



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

Central Valley Bariatrics Newsletter

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



Calendar of Group Meetings:

Delano:

October 14 & November 11 6:00 PM
(Second Tuesday of every month)
Delano Regional Medical Center
Zacharias Conference Center 1401
Garces Hwy.

Paso Robles:

October 16 & November 20 6:30 PM
(Third Thursday of every month)
Paso Robles Airport Conference Center
facility 4000 Wing Way 2nd floor.
Elevators are available.

Ukiah:

October 3 & November 7 6:00 PM
(First Friday of every month)
!New Location! 398 N. Barnes
directions on the website www.gr-
ds.com **Dr. Keshishian will be
speaking at the October and
November meetings.**

Bishop:

October 20 & November 17 6:30 PM
(Third Monday of every month)
The Partridge Building, Northern Inyo
Hospital. Contact keshishiand@gr-
ds.com for further details.

Red Bluff:

October 2 & November 6 6:00 PM
(First Thursday of every month.)
Across the parking lot from the Coyne
Educational Center in the modular
building. 2550 Sister Columbia Dr., Red
Bluff. **Dr. Keshishian will be speaking
at the October meeting.** Please contact
me at keshishiand@gr-ds.com for
details or check the calendar on our
website www.gr-ds.com.

Eureka:

October 6 & November 3 6:00 PM
(First Monday of every month)
St. Joseph Hospital Campus Modular A &
B at the entrance, 2700 Dolbeer Ave.
Eureka, CA 95501 **Dr. Keshishian will
be speaking at October meeting.**
Contact me at keshishiand@gr-ds.com for
further information.

Las Vegas:

October 20 & November 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 or keep an eye
on the website www.gr-ds.com for further
updates.

Mariposa:

Unfortunately due to the Martinez-Darcy
family moving there will no longer be a
group meeting in Mariposa after
September 25, 2003.

Sacramento:

!New Meeting!
October 3 & October 31 6:00 PM
(The Friday before San Jose)
Mercy General Hospital Campus 4001 J.
Street in the Conference Room #2 Please
contact me at keshishiand@gr-ds.com or
keep an eye on the website [www.gr-
ds.com](http://www.gr-
ds.com) for further updates.

San Jose:

October 4 & November 1 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 for additional
information.

Santee

!New Meeting!

October 10 & November 14 6:00 PM
(Second Friday of every month)
City of Santee Civic Center Building 8A
10601 Magnolia Ave. Santee, CA 92071.
Contact me at keshishiand@gr-ds.com
for additional information and/or look on
the website for further updates [www.gr-
ds.com](http://www.gr-
ds.com).

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 in Word
format. Any pictures (in Jpeg format)
you may also want to share of yourself
pre and post-op. If you do not have a
computer you can send via regular mail
a typed one-page story and your
pictures of yourself pre and post-op.
You can send the story and pictures to
me at 1205 Garces Hwy Suite #303,
Delano, CA 93215. Hope to be able to
share all your successes!

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so grateful! Thanks for your help, and THANKS for your product!"

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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	<4 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

Happy Thanksgiving!



Patient Profile

By
Bertha

Hello my name is Bertha, I had my Gastric Reduction Duodenal Switch surgery done on March 3, 2003 in Delano, CA with Dr. Keshishian. He is the greatest Doctor! I am very happy I found him to do my surgery. He has a very big heart and cares so much for his patients. I thank God everyday that he lead me to this wonderful Doctor and his wonderful staff.

My husband and I arrived in Delano on February 22, 2003 and my first appointment with Dr. Keshishian and his staff was on February 24, 2003. I have been over weight all my adult life. My weight at my first appointment with Dr. Keshishian was 323 pounds. My weight went over 300 pounds after I had my daughter. After that I would loose weight every now and then but I would always regain it back plus some.

I was very miserable being very over weight, my health was very poor. I had sleep apnea and I was diagnosed with type two diabetic. After I went over 300 pounds, I was taking all kinds of medication for my health because of being over weight.

I was always very tired. I didn't even like to get up from the couch to get the remote control. I would

call my son from all the way from his room just to get it for me from a few feet away. It was so hard to walk even just a few feet. I especially hated going anywhere public.

What I hated the most was traveling because I knew I would have to ask for a seat belt extension, and I didn't like traveling alone because then I would have to sit next to someone and take up some of their space on their seat so I always had my kids or husband travel with me. I have a job that requires traveling at least three to four times a year so this was extremely difficult.

After my surgery before going back to Alaska I had already lost 35 pounds in two weeks. I went to Columbus, Ohio for a conference with my job and I had lost 60 pounds before I left, so within two months I has lost 60 pounds. When I got back to Alaska, to my surprise, in just 10 days I had lost another 30 pounds! So by the month of June, three month after my surgery I had lost 90 pounds. I weighed myself this morning and I now weigh 218 pounds that's 105 pounds less than what I weighed when I arrived in Delano, CA. My goal is to lose another 75 pounds before I will consider a tummy tuck.

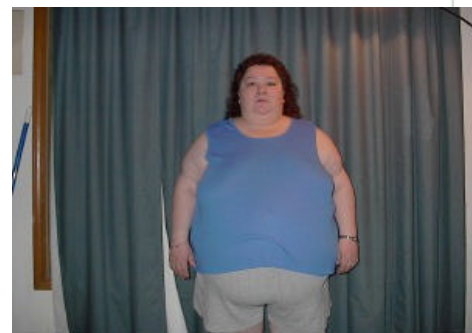
I can't even remember the last time I felt this good! It would have to be when I was a teen probably when I was about 18 years old! I have so much energy and where I'm from in Alaska, we are a subsistence community so we live off the land and sea. I've noticed that when I get any share of meat, I work on them right

away (butchering). Before I would put it off until I knew I had to butcher the meat before it went bad.

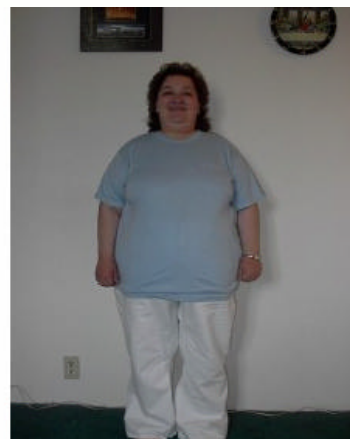
I am a native from Alaska (Eskimo) and I eat a lot of native food (Caribou, fish, sea mammals like seal, walrus and whale meat, wild geese and duck). So as you can see I eat a lot of protein. As a child I always ate a lot of protein but when I became an adult I started eating a lot of junk food and sugar. That's when I started putting on all my weight. It was not hard to give it up though. I don't miss it.

My daily diet is: Morning, I'll eat couple eggs with bacon or sausage. When I get hungry at mid morning I eat dried meat either what I made or from store like beef jerky. My lunch and supper are almost the same, but it's always meat whether it be seal, whale or walrus meat, fish or caribou. You can cook them all different ways using a little imagination.

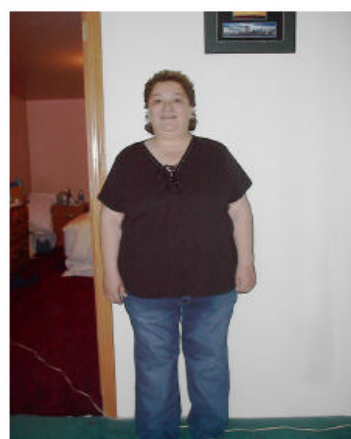
I believe because my diet is mainly protein I lost a lot of weight very fast. It's only been five months since my surgery and I've lost 105 pounds, but I feel great! I am no longer using my bi-pap machine for sleep apnea. I am not taking any medication for type two diabetics and I am very happy. I love shopping for new clothes and getting regular sizes, I was a size 46 women's pant then and now I'm size 22.



Before 3/ 2003



After 6/2003



After 2 8/2003

Topic of the Issue

Hernias

After any type of abdominal surgery there is an inherent weakness or defect in the abdominal wall due to the incision. Some weaknesses or defects can be present from birth or develop over a period of time. If the defect is large enough, abdominal contents such as the bowels, may protrude through the defect causing a lump or bulge felt by the patient. Hernias develop at certain sites which have a natural tendency to be weak; the groin, umbilicus (belly button), and previous surgical incisions.

Think of your hernia as a bulge in a tire. The outer wall of the tire is like your abdominal wall. The inner tube of the tire is like your intestines (Figure 1).

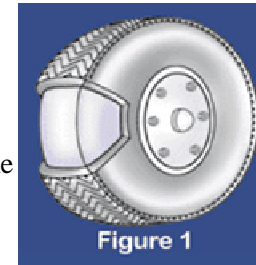


Figure 1

Most of the time the outer wall of the tire is strong enough to hold the inner tube, but if the wall weakens, a bulge may occur (Figure 2).

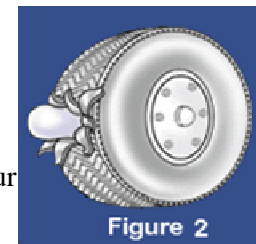
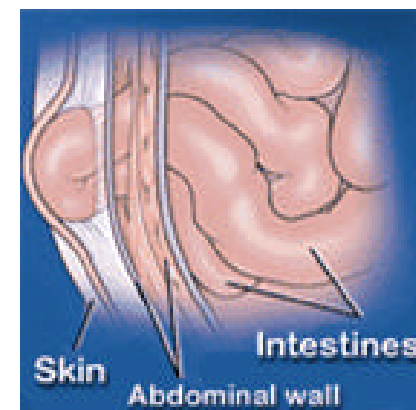


Figure 2

Just like a hernia may form in a weakness in the abdominal wall (Figure 3).



What does a hernia feel like?

A hernia can be both seen and felt. You may notice it as a lump in your abdomen or groin that may or may not disappear when you lie down. You also may be aware of a dull aching sensation that becomes more pronounced when you are active.

Will my hernia go away?

An untreated hernia will not get better on its own, although it may not get worse for months or even years. A hernia that can be easily pushed back or flattened (reducible hernia) is generally not an immediate danger to your health, although it can be painful. A non-reducible hernia, however, can become life-threatening if part of the intestine gets trapped, or strangulated, in the opening. This is also called an incarcerated hernia and in an emergency situation may require immediate surgery.



Why should hernia be repaired?

Hernias should be repaired for several reasons. Once a hernia has developed, it will tend to enlarge and cause discomfort. If a loop of bowel gets caught in the hernia, it may become obstructed or the bowels' blood supply may be cut off. This could then become a life-threatening situation. Most hernias can be repaired effectively.

Why does a hernia hurt?

The discomfort you feel - especially when you cough, lift something heavy, or stand for a long time - comes from the constant pressure of tissue pushing its way through the weakened spot in your body. As more tissue pushes through the weakened area, the feeling of pressure increases. A hernia that develops or worsens quickly can produce a sudden intense pain as it enlarges.

What can I do to feel better?

Limiting activity or eliminating excess weight may provide temporary relief. Wearing a truss or binder has also offered temporary relief. The only cure, however, is surgery. There are two reasons for hernia surgery: to correct or prevent a dangerous strangulated hernia, and to eliminate the pain that may be interfering with your normal activity. Although there are always risks and side effects associated with surgery, today's surgical techniques provide patients with treatment options that offer minimal post-operative discomfort, speedy recovery, and lasting relief.

The repair of a hernia depends on the size of the hernia. The standard method of hernia repair involves making an incision in the abdominal wall. Normal healthy tissues are cut until the area of weakness is found. This area, the hernia, is then repaired with sutures. Often a prosthetic material such as Gore-Tex® mesh, another plastic or biological material is sutured in place to strengthen the area and close the defect. Finally, the skin and other healthy tissues that were cut during the initial incision are sutured back together to complete the repair.

Walk California
www.WalkCalif.org

One of our patients was so gracious to bring me her walking club booklet. There are many walking clubs in California and around the nation that are fun to join and participate in. Walking is a great form of exercise and walking with a club can't be beat! Here are some up-coming walks.

- Oct 4 Spooner Lake, NV Laurie: 775-677-2259 email 4cznlvr@moondog.net Sierra Nevada Striders
- Oct 5 Davis Creek Park, NV Laurie: 775-677-2259 email 4cznlvr@moondog.net Sierra Nevada Striders
- Oct 11 Point Reyes National Seashore, 11 Km Walk Jim Yakas, 415-334-4279, e-mail SFBayBandits@aol.com San Francisco Bay Bandits
- Oct 11 & 12 Hemet Lake, 5 & 10 Km Walk Don Blackstone, 9181 64th Street, Riverside, CA 92509, 909-360-1682 Low Desert Roadrunners