



### Central Valley Bariatrics

1205 Garces Hwy Suite 303  
Delano, CA 93215

## 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  
(661) 725-4847 (800) 816-6647  
www.gr-ds.com



### Calendar of Group Meetings:

**Delano:**  
May 14 & June 11 6:00PM  
(Second Tuesday of every month)  
Delano Regional Medical Center  
Zacharias Conference Center 1401  
Garces Hwy. May's speaker is Jerry  
Turner with American Fitness Club  
speaking on benefits of exercise and  
nutrition.

**Paso Robles:**  
May 16 & June 20 6:30PM  
(Third Thursday of every month)  
Paso Robles Airport Conference Center  
facility 4000 Wing Way 2<sup>nd</sup> floor. There  
are elevators available.

**Ukiah:**  
May 3 & June 7 6:30PM  
(First Friday of every month)  
Ukiah Valley Medical Center, 275  
Hospital Dr. Contact Ruth Lorain for  
further information at [letstalk@iwon.com](mailto:letstalk@iwon.com)

**Bishop:**  
May 20 & June 17 6:30PM  
(Third Monday of every month)  
The Partridge Building, Northern Inyo  
Hospital. Contact Corrine Shuey  
Corrine at [cshue2@jcpenny.com](mailto:cshue2@jcpenny.com).

**Red Bluff:**  
May 2 & June 6 6:00PM  
(First Thursday of every month.)  
The Coyne Educational Center, 2550  
Sister Columbia Dr., Red Bluff, CA.  
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:**  
May 6 & June 3 6:30 PM  
(First Monday of every month)  
General Hospital Campus, Burre  
Conference Room, 2200 Harrison Ave  
Eureka, CA 95501. Contact Ruth Lorain

for further information at [letstalk@iwon.com](mailto:letstalk@iwon.com).

**Las Vegas:**  
May 20 & June 17 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:**  
May 23 & June 27 6:00 PM  
(Fourth Thursday of every month)  
The John Freeman Clinic, 5126 Hospital  
Road, Mariposa. We would like to give  
Pam Martinez-Darcy a big round of  
applause and a big thank you for setting  
up this group meeting. Come out and join  
us!

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vs.

### Sugar

### Which one do you want?

Product	Cost per Serving	Protein	Carbs	Sugar	Fat
Pro Blend 55	\$1.05	27 grams	44 grams	2 grams	1 gram
Carnation Instant skim milk	\$ .97	12 grams	37 grams	32 grams	3 grams
Ensure "High Protein"	\$1.49	12 grams	31 grams	19 grams	6 grams
Boost	\$1.74	10 grams	41 grams	27 grams	4 grams

Delano Surgical Group (661)725-4847

### Introductions please.....

Central Valley Bariatrics is proud and excited to introduce our newest doctor to you, Dr. Karim Zahriya. Some of you have probably already met Dr. Zahriya but for those of you who haven't or just want to know more information, here it is.



*Karim Zahriya, M.D.  
Joins Delano  
Surgical Group*

Dr. Zahriya was born in Detroit, Michigan. He moved to San Jose, California at a young age and finished his undergraduate studies there. He received a B.S. Degree in

Biochemistry, graduating with "Great Distinction" and as a "President's Scholar". He went on to earn his Masters Degree the following year. From there he went back to Detroit to attend Wayne State University School of Medicine, finishing in the top third of his class. He remained at Wayne State for his surgical residency and, upon finishing, returned to San Jose to practice. He practiced in one of the largest medical groups in the Bay Area for almost ten years until overcrowding in that area led him to look elsewhere.

Dr. Zahriya was recruited to the Delano Surgical Group where

### Patient Referral List:

*Dee Tinkle* 661-725-4847  
[tinkled@gr-ds.com](mailto:tinkled@gr-ds.com)

*Ketty Chamlian* 559-495-3200  
ext 113  
[kettyc@alistarinsurance.com](mailto:kettyc@alistarinsurance.com)

*Ken Couch* 949-859-6130

*Paulette Kizer* 209-838-3348  
[Dpkbear@aol.com](mailto:Dpkbear@aol.com)

*Mark & Regina Johnson* 209-830-0591  
[reginahj@goldrush.com](mailto:reginahj@goldrush.com)

*Stacy Anderson-Couch* 760-741-6002  
[andersta@gateway.com](mailto:andersta@gateway.com)

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he was impressed with the small town atmosphere yet high caliber surgical skills. He was most impressed by Dr. Keshishian's work in obesity and has decided to join him in his efforts.

Dr. Zahriya is Board Certified in General Surgery. He is a Fellow of the American College of Surgeons and a member of The American Society of Bariatric Surgeons.

Dr. Zahriya is married with five children ranging from 6 to 20 years of age. Besides spending time with his family, he enjoys computers, weight training, racquetball and a variety of sports.

### 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 [keshishian@gr-ds.com](mailto:keshishian@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 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!

We would also like to put together a 2003 calendar of pre and post-operative pictures of patients one year or more out from surgery. If you would like to participate in the calendar project, please forward your pictures to me via regular mail or e-mail in Jpeg format along with your surgery date and name. We will only complete the project if we have enough participation. I have only received a couple of pictures from patients.

## LACTOSE WOES

Lactose intolerance is a set of symptoms resulting from the body's inability to digest the milk sugar called lactose. Lactose is commonly found in dairy-based foods and is digested in the intestines by the enzyme lactase. The production of gas and the presence of fluid create the cramping and digestive distress that are the symptoms of lactose intolerance. Yogurt, although made from milk, is often well tolerated by people who have lactose intolerance because yogurt bacteria produce their own lactose-digesting enzyme of lactase.

If you have a strong reaction to lactose, you will have to become an avid label-reader. Look for words, such as whey, lactose, nonfat milk solids, buttermilk, malted milk,

### Recipes

#### Apple Dumplings

- 1 Unbaked pie shell
- 4 Apples
- 1 Tbsp Lemon Juice
- 3 Tbsp Sugar replacement or granulated fructose
- 1/4 tsp cinnamon
- 4 tsp butter or margarine
- 1 egg white slightly beaten

Roll our dough and cut into 4 equal pieces. Peel and core apples, sprinkle with lemon juice. Place 1 apple in center of each piece of dough.

Combine sugar replacement, cinnamon and sprinkle evenly into cavity of apples. Top each apple with 1 tsp butter. Bring ends of dough up over apple, moisten with water and seal securely. Brush with egg white and place in shallow pan. Bake at 425 degrees for 35-45 minutes or until golden brown.

#### Low Fat Dip

- 1 envelope Knorr dip mix (my current favorite is Onion Chive)
  - 2 cups plain fat free yogurt (Dannon has 12 gms protein/cup)
  - 1/2 cup low fat mayo
- Mix in a bowl and refrigerate for at least 30 min before serving.

Thank you Laurie DeLosReyes in Ojia for your wonderful recipes!

margarine, and sweet or sour cream. Some breads, dry cereals, cookies instant soups, breakfast drinks, and milk chocolate contain small amounts of lactose.

The good news is if you are lactose intolerant after surgery it is because the area in your small bowel where lactase is secreted has probably been diverted over to the bile-containing channel. In time, your intestine may adapt by producing lactase enzymes again—if not you can always take Lactaid, a lactase supplement with your food. Hard cheeses like cheddar, low fat cottage cheese and yogurt may be tolerated better. Milk and ice cream may be tolerated the least.

Remember that lactose is a milk sugar and we ask you to stay away from sugar during your weight loss period.



## EXERCISE TIP OF THE MONTH!!

Variety is the spice of life when it comes to abdominal training: **REVERSE CRUNCHES for more Solid Abs**



Do you have 5 or 10 spare minutes a day? Access to a chair, sofa, or bed to put your feet on? You can do this exercise, called the "reverse crunch," during TV commercials, right after brushing your teeth of just before you go to bed at night. It is a tried-and-true move that tightens and tones your abdominals. In a traditional crunch, you lie on your back, feet flat on the floor and curl your chest toward your hips. A reverse crunch uses the opposite action, in which you curl your hips toward your chest. Both exercises are useful. Using different positions and angles will yield faster results and help you avoid plateaus.

If a tight or stiff lower back bothers you, performing this move **correctly** can provide immediate relief, by helping your lower back muscles to relax and loosen up. When you tighten and curl the front of your torso, you are simultaneously stretching and lengthening your back.

It's easy to do reverse crunches incorrectly. To ensure a correct reverse curl, slow down and perform the move smoothly. The quality of your movement is more important than the number of repetitions you do.

- Lie on your back and rest your feet on a chair with your knees bent.
- Place your hands on a pillow beneath your head. Keep your neck long and your chin slightly tucked in. Now inhale.
- As you exhale, press your lower back to the floor and tighten your abdominal muscles.
- Keep your head and upper body on the floor as you begin to roll your tailbone and hips slightly off the floor.
- Try not to tense your buttock muscles to raise your hips. Focus on moving your hipbones toward your rib cage by squeezing only your abdominal muscles.
- Hold this contracted position for 2-3 seconds, then slowly relax your abdominals and roll your hips down to the floor. Work up to 25-50 Reps.

**REMEMBER:** use a fluid motion and to coordinate it with your breath.



### Walk/Run Events:

#### May

25<sup>th</sup> - Laguna Hills:\* Flo-Jo Memorial Half Marathon, 5K/13.1M, [www.kinaneevents.com](http://www.kinaneevents.com)

#### June

8<sup>th</sup> - Anaheim: Washington Mutual Anaheim Downtown Discovery 5K, 5K/1K (Call 714-774-9551)

9<sup>th</sup> - San Diego:\* Liberty 4Miler, 4M, [www.kinaneevents.com](http://www.kinaneevents.com)

## I Wonder...

By Misty Lerma

My body grows older middle age creeping up on me I wonder...

How can you look at me say you still want me? How can you stand to see the abuse?

My body grows larger pressing to claim more space while people stare and point making me wonder...

If I cannot stand it, how can you? If it sickens me why not you...

Is this the year this body will win the war of all wars

Or is this another year of pain and staring frustration leading to yet another dismal failure?

Unable to believe anymore that all things will work out that one day I will win this war...

Feeling helpless and alone knowing my days are not long if this war is not conquered yet not knowing how

As I enjoy my life with you, my love this fear is overwhelming as I am not winning...

Will you be sickened as I am? At the sight of me...

*January 19, 2000 before finding my wonderful Dr. Keshishian and the answers to my prayers...Misty*