictures she gave me was from a recent cruise that she was now able to take. I told her that I would return her pictures to her ASAP. She said to me that "I am just so happy that I was able to go and excited to have my pictures taken." ...Dawn Keshishian

Here is Margie's story:

As the State Vice-Chairman for Volunteers, I was standing next to Bill Simon on the podium the night he won the Primary for Governor of California. Bill was making his victory speech. I was sweating, my knees ached so bad from standing so long that I thought I was going to pass out! I was out of breath from trying to keep up with the entourage as it raced through the hotel to the press conference. I was wishing that a trap door would open up and I would disappear through it.

The next morning at breakfast the same thing happened and I found myself leaning away from Bill so that the photographer would not get me in the picture. I was miserable and I truly hated myself. I weighed 226 pounds and I'm 4'11". I was a size 18-20. I had been researching the GR-DS surgery and knew it had a fair amount

of risk to it, but that morning at breakfast I was determined—determined that I was not going to live one more day waddling around, trying to keep up with people and watching my health deteriorate!

As soon as I returned home, I made a call the Dr. Keshishian's office and asked to have a consultation and put onto the surgery schedule as soon as possible.

Today, just one short year later, I am 91 pounds lighter! I'm a perfect size 6 petite. I haven't been this happy in years! My entire life has changed. Instead of always thinking about food and always being hungry, I have to remind myself to eat. I KNOW when I'm full.

This operation is like a miracle. Having battled the weight up and down for over 40 years, it seemed like a losing battle! No matter how much I lost, I always gained it back plus a few more pounds. This has seemed like the most effortless thing I've ever done to lose weight. This is not true for everyone but I have been very lucky. The pounds just melted away each day. I did have a fairly difficult recovery and didn't really bounce back for about 2 months; but since then, I have boundless energy! I require very little sleep and am on the go non-stop.

The best part of all is that I no longer take any medications except my daily multivitamin and at least 1500mg of Calcium. My high blood pressure is gone and my joints don't ache anymore! I'm able to wear high heels again. No more gastro-esophageal reflux disease. No more swelling. What could be better than that?!

Thank you Dr. Keshishian for what you do. I will be 64 years old soon and I feel as if my life has just begun! I am SO HAPPY!



**Topic of the Issue — SUPER SIZING**

Our society has gone for one of the most detrimental marketing strategies developed. Super Sizing! Although right after surgery you are not able to eat large portions it has the potential to sneak up on you rather quickly after surgery if you are not careful. Remember the majority of the weight loss happens the first 6-8 months and the largest contributor to the weight loss is the smaller stomach size. Premature stretching of the stomach can and does lead to less weight loss, plateaus in weight loss and even

weight regain. Yes, even after GR-DS. The University of North Carolina at Chapel Hill has reviewed several research projects and has come up with the following conclusion. Americans are eating per portion, on average between 1977 and 1996:

- 93 more calories from salty snacks, such as potato chips, pretzels and popcorn.
- 49 more calories from soft drinks.
- 97 more calories from hamburgers.
- 68 more calories from French fries.

• 133 more calories from Mexican food, such as burritos, tacos, enchiladas. The major concern is that not only have we increased our portion size, and therefore calories, but it is the types of food that we have increased eating. All of the foods above are for the most part higher in fat content, higher in empty calories and low in protein and other valuable nutrients. It is a dangerous trend and one that may explain the increasing obesity problem in the population along with the decrease in physical activity.

**Topic of the Issue — SUPER SIZING**

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The marketing of the Super Size has convinced us that the larger the portion the better the deal. But what type of deal are we getting for that extra \$0.79? We are getting an increase in childhood obesity, Type II diabetes in children, heart disease, stroke, increase in cancers related to obesity and a whole gamete of other serious health risks.

The larger portion size is not just a phenomenon that happens in fast food but is also spilling over into all areas of food service and packaging. We are eating portions that are too large and it is getting worse every day. There are steps that can be taken and, as GR-DS patients, you have heard some of these ideas before. But we need to keep them in mind and be aware of what we are putting into our bodies and the consequence of our eating behavior.

**Quality versus Quantity:** You want good, fresh foods that will give your body the nutrients and energy needed to maintain health and immune function. Always pick foods that give you the best nutritional value for the portion. Not the other way around. Be mindful that more is not always better.

**Read food labels for portions size :** You might be surprised that a bag of chips that use to be one serving is now sized up to have two servings and therefore double the calorie count, fat, sodium, etc!

**Wasting Food:** We all probably grew up with our mothers telling us about the children who were starving in another country when we didn't finish our plate. We have got to get over that way of thinking. It is killing our health and our waist lines!

**Smaller Plate Size:** This means filling a smaller plate once, not several times.

**Grazing:** This is a very dangerous habit. We don't even notice the continual intake of calories because it is only a small amount at a time. However, if you added up those calories from the entire day you would be surprised!

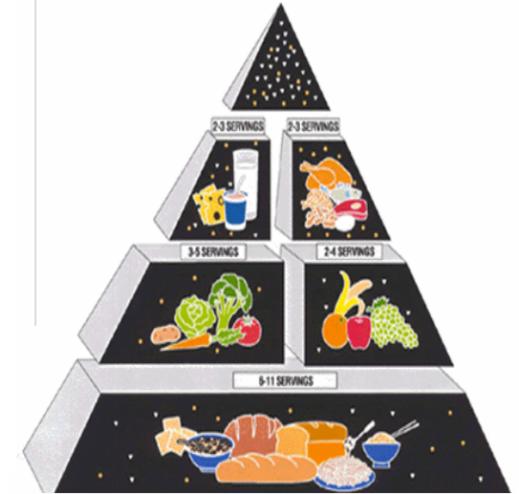
Below are guidelines for serving sizes that the USrDA follows:

The amount of food that counts as one serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Be sure to eat at least the lowest number of servings from the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the specific

food groups. There is no serving size given for the fats, oils, and sweets groups because the message is "USE SPARINGLY."

**Remember, as a GR-DS patient the USRDA pyramid is off. Protein should be the largest part of daily diet and bread and cereal should be where the protein is on this diagram.**



**Milk, Yogurt, and Cheese**

1 cup of milk or yogurt	1 1/2 ounces of natural cheese	2 ounces of process cheese
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**Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts**

2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter count as 1 ounce of lean meat	
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**Vegetable**

1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice
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**Fruit**

1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice
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**Bread, Cereal, Rice, and Pasta**

1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta
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