

March/April 2001

Central Valley Bariatrics Newsletter

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Issue 9

Calendar

Delano *March 13, 6:00 p.m.*

**Delano Regional Medical Center
Zacharias Conference Center**

Our guest speaker will be Teri Ables, a small business owner and a one-year post-op patient. She will be speaking on the effects of her weight loss on her life and how she deals with life after GRDS. We will also celebrate St. Patrick's Day so bring a dish to pass for the occasion! Happy St. Patrick's Day!

Notice: *The format of the Delano Group meetings will change. We have a growing number of post operative patients attending the Delano Group meeting; therefore, we will be*

changing the order of the presentations. The guest speakers will present first. An opportunity for questions regarding postoperative issues as well as questions for the guest speaker will follow. Then the informational presentation will be given for the new and pre-operative patients.

Paso Robles *March 22, 6:30 p.m.*

Paso Robles Library

We have moved to a larger room within the library, so stop at the desk and ask for directions. Guest Speakers will be Bill and Sandy Foeller. Bill is 4 year post op with a weight loss of

175 pounds and Sandy is 2 year post op with 113 pound loss.

Delano *April 10, 6:00 p.m.*

**Delano Regional Medical Center
Zacharias Conference Center**

The Guest Speaker is still being set up.

Paso Robles *April 19, 6:30 p.m.*

Paso Robles Library

We have moved to a larger room within the library, so stop at the desk and ask for directions.

Fresno and Bishop: Please log on to our web page for details and information on these important group meetings (www.gr-ds.com).

From the 3 A's of Success to a Personal Fitness Program!

A big round of applause goes to **Stacy Anderson-Couch** for her excellent presentation on how she has changed her life! She has used the 3 A's to change her Appetite, Activity, and Attitude! We can incorporate all of Stacy's 3 A's of Success into our lives.

Her first A, Appetite stands for watching what and how much you eat and making it good quality and not quantity. We all have to read the labels and explore looking for the best taste and best quality of fuel for our bodies.

Activity is, of course, increasing your activity level and continually meeting new goals in our activity levels.

Attitude is changing the way we see food. Food is needed to fuel the body. It is not an award, friend, good feelings, or comfort. Unfortunately we have been brought up to have these beliefs about food. The goal is to

change our attitude about food and find substitutes for the above feelings and needs with health benefits.

As a lawyer, before surgery, Stacy was left out of business meetings and felt she didn't have the respect of her fellow colleagues because of her weight. Now she is over 120 lbs. down from her pre-operative weight and she is walking 5 and 10K walks, golfing and doing so many activities that she had been unable to do before the weight loss. Congratulations Stacy!

Krista Sabo, RPT one of the fabulous physical therapists here at Delano Regional Medical Center gave a great presentation at our February group meeting. Krista spoke at the February 15, 2001 group meeting in Delano regarding starting and maintaining an exercise program and how to be successful. She reminds us that exercise is not always everyone's favorite but it is needed to keep us

program that you like such as swimming, walking indoors or on a treadmill, sports, weight lifting, tubing exercises. It takes 21 days to make an activity a habit and if we would just give exercise that opportunity we will see the benefits both physically and mentally. Thank you Krista.

Patient Referral List:

Dee Tinkle	661-586-1333 tinkled@gr-ds.com
Ketty Chamlian	559-495-3200 ext 113 kettyc@alistarinsurance.com
Teresa DeLaMater	661-725-6952 tarvizu@Juno.com
Jim DeLaMater	661-725-6952 jdelamat@delanoelem.k12.ca.us
Paulette Kizer	209-838-3348 Dpkbear@aol.com
Mark & Regina Johnson	209-830-0591 reginahj@goldrush.com
Sandy Morgan	209-838-1945 morgihorse@aol.com
Stacy Anderson-Couch	949-859-6130 andersta@gateway.com



It's Fun! It's Healthy! It Works! Walk/Runs



New: A website for walkers and runners! www.californiarunners.com check it out! Listings of upcoming events and much more!

March 3, 2001 Bakersfield: Hart Park Fun Run 1, 2, 3, & 5 mile events 7am (no fees/shirts)

March 4, 2001 Los Angeles City of Los Angeles Marathon Run/Walk/Bike

March 17, 2001 St Patrick's Day Run 10K, 2M W/R, and Kids W/R

April 1, 2001 Paso Robles Wine Country Half Marathon, 5K, Kids .25M: rumor has it that you could win your weight in wine!

April 22, 2001 Fallbrook/Brea Guacamole Grande Bike Ride 10M, 20M, 50M

Topic of the Issue: Weight Loss Plateau??

Are you at an extended weight loss plateau? Are you gaining weight? Then, Read on....

Now that patients are getting closer to their one-year anniversary some of you may have hit a plateau or you are not completely happy with the rate of weight loss. There are usually only a few reasons why.

The surgery's window of weight loss is usually 12-18 months, meaning that this is your opportunity to use this surgical tool to your advantage during this period. Some people may lose weight after the 18-month period, however, those are usually the people who have made major changes in eating habits and activity levels and are sticking with their changes.

The first reason for a weight plateau is usually inadequate exercising. Lean body mass burns more energy and requires more energy to function. Increasing exercise is always an excellent way to overcome weight loss plateaus.

The second reason is increased stomach size. This can happen by eating larger portions in the recovery period and by drinking carbonated beverages. The recovery period is approximately one year and correlates with the window of weight loss. The initial weight loss is mainly due to the smaller portion size that you are taking in and it is

important not to prematurely stretch the smaller stomach that the surgery has given you. Eating larger portions can do this as well as carbonated beverages.

Carbonated beverages expand in your stomach after you have ingested them and if you drink these beverages you will prematurely stretch the stomach. It is best to stay away from carbonated beverages the first year after surgery. You want to get all that you can out of the tool that you have.

The last reason that you may have hit a plateau is sugar or carbohydrates. The surgery does not assist with the limited absorption of sugar or carbohydrates. Therefore, if you are eating a higher amount of sugar or carbohydrates this will slow or plateau your weight loss. Sugar and simple carbohydrates, such as regular soda, candy, chocolate, white breads, potatoes, cookies, cake, white rice, fruit, fruit juice, etc., all of these items start getting absorbed in the mouth. You do not malabsorb sugar or simple carbohydrates! You get the full benefit of those calories. Of course in the case of fruit there are other benefits such as vitamins and fiber, however, fruit should be ingested in moderation.

Complex carbohydrates are a

little better in that they are only absorbed at approximately 80% of your intake. Complex carbohydrates include: brown rice, whole wheat bread, and grains, oatmeal, etc.

Another culprit can be grazing or munching between meals. You should continue to eat 3 small meals a day your first year to 18 months. Grazing and munching can add empty calories that only stop your weight loss or make it much harder to overcome plateaus.

If you have hit a weight loss plateau or weight gain you may want to evaluate your diet and exercise and see if any of the above examples may apply to you and adjust accordingly. We want the best weight loss opportunity for you. Remember Gastric Reduction Duodenal Switch is only a tool and you are the keeper of how well that tool works for you. One excellent way to help contend with these possible problems is by attending the group meetings. We have had some excellent motivational guest speakers who can help you to deal with these issues.

If you have evaluated these items and made changes and are still at a plateau or are gaining weight for over one month and you are not at 70% of your excess weight lost, please call the office and set up an appointment.

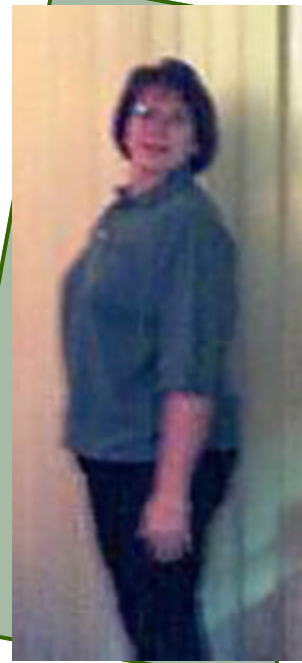
Before and After

...pictures say more than words!



Stacy Anderson-Couch

Pre-op



6 months post-op
More than 120 pound
weight loss today



Michelle Wiggins

Pre-op
BMI 41



5 months post-op
60 pound weight loss
BMI 31.5



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