

May/June 2001

Central Valley Bariatrics Newsletter

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Delano Regional Medical Center

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Calendar of Group Meetings:

Delano

May 8, 2001

6:00 pm

Delano Regional Medical Center
Zacharias Conference Center.

Our guest speaker will be Won Bae, M.D., a plastic surgeon who has experience with GRDS patients and will be working with us at Central Valley Bariatrics. He will be discussing the different options a GRDS patient may want to look into regarding plastic surgery.

June 12, 2001

6:00 pm

Delano Regional Medical Center
Zacharias Conference Center.

We are in the process of setting up our guest speaker.

Paso Robles

We will be continuing group meetings the third Thursday of the month.

May 17, 2001 and June 21, 2001

6:30pm

Paso Robles Library

We have moved to a larger room within the library, so stop at the desk and ask for directions. We are in the process of setting up guest speakers for the Paso Robles meetings.

Upcoming Fresno Meetings:

May 2, 2001,

June 27, 2001 and

August: 1st Wednesday of the Month

6:00 pm— Chamlian Building
Corner of Sante Fe and Ventura.

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Patient Referral List:

Dee Tinkle	661-586-1333
tinkled@gr-ds.com	
Ketty Chamlian	559-495-3200 ext 113
kettyc@alistarinsurance.com	
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Paulette Kizer	209-838-3348
Dpkbear@aol.com	
Mark & Regina Johnson	209-830-0591
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Sandy Morgan	209-838-1945
morgihorse@aol.com	
Stacy Anderson-Couch	949-859-6130
andersta@gateway.com	

Yearly Blood Work – How It Affects You

Many of you are now past or are coming up on your one year anniversaries of surgery. We want to take the time to tell you in depth what your yearly blood work means to you and why it is so important. The blood work tells us many things from the type of diet that you are eating to if you are taking your supplements (one general multivitamin and 1500mg of calcium every day for life) and nipping any potential problems in the bud.

Here are the major elements of the blood work that we look at in the yearly follow-up (although this is not an inclusive list, each case may vary):

Calcium & Phosphorous: the parathyroid gland and the kidneys control these. These minerals are found mostly in bone, but are also important for proper blood clotting and nerve, muscle, and cell activity. There can be some processing errors that may effect the values of these labs.

Ferritin: a protein bound complex, which is one of the forms in which iron is stored in the body. An indicator of iron deficiency anemia.

Bilirubin: a measure of liver health. Although low values are generally not significant, high bilirubin values may indicate liver disease or some other disorder, which reduces normal bile flow or produces an increase in bile itself and should be followed up with your doctor.

Blood Urea Nitrogen: (BUN) is a waste product produced in the liver and excreted by the kidneys. High values may mean the kidneys are not working as well as they should. BUN is also affected by high protein diets, strenuous exercise, or dehydration, which raise the level, and by pregnancy, which lowers it.

Creatine: another waste product that indicates how your kidneys are working. The amount present is not affected by the quantity of protein you eat. High

values, especially with high BUN levels, require medical evaluation. Low values are probably not significant.

Sodium and Chloride: the major salts in your body, regulated by the kidneys and adrenal gland. They are important for the function of nerves, muscle, and most cells.

Potassium: controlled by the kidneys and important for proper function of nerves and muscles, particularly the heart. Values outside the expected range, high or low, require medical evaluation, especially if you are taking diuretics (water pills) or heart medications (digitalis, lanoxin, etc.)

Carbon: a general indicator of lung and kidney function. Changes are frequent and need not be of concern unless they are extreme.

Total Protein: a measure of protein in the blood. Problems with nutrition, defenses against disease, bleeding and other factors will affect it.

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Your Blood Work

SGOT & SPGT: are abbreviations for enzymes, which aid various chemical activities in cells of muscle, liver, and heart. Injury to these cells releases the enzymes into the blood. Damage from alcohol, heart attack, liver disorders, and a number of related diseases are related in high values and should be evaluated by your doctor. Low values are probably not significant.

Red Blood Cells (RBC): The major function of RBC's is to transport hemoglobin, which carries oxygen from the lungs to the tissues. Blood volume tends to be greater in the average male; therefore, all red cell counts will be slightly lower for females. Red cell counts below the expected level may indicate internal bleeding or be anemia and need to be evaluated by your doctor.

Vitamin levels: Vitamins D, A, B's, C, K have many functions in the body related to the immune system, and nerve, muscle, and cell activity. Low values need to be evaluated by your doctor.

Thank You

Let's give a big round of applause to Teri Ables, our guest speaker at the Delano March group meeting for her excellent presentation regarding the way GRDS has changed her life, her business life, and her loved ones also. Great job Teri! We can't forget to also thank John, Teri's husband and great support person, for his insight and experience as the support person of a patient undergoing GRDS. Thank you so much John!

We would also like to congratulate Heidi Guio and Stacy Anderson-Couch. Heidi met us at the Wine Country Run 5K and did a great job, along with her sister and brother-in-law. Thanks for coming and joining us in such a fun day, beautiful scenery, great music, and improving our health!

Stacy did the 5K in the LA Marathon last month and continues to beat her own records! She has been a great inspiration and example of how GRDS can change your life and get you out there, more active, and feeling great!

Runs and Walks:

May 5th: Huntington Beach: Southern California Hillsea
June 9th: Long Beach: Sober, Safe & Healthy

We also want to give advanced notice of a run/walk that we would like a spectacular turnout for in Paso Robles. September 30, 2001 Sunday in Paso Robles, Downtown City Park (805)544-7200, ext 105 or mmassey@heritageoakbank.com. All money is donated back into the central coast non-profit community.

There are 10K, 5K, 1 Mile, ½ mile Runs & 2 mile walk, and a 75 yard race for the children. Cost from \$35-\$5. Let's all get out there and improve our health, have a great time, and support each other.

Recipe & tip of the Issue:

There are several new and old sugar substitutes out on the market. Here are just two that we have tried and think are worthy of any sweet tooth!

These products greatly reduce the calories and carbohydrate content when used in your favorite recipes! Remember sugar and its calories start being absorbed right from the moment they enter your mouth.

The first is Fruit Source, an all-purpose granular and fat replacer. It is all natural and is made from fruit and grains. It works best in baking and when used makes killer brownies from your favorite recipes. Your recipes might need a little adjustment but the directions for those adjustments are right on the package. It is available most readily at Whole Foods but can be found at some other health food stores. The carbohydrates are not decreased as much with Fruit Source as with the next product, however.

The latest product available is Splenda. It is easy to use also and tastes great. It doesn't have the after taste of some of the older sugar substitutes. There is a great website (www.splenda.com) with excellent recipes. Here are some facts about Splenda:

Sucralose is an Ok 'ose' though you might have heard anything ending in "ose" means sugar and should be used in moderation. Sucralose, the sweetening ingredient in Splenda, is an OK "ose". It is not recognized by the body as sugar or as a carbohydrate and has no calories. Sucralose has also been shown not to cause a rise in hemoglobin A1c (a measure of your average blood glucose level over time).

The Convenience of Sugar without the Carbohydrates.

Splenda can lower carbohydrates and calories in recipes. For example, a cup of Splenda Granular has 96 calories and 24 carbohydrates compared to the 770 calories and 192 carbs found in a

cup of sugar. Since Splenda in granular form measures and pours like sugar, you can use it like sugar in your favorite recipes.

Chocolate Cream Pie

Ingredients

¾ cup SPLENDA® Granular
3 tbsp. cornstarch
1/8 tsp. salt
1 tbsp. butter flavored granules
2 cups fat-free milk
3 oz. semi-sweet chocolate
1½ tsp. vanilla extract
1 tbsp. margarine
1 pre-baked 9" pie crust

Directions

Crust: Use a pre-made, pre-baked 9" pie crust or bake a pre-made pie crust according to its package directions.

Filling

1. Mix together SPLENDA, cornstarch, salt and butter granules in a 2 quart microwave-safe glass bowl. Slowly add milk and stir so that mixture does not clump together.
2. Microwave on high for 4 minutes.
3. Stir making sure that the clumps of cornstarch are smoothed out.
4. Microwave on high for 2 minutes.
5. Stir to smooth out cornstarch and add chocolate.
6. Microwave on high for 2 minutes.
7. Stir again and add margarine and vanilla.
8. Cover mixture with plastic wrap so that the wrap touches the surface of the filling. Let cool for 15 minutes.
9. Remove wrap and pour filling into pie shell. Cover with plastic wrap and refrigerate for 3 hours.

Nutrients Per Serving Serving Size 3oz (86g)

Calories	190	Exchange:	
Carbohydrates	23g	Starch	1.5
Sugars	9g	Fat	2
Protein	3g		
Dietary Fiber	1g		
Total Fat	10g		
Cholesterol	>2mg		
Sodium	195mg		

Before and After



Wendy Sheets before her surgery in December, 2000.

Now look at Wendy!



LA Times 5K Run/Walk



Barb, Stacy and Dawn...getting ready to race!



Dr. K's Mom was even out to cheer us on!



Stacy at the finish line!
Great Job!!!



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