



Central Valley Bariatrics

1205 Garces Hwy Suite 303
Delano, CA 93215

September/October, 2002

Issue 18

Central Valley Bariatrics Newsletter

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www.gr-ds.com



Calendar of Group Meetings:

Delano:

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

Paso Robles:

Sept 19 & Oct 17 6:30 PM
(Third Thursday of every month)
Paso Robles Airport Conference
Center facility 4000 Wing Way 2nd
floor. Elevators are available.

Ukiah:

Sept 6 & Oct 4 6:30 PM
(First Friday of every month)
Ukiah Valley Medical Center, 275
Hospital Dr. Dr. Keshishian will be
speaking at the October meeting.
Contact Ruth Lorain for further
information at letstalk@iwon.com.

Bishop:

Sept 16 & Oct 21 6:30 PM
(Third Monday of every month)
The Partridge Building, Northern Inyo
Hospital. Contact Corrine Shuey
Corrine at cshue2@jcpenny.com.

Red Bluff:

Sept 5 & Oct 3 6:00 PM
(First Thursday of every month.)
The Coyne Educational Center, 2550
Sister Columbia Dr., Red Bluff. A
registered dietitian from St. Elizabeth
Hospital will speak in September. Dr.
Keshishian will speak 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:

Sept 2 & Oct 7 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 the October meeting.
Contact Ruth Lorain for further
information at letstalk@iwon.com.

Las Vegas:

Sept 16 & Oct 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
or keep an eye on the website www.gr-ds.com
for further updates.

Mariposa:

Sept 26 & Oct 24 6:00 PM
(Fourth Thursday of every month)
The John Freeman Clinic, 5126
Hospital Road, Mariposa. Please
contact Pam Martinez-Darcy
darmart@sierratel.com for further
information.

Linden:

Sept 26 & Oct 24 7:00 PM
(Fourth Thursday of every month)
Lions Den Restaurant Hwy, 26
Linden, CA 95236 Contact Eileen
Brown at drgnfi95236@yahoo.com for
further information.

NEW! San Jose:

Sept 7 9:00 AM
(First Saturday of every month)
We are starting a new group meeting
at the Regional Medical Center of San
Jose in the Peppertree A Room, 225
N. Jackson, San Jose, CA. 95116.
Contact me at keshishiand@gr-ds.com
for additional information.

Calling all Post-op Patients!

Please send your stories! We would
love to hear how your lives have
changed and how things are going!
We want 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 with any pictures you have of
yourself pre and post-op (in Jpeg
format).

If you do not have a computer you
can send a typed one-page story and

Continued on page 2

Patient Referral List:

Dee Tinkle 661-725-4847
tinkled@gr-ds.com

Ketty Chamlian 559-495-3200 ext 113
kettyc@alistarinsurance.com

Ken Couch 949-859-6130

Paulette Kizer 209-838-3348
Dpkbear@aol.com

Mark & Regina Johnson 209-830-0591
reginahj@goldrush.com

Stacy Anderson-Couch 760-741-6002
andersta@gateway.com

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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

Patient Profiles

Continued from Page 1

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!

Patient Picture Calendar:

Unfortunately I only received three patient pictures for the 2003 calendar. There is not enough time at this point to do the layout of the calendar and printing to get it out in December. We will try again next year so if you are interested please remember to send me your pictures. I will put reminders in next years' newsletter. Thank you.

Patient Profile: Robert Mata

Robert's profile is short but sweet. I am sure you will be able to feel just how much his life has changed since surgery. We congratulate Robert on his new life and successes ... not to mention his lovely wife and daughter! Thank you Robert for sharing your story with us.

On December 2000, I underwent the Gastric Reduction Duodenal Switch operation. The surgery has made a huge impact on my life. The first major impact and change is that I have gone from a whopping 368 pounds to 240 pound in less than 2 years! The second wonderful change in my life was my



Robert Before

marriage to my beautiful wife Janet Trinanes. She is from Barcelona, Sorsogon in the Philippines. We started our great life together on January 13, 2001. The third change in our lives is our adorable baby girl born on December 27, 2001. Our daughter's name is Cheyenne Marie Mata and she is a joy to our lives!



Robert After

The GRDS operation not only gave me the confidence to succeed, but has improved my overall health. I have eliminated my high blood pressure, diabetes and daily insulin shots! After surgery I have gained a new outlook on life!



Walk Run Events

September

8th - *Los Angeles:* City of LA Triathlon, .9M Swim/24.8M Bike/6.1M Run, www.LATriathlon.com
Carlsbad: Terry Fox Run, 4M, www.kinaneevents.com

15th- *San Diego:* TriUmpf Classic Short Course Triathlon

21st- *Ventura:* Ocean Adventure Classic, 11M Run/22M Mt Bike/12M Kayak, www.AdventureEvents.com
Pebble Beach: Stevenson Run in the Forest, 10K/5K Run, 5K Walk, www.rlstevenson.org/omni/forest

22nd- *San Diego/Ft. Irwin:* Blackhorse/MWR Marathon/ Half-Marathon, www.11thacr-bha@irwin.army.mil
Long Beach: Long Beach Triathlon, .5M Swim/12M Bike/3M Run, www.PacificSportsLLC.com
San Diego/Carmel Valley: Shake, Rattle & Roll, 5K/1M, www.strideamerica.com
Newport Beach: Susan B. Komen Race for the Cure

29th- *Paso Robles:* Heritage Oaks Bank 10K/5K/1M/.5M Runs, 2M Walk, www.heritageoaksbank.com

October

6th - *Los Angeles:* 6th Annual Heart of the City 5K/10K R/W

10th- *San Diego/Ft. Irwin:* 5K Fun Run for Breast Cancer Awareness, Call (760)380-5799

12th- *Huntington Beach:* Running is for the Birds 10K, 5K/10K, Call (714)840-1575

13th- *San Diego:* Do The Bridge Run/Walk, 8K, www.strideamerica.com

27th- *Santa Clarita:* Run Against Hunger, 5K R/W, www.alpha.scvnet.net/foodpantry/

Drug Interactions with Herbal Remedies

Today, one of the fastest growing supplements is the herbal remedy. Experts estimate that approximately 60-70% of the population in the United States is using some form of herbal products. What is concerning about this figure is that only a small portion of the people using herbals are communicating that fact to their health care provider.

The majority of people using herbals are unaware of the potency and the interactions that herbals can have with many prescription and non-

prescription medications. There are many medications that are derived from plant or herbal products such as digitalis, morphine and several anti-cancer medications. These medications easily achieve toxic levels and have very strong effects. Plant and herbs are not necessarily harmless supplements or treatments. Patients need to be aware that there is a potential for interactions with other medications and it is imperative to let your health care providers know what type of supplements or treatments you are

taking over the counter. I will list a number of herbal products and their interactions with other medications both prescription and non-prescription. It is not an inclusive list and therefore anyone taking an herbal supplement or treatment should do research and always let your health care provider know what you are taking. There are a large number of herbal products and their interaction. Therefore, this will be a continuing topic in future newsletters.

Herbal Products	Prescription or Over-the-Counter Products	Interaction
Valerian Root	Sedatives, Flagyl, Sleeping pills	Increases effect and may cause "hung over" effect.
Ginko, Giner, Garlic, Dong Quai, Ferverfew, Huang qin, Shitake, Red Clover, Vitamin E, Chamomile, Chondroitin, Goldenseal, Bilbery fruit	Warfarin (Coumadin), low-molecular weight heparins and possibly aspirin	Increases bleeding, before having surgery patients should stop herbal products at least 10 days prior to surgery.
Chromium picolinate, Garlic, Ginseng, Psyllium seeds	Diabetic medications	May increase Hypoglycemia.
Ginseng	Digoxin	Increases possibility of toxic effects of may interfere with effectiveness of Digoxin.
	Coffee, Tea, Cola (caffeine)	Increases stimulation, tachycardia, hypertension.
	Antipsychotic meds, MAOI	Can increase headaches, insomnia, and tremors.
	Corticosteriods	May increase effects of Corticosteriods or increase its side effects.
St John's Wort & Saw Palmetto	Iron	May inhibit absorption of iron. Should be taken 2 hours before or after ingesting iron.
	Cholesterol lowering medications	Increases adverse effects of medications
	Digoxin	Decreases blood levels of digoxin by 25%, should not use together.
	Elavil	Worsens depression and decrease blood levels.
	Theophylline	Worsens signs and symptoms of asthma and decreases blood levels.
	Estrogen birth control pills	Breakthrough bleeding
	Selective Serotonin Reuptake Inhibitors	Increases serotonin syndrome, lethargy, confusion, muscle stiffness.
Green Tea	Calcium	Decreases Calcium absorption; tea should be taken 2 hours before or after Calcium.
Green Tea, Alfalfa	Warfarin (Coumadin)	Blood thinning ability of Warfarin due to the high amount of Vitamin K in herb.