

Helping you to be healthier

One pound at a time



UH GEauga MEDICAL CENTER

The Bariatric Buzz

YOU are Important!

Stop and take a moment to think about just how important you are and how many people depend on you! You devote yourself to your family, your job, even your pets; there is no other person on the planet who can fill your shoes!

There are many decisions you face each day and one of the most important is to do all you can to take care of yourself and to be healthier.

Everyday, that is the choice our patients are making and they are glad they decided to do something about their weight now. In July, we celebrated our 1st weight loss surgery birthdays with our post-surgical patients, here are just a few of their awesome and inspiring weight loss results:

A.T. Gastric bypass in July of 2007 and has lost a total of 103.7 pounds! She has met her goal!

L.M. Gastric band in July of 2007 and has lost a total of 83.7 pounds and counting!

D.J. Gastric band in December of 2007 and has lost a total of 71.7 pounds and counting!

E.S. Gastric band in November of 2007 and has lost a total of 105 pounds and counting!

D.S. Gastric bypass December of 2007 and has lost a total of 87.2 pounds and counting!

Our patients tell us that losing their excess weight through weight loss surgery has given them their lives back and they not only look great, but they feel great and are excited to be able to do things now they had a tough time doing just a few short months ago. They can play with their children and grandchildren, they can breathe easier, they have more stamina, they can exercise more and they can even tie their shoes now! Most of them are no longer on the many medications they were taking when they first walked through our doors! We are so very proud of each and every one of patients! Congratulations and thank you for letting us share in your joy!

If you are overweight, you are putting yourself at an increased risk for some serious health problems—all of which can shorten your life if ignored. There is no quick fix when it comes to long term weight loss despite the billion dollar industry that makes those promises. Weight loss surgery could be the answer you are seeking, *the tool you need*, to help you lose your excess weight, keep it off and defeat those health risks and illnesses associated with obesity. It could give you a step up in living a longer and healthier life as it has for so many of our wonderful patients.

If you can dream, you can do it! Look at today as a new beginning and make a vow to take care of yourself so you can be here for those you care about and need you; because after all, *YOU ARE IMPORTANT!*

Study results

A study in The New England Journal of Medicine showed that people who weigh themselves daily as a part of a diet and fitness plan are 82% less likely to regain lost pounds than those who don't.

Use a daily log or journal to keep track of your weight or use an on-line journal like the one at www.fitday.com.

Inside this issue:

Building healthy habits	2
Simple Salsa	2
Walking know-how	3
Gastric banding	3
Meet Elbert	4
Nutritious Facts	5
Contact us	5

“You are never too old to set another goal or to dream a new dream”

C.S. Lewis

Building healthy eating habits will last for a lifetime

Over the past 3 decades, not only have we become heavier but our portion sizes, plates and utensils have gotten bigger too! Here are some tricks you can use at home to make proper portions for your children look larger than they are:

Use your salad plate! The average U.S. salad plate is the size of a normal dinner plate in many countries. Pick bright colors and fun shapes your kids will love!



Use small utensils—such as salad forks and small teaspoons or use plastic utensils which are almost always small. Using smaller utensils leads to smaller bites. With many more smaller bites, they will feel like they are eating more and will eat more slowly.

Serve beverages like milk or juice in smaller cups or single serving containers.

Buy or make single servings of foods to snack on instead of the large bags where it is hard to control portion sizes.

It is very important to teach your child to serve themselves the correct portion sizes so they will learn to control the amount of food they take on their own. A lifelong skill they will utilize as they get older.

Proper portion sizes is only the start, it is just as important that you pick the right foods for your children. They need the proper nourishment to ensure they grow and develop into strong healthy adults. The American Diabetes Association offers the following guidelines for healthy choices:

- * Serve at least 5 servings of fruits and vegetables every day. Be sure to include a variety of colors including red, orange, green and yellow.
- * Try for 6 servings of breads, cereals and starchy vegetables. Starchy vegetables include corn, potatoes, peas and dried beans.
- * Serve 2 to 3 servings of low fat dairy products like skim or 1% milk or non fat yogurt.
- * Offer lean meats such as chicken without the skin and fish. Try to include 2 to 3 servings of fish per week and avoid fried foods.
- * Cut back on desserts and sweets. Most desserts contain a high sugar content and lack vitamins and minerals. Offer fresh fruits instead.



In a society that has busy schedules, we know it is not always possible to eat at home, so it is also important to consider options whenever eating away from home and make a plan.

Pack your child's lunch instead of purchasing school meals. Not only will you save money, but **you** can control the content and portion sizes.



When going to a restaurant, consider sharing a meal with your child. Restaurants serve gigantic portion sizes—too much for you alone! Or try splitting a meal between 2 children. There is always the option of having 1/2 of the meal boxed to take home with you for another meal at a later time.

Starting your children on a nutritious journey now, will build healthy habits to last a lifetime and healthy habits lead to longer, healthier lives!

Nice job mom and dad!

Enjoy your harvest with this Simple Salsa

Use this quick recipe to flavor all sorts of dishes from meats (bake your chicken breasts in it) to multi-ingredient Mexican entrees (like taco salad, taco's, enchiladas and quesadillas). Here is your Ingredient list:

- | | | |
|----------------------------------|--|---------------------------------|
| 2 Large, ripe tomatoes | 1/4 C mild or sweet onion | 1 1/2 TB chopped fresh cilantro |
| 3 TB canned, diced green chilies | 1 clove garlic, pressed or minced OR 1/4 tsp garlic powder | |
| 2 tsp distilled white vinegar | 1/8 tsp salt & freshly ground pepper to taste | |

Dice the tomatoes, onion and cilantro into chunks and put them in a blender or small food processor. Add the chilies, vinegar, salt, garlic or powder and pepper and pulse briefly to blend. Pour into serving bowl. Serve with reduced-fat tortilla chips. Cover and keep in refrigerator until needed. This recipe will yield 10 servings 1/4 cup each (2 1/2 cups).

Nutritional Information: Per 1/4 cup serving: 15 calories, 0.6 g protein, 3.5 g carbohydrate, 0.2 g fat (0 g saturated fat), 1 g fiber, 0 mg cholesterol, 50 mg sodium. Calories from fat: 8%

Walking know-how

Walking is something you learned how to do as a baby, but I bet your mother never told you just how good it is for you! Here is some food for thought!

Walking at a moderate pace for 30 to 60 minutes not only burns stored fat, but also can build muscle and is associated with cutting your risk of heart disease, breast and colon cancer, diabetes and stroke.

You will burn more calories per mile walked at a low speed because you are basically starting and stopping with each step you take, however, you use more muscle groups with arm motion at higher walking speeds. It's all good!

Eating a candy bar equals 3 to 5 miles worth of walking to burn it off! Imagine how much for a Big Mac! Eat to live!

Start a good habit and walk at least 5 days a week. A good beginners schedule is to walk 15 minutes a day at an easy pace for the 1st week. Every week keep adding 5 minutes of walking per day for the next 3 weeks. Your goal should be 125 to 150 minutes a week by the end of week 4.

Pick the right shoe! Not all shoes are made for walking—a poor shoe can cause injuries such as pulled muscles, knee problems and plantar fasciitis.

Proper walking shoes should be lightweight and flexible so your foot rolls through the step and have a flat not flared heel. They should also be replaced every 500 miles because the cushioning and support degrades.

Your walking shoe should be a size larger than your dress shoe because your feet swell when you walk for any length of time.



Walking is free and benefits you in so many ways. Try to get in 10,000 steps per day (2,000 steps is equal to about a mile). Use your pedometer to keep track and always take at least 1 more step from the previous day. Get out there and enjoy the beauty of our Ohio Autumn!

Gastric banding; a surgical option

It is a proven fact that obesity in America affects an alarming number of the adult population; about 97 million and counting. We spend billions and billions of dollars in health care costs for the treatment of obesity and its related illnesses every year. With every pound we gain, we are literally shortening our lives and putting ourselves at an increased risk for hypertension, high cholesterol, type 2 diabetes, stroke, gallbladder disease, coronary artery disease, osteoarthritis, sleep apnea and respiratory problems, as well as, endometrial, breast, prostate and colon cancers. We, as a nation, have tried everything imaginable to lose weight and we do—*short term*.

Weight loss surgery can help you to drop those excess pounds and keep them off and we are talking **proven long-term results!** No doubt you have seen the commercials or heard the ads for gastric banding, also referred to as the Lap-Band® System, which is just one of the surgical options available. If you have a BMI (body mass index) greater than 40 or a BMI of 35 to 40 with a weight related comorbidity, are between the ages of 18 and 60 years of age and have tried and failed other weight loss attempts, you are within the guidelines set by the National Institutes of Health to be a candidate for weight loss surgery.

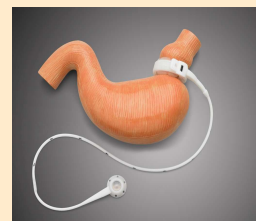
The Lap-Band® is gaining popularity world over for a surgical option that offers results without the risks and complications of the more invasive gastric bypass surgery. The Lap-Band® was not approved in the United States until 2001, however, it has been used successfully in Europe for more than a decade and is currently the most common restrictive bariatric surgery with more than 300,000 placed. Gastric banding works by reducing the amount of food your stomach can hold; it is a restrictive only procedure. With this system, there is no surgical division of your stomach or re-routing of your intestines. Your stomach is normally about the size of a football, with the Lap-Band® placed around the top portion of your stomach, a small pouch about the size of a ping-pong ball is created. You are full with smaller meals and smaller meals mean less calories consumed! If you have trouble with portion control, this could be the answer you *need*.

In most instances, this procedure usually takes about an hour and can be done with tiny incisions (laparoscopically), which means less scarring and quicker recovery time. Usually our patients are ready to go home after an overnight stay in the hospital and are back to work in 7 to 10 days.

Many comorbidities, as those mentioned above, are greatly improved or completely resolved within a short amount of time post operatively and the Lap-Band® system is not associated with the nutritional deficiencies or other related complications that may be seen in other bariatric surgeries. You can learn more about bariatric surgery, including the gastric band, at any of our free Patient Educational Seminars (dates and times shown on last page) or you can visit www.lapband.com for more information.

Benefits of Gastric Banding:

- Less invasive & minimal scarring**
- Short hospital stay**
- Quick recovery time**
- Fewer risks & side effects**
- Adjustable**
- Can be removed if needed**



Meet Elbert

When 48 year old Elbert first came into our program, he was 400.7 lbs and suffered from an assortment of comorbidities including type 2 diabetes, multiple joint pain, sleep apnea, and hypertension. Elbert was taking 9 medications every day and using a CPAP for his sleep apnea every night. At 5'10", Elbert had a body mass index (BMI) of 57.4. In November of 2007, Elbert had the Lap Band procedure here at UH Geauga Medical Center. This is his story:



Before: Elbert at 400+

“I had lap band surgery in November of 2007. I originally weighed 405 pounds. It is now May of 2008, and I weigh 315, and counting. My energy level is much better, and I have decreased some of my medication. I am able to breathe better and am able to do things that I had begun to feel were a great effort before my surgery and weight loss. I am exercising more because I feel able to do so. I feel more involved with my family, because I feel more like doing things with them, and am able to enjoy things I had begun to dread due to my health.

I decided to have the surgery because of knee pain. I was too heavy to have my knees done and have them be successful. Because of my knee pain, I had gained more weight because it was painful to walk or exercise. It truly was a vicious cycle. Now that I am losing the weight, I can plan to have my knees done.

The staff at Geauga Medical Center has been great. Dr. Khaitan and her team, Ada, Cyndee and Roxanne have been there for me all the way. They have educated me well to help make me successful, helped with the insurance process to get me certified and answered all my questions.

During and after the surgery everyone was helpful and encouraging. The nursing staff during my hospital stay was wonderful, patient and caring. The floor I was on was beautiful, clean and pleasant. The surgical staff helped make me comfortable before and after surgery until I went to the nursing floor. The hardest part for me was to actually decide to have the surgery, as I had never had surgery and was very apprehensive, bordering on afraid to have surgery. The educa-

tion I received throughout the whole process helped alleviate my fears and understand the process. I am so glad I had the surgery. I feel it has improved my quality of life, and I am doing better all the time. It was a wise decision. My recovery seemed to go faster than I had imagined it would. I was up and moving the same day, and home the day after.

Very important to my success has been my support system. My family, friends, and coworkers have encouraged and celebrated with me throughout. And it has been nice to buy lots of new clothes. Each size I drop encourages me more. It has been a life style change for the better. I no longer have to shop at King Size and Big and Tall.

If you are thinking you want to make some positive changes in your life concerning weight loss, and think you have tried everything, and felt like a failure, consider this surgery. I had tried every plan out there and had been unsuccessful. I do not and have not felt hungry like I did with the other attempts at weight loss. This is working for me, and helping me to improve my health.

Best wishes to you as you begin your adventure to a healthier life also.”

Today Elbert weighs 300 pounds and counting! He has lost 105 pounds so far and his BMI is down to 43! He states that his feet no longer hurt, his ankles are no longer swollen and it is much easier to get around. He has had his CPAP adjusted to a lower setting and as far as his medications are concerned; he has had the dosages decreased on some and some he no longer needs at all! He is making remarkable progress!

Thank you for sharing your story with us Elbert, we are encouraged by your commitment and rejoice in your success! Keep up the good work! We are very proud of you!



Elbert now 100 lbs less!

Bariatric Department
13207 Ravenna Road
Chardon, Ohio 44024

Reaching us is easy!

Bariatric office direct lines:

Roxanne (440) 285-6469

Ada (440) 285-6475

By fax: (440) 285-6566

By e-mail:

roxanne.erdman@uhhospitals.org

ada.haines@uhhospitals.org

Resource Center

www.bariatrics4diabetes.com www.lapband.com
www.obesityhelp.com www.obesityaction.org

*Weight loss surgery, when combined with proper nutrition and exercise, is **the** proven way to lose weight and keep it off. The Bariatric department at UH Geauga Medical Center is here to help you with the tools you need to conquer your health risks and defeat the illnesses associated with obesity including the dedication and support you need to succeed!. Just ask our patients! They are making astonishing progress in our comprehensive weight loss program! They made the commitment to do something to take care of themselves and you can too! Call today to reserve your seat and learn more about our program. You are invited to attend one of our free educational seminars...why wait? Lets get started today on the road to a longer life and a healthier you!*

Upcoming Seminar dates:

September 4, 2008 at 10 am, September 18, 2008 at 5:30 pm

October 2, 2008 at 10 am October 16, 2008 at 5:30 pm

November 6, 2008 at 10 am November 20, 2008 at 5:30 pm

December 11, 2008 at 10 am



Nutritious Fun Facts

Popcorn is a gluten-free ancient whole grain that is 5,600 years old! Air popped popcorn is a good choice for a healthy snack.

Wild rice has higher protein, iron, fiber and B vitamins than brown or white rice.

3 tsp or 1 T of any oil is equal to 14 g fat

1 T of peanut butter = 2tsp of oil

1 T mayonnaise = 2 1/2 tsp of oil

8 olives = 1 tsp oil

Very lean meats such as white no-skin poultry and fish including cod, halibut, flounder, haddock, trout or tuna in water has 0-1 g fat per ounce and is a good

source of protein.

Substitute water for 1 regular soda a day for 1 year and you will cut out 127 cups of sugar and 91, 250 calories!

Switch from regular OJ to a lighter version and save up to 5 pounds in calorie consumption in a year!

Trade your sweet tea for a cup of black or green tea and you could lose about 15 pounds a year!

Substitute your fat free yogurt for fat-free light and shed about 10 pounds a year!

Use broth to sauté instead of butter and save 104 calories per TBS!

High fructose corn syrup (a man made sugar) is in 70% of all pre-packaged foods! In 1970, the annual consumption of HFCS was only 1/2 lb per person. Today its 62.4 pounds per person according to the USDA! Avoid processed foods whenever possible and read those labels!



5,600 years old!