



A Healthier You

A publication for those interested in Vista Health's Weight Loss Surgery Program • Volume 1, Issue 2 • Fall 2005



COORDINATOR'S MESSAGE

June Zaragoza, MPH, RD, LD

The LAP-BANDS® have arrived! Vista Health's Weight Loss Surgery Program now offers the LAP-BAND surgery. What is LAP-BAND surgery? The LAP-BAND is a purely restrictive procedure that involves "cinching" off the top of the stomach to form a small (approximately two-ounce) pouch. Patients then feel full on small amounts of food. The small intestines are not rerouted so, unlike bypass surgery, there is no impaired absorption of nutrients (malabsorption). That means the recommended vitamin/mineral supplementation is much less and no dumping syndrome develops (when concentrated sweets or other foods cause diarrhea, nausea and weakness).

The LAP-BAND can be inserted laparoscopically, so the surgery is minimally invasive with less surgical risk. There is no cutting or stapling of the stomach wall or bowel. Only small incisions are made with minimal scarring. The hospital stay is usually one night and patients can return to work more quickly than after the bypass surgery.

How does it differ from the bypass surgery? Weight loss is much slower, about 1-3 lbs/week. However, unlike the bypass, the band can be adjusted and weight loss can continue indefinitely. The band can be loosened for pregnancy or during illness and then tightened again when weight loss can continue.

Which procedure is right for you? Discuss the differences with your doctor. If quicker weight loss is needed or diabetes is a primary concern, the gastric bypass may be the preferred procedure. The criteria are the same for either operation: the need to lose at least 80-100 lbs. with one or more obesity-related diseases, inability to lose weight in more traditional ways, and a commitment to changing eating and exercise habits to support weight loss. If you have any questions, please call **847-360-2439** or email जारagoza@vistahealth.com.

ABOUT THE PROGRAM

Those who feel out of control with their weight and eating often feel hopeless and depressed. Weight loss surgery effectively helps you lose weight and increase your feelings of hope. It can give you an ability to be in control of your life in a way you may never have felt before. Let us help you improve high blood pressure, diabetes, sleep apnea, arthritis and back pain. Our patients tell us they want to be able to get down on the floor to play with their kids or grandkids, fit into that seat at Great America, and sit in a plane without a seat belt extender. Our hospital-based surgical weight loss program and multidisciplinary team can help you do this.

Patients enter into the program either through referral by their primary care physician or self-referral. All patients must go through a thorough evaluation including nutritional counseling, psychological evaluation and exercise assessment.

EDUCATION AND SUPPORT

Free monthly informational seminars are open to the public and are provided the second Monday of every month at **Victory Memorial Hospital** (Waukegan). These sessions are presented by independent, board-certified surgeons Dr. Aaron Siegel and Dr. Laurence Gibson, who perform weight loss surgery procedures:

- Provide information on the procedures available
- Review criteria necessary for the procedure to be considered
- Explain necessary lifestyle changes to achieve success

Our next seminars:

- Monday, December 12 • 7 p.m.
- Monday, January 9 • 7 p.m.
- Monday, February 13 • 7 p.m.

Call **1-800-843-2464** to register.

A **support group** is available at Victory Memorial Hospital and is an integral part of aftercare for individuals who undergo either weight loss surgery procedure. Support groups also provide a way for those considering surgery to gain information, learn about the required lifestyle changes, and form a support network. We meet at

(more →)



Visit our web site at www.vistaweightlossurgery.com

VICTORY MEMORIAL HOSPITAL • 1324 NORTH SHERIDAN ROAD • WAUKEGAN, ILLINOIS • **1-800-843-2464**

Victory Hospital on the third Wednesday of every month in the Same Day Surgery Conference Room. Upcoming dates are:

- Wednesday, December 21
- Wednesday, January 18
- Wednesday, February 15

Those physically challenged and/or in need of an ASL interpreter may contact us up to one week before a community program to determine how we can facilitate their attendance. Tenemos disponibles los servicios de traducción al Español.

FREQUENTLY ASKED QUESTIONS

• With all the protein I eat will constipation be a problem?

Constipation can be a problem after weight loss surgery. Recommended fiber amounts are normally 20-35 gms/day, but with a smaller stomach and high protein intake, that may be hard to do. Whole-grain breads and cereals, grains, fruits, and vegetables contribute the most fiber. Try to include beans, which include both protein and fiber a couple of times a week. Also bran cereals (insoluble fiber) or oatmeal (soluble fiber) may do the trick. Vegetables and fruits with meals add additional fiber as well. Increase your fiber intake slowly to avoid gas, cramps, bloating, and diarrhea. And finally don't forget to keep your fluid intake up, at least 6-8 cups/day.

If you would like to try a fiber supplement use one which contains soluble fiber. Avoid non-soluble fiber products because they may cause blockage.

Fiber Content of Some Foods

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>FIBER CONTENT</u>
Bread, Cereal, and Starches		
Whole-wheat bread	1 slice	2 gms
Bran muffin	1 medium	2-4 gms
Bran cereal	1 ounce	5-13 gms
Cooked beans	1/2 cup	4-6 gms
Oatmeal, cooked	1/2 cup	2 gms
Fruits and Vegetables		
Apple	1 medium	3.7 gms
Banana	1 medium	2.7 gms
Broccoli	1/2 cup	3 gms
Carrots	1/2 cup	2.8 gms
Cauliflower	1/2 cup	1.1 gms
Lettuce	1 cup	1.7 gms
Peach	1 medium	2.3 gms
Pear	1 medium	4.2 gms
Prunes	3	4 gms
Nuts		
Almonds	1/4 cup	2.3 gms
Peanuts	1/4 cup	2.5 gms

PRODUCT UPDATE:

SmartForme™ High Protein Supplements

SmartForme™ products include a variety of high protein citrus juices, shakes, and soups. Citrus drink packets are mixed with 8 ounces of cold water and contain 15 gms protein/serving. Listed flavors are wildberry passion, pineapple orange, peach mango, grape, and lemon.

Three hot drinks also provide 15 gms/protein per serving: Irish Cream, Cappuccino, and Hot Chocolate. All are low fat, have 5 gms

of carbohydrate or less, are sweetened with aspartame, and contain approximately 300 mg sodium. Both unflavored and vanilla whey supplement powders are also available, providing 18 gm protein/serving with no fat and only 1 gm carbohydrate. They give you 10% of your calcium needs and are sweetened with sucralose.

Three soups again provide 15 gm protein/serving, with low fat and carbohydrate, and approximately 500 mg sodium. Flavors are chicken noodle, cream of chicken, and cream of tomato. They are to be mixed with 6 ounces of hot water.

Sample packets and practitioner codes are available at Vista's support group meetings. You can order these and other products by calling a toll-free number (877-895-3511) or visiting the website at www.smartforme.com. You must include Vista's practitioner code.

BEGINNING EXERCISE

by Stacey VanZeyl, MS, ATC

When beginning any exercise program, you always want to start slowly increasing your time towards a goal of at least 30 minutes 3 times a week. There are 3 basic components of any exercise routine.

- **Frequency** (*how often you exercise*) - Goal should be 3-4x/week.
- **Intensity** (*how hard you exercise*) - There are 2 ways of measuring:
 1. **Walk and Talk Test** – you should be able to walk and still talk to the person next to you without gasping for breath. If you are out of breath, slow down.
 2. **Target Heart Rate** – This is the heart rate (usually 60-70% of your maximum heart rate) that you want to achieve, but not exceed, during exercise. Find your pulse on your wrist and count how many times it beats over 10 seconds then multiply that number by 6 to get your heart rate. You should take your heart rate half way through each exercise session to see if you are reaching your target or if you may be over your target.

<u>AGE</u>	<u>MAXIMUM HEART RATE</u>	<u>TARGET HR 70%</u>
25	195	137
30	190	133
35	185	130
40	180	126
45	175	122
50	170	119
55	165	115
60	160	112
65	155	109

- **Time** (*how long you exercise for*) - Should be at least 30 minutes of aerobics.

Another component to look at with exercise is the Mode or what type of exercise you are doing. Walking is the easiest and one of the best ways to lose weight because you carry your own body weight. However you should also incorporate other types of exercise such as swimming, bicycling, rowing and weights in order to use a wide range of muscles. Most importantly, you should make exercise a consistent part of your lifestyle. Exercise with friends, a spouse or your children. ■