



A Healthier You

A publication for those interested in Vista Health System's Weight Loss Surgery Program • Volume 2, Issue 4 • Fall 2006



VISTA HEALTH SYSTEM REACHES WEIGHT LOSS SURGERY MILESTONE

by June Zaragoza, MPH, RD, LD

This fall the Vista Health System's Weight Loss Surgery Program reached a milestone when we operated on our 60th patient. For your interest, we have done 34 gastric bypass (57%) and 26 LAP-BAND® operations (43%). Within the next couple of months we expect over 50% of our surgeries will have been LAP-BANDS. The vast majority of our patients have been female (88%) and the average age for women is 38, ranging from 22-65 years old. The average age for our men is 51, with a range of 31-62. Studies show that while bypass patients lose weight more quickly, by the end of the third year both LAP-BAND and bypass patients have lost the same amount of weight. Of course this assumes that you continue to work on staying active and eating healthy low fat foods.

In this issue of the newsletter Stacey Van Zeyl, our exercise physiologist, continues to list excuses given not to exercise and tries to talk us out of them. Also check out the article about Vitamin D, an important nutrient for bone and teeth health that can be low even in non-weight loss surgery patients. And finally see the update about a new chewable calcium/Vitamin D supplement.

Good luck during these stressful holiday times. Food is everywhere! Keep coming to support group, make friends on on-line bariatric support groups, and call each other for help when needed. Hope to see you all in the New Year.

VISTA'S WEIGHT LOSS SURGERY 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 multi-disciplinary team can help you do this.

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

FREE SEMINARS AND SUPPORT

Free monthly informational seminars are open to the public and are provided the second Monday of every month at **Vista Medical Center East** (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, January 8 • 7 p.m.
- Monday, February 12 • 7 p.m.
- Monday, March 12 • 7 p.m.
- Monday, April 9 • 7 p.m.

Call **847-360-4246** to register.

(more →)



Visit our web site at www.vistaweightlossurgery.com

VISTA MEDICAL CENTER EAST • 1324 NORTH SHERIDAN ROAD • WAUKEGAN, ILLINOIS • 1-800-843-2464

A **support group** is available at Vista Medical Center East 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 Vista Medical Center East on the third Wednesday of every month in the Same Day Surgery Conference Room. Upcoming dates are:

- Wednesday, January 17 • 7 p.m.
- Wednesday, February 21 • 7 p.m.
- Wednesday, March 21 • 7 p.m.

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.

EXCUSES, EXCUSES!!

by Stacey Van Zeyl, MS, ATC

Here are more of the excuses used not to exercise written by a successful weight loss surgery patient and Certified Personal Fitness Trainer Tammy Bartz. These were published in the Bariatric Support Centers eNewsletter. This list was started in our last issue and we'll add more in the next newsletter.

4. **Money:** While gym memberships and home gym equipment may add variety to your exercise routine, there are many exercises that can be done without equipment or going to a gym. Some good examples include squats, push-ups, lunges, crunches and dips. You can also use water bottles or soup cans for bicep curls and any other exercises you want added resistance for. Your cardio can easily be going for a brisk walk in your neighborhood or at a nearby track. If you have a set of stairs in or around your home you can climb up and down them for an excellent cardio workout while toning your legs and back side.

It's easy to find inexpensive products, videos, and books to help you workout at home or on the go. For example, a fitness ball, or resistance band and guide can be under \$10 each. You can rent fitness videos or DVDs from your local rental store for under \$5, or you can borrow them from your local library for \$0. Check your local yard sales or thrift stores for gently used equipment at a fraction of the original price. Every little step counts so park in the farthest parking space rather than the closest to the door. Take the stairs at every opportunity. With some creativity, it's possible to get a full head-to-toe workout and not pay an arm and a leg.

5. **Priority:** Put exercise on your "to do" list and remember that awareness may be what's keeping you from your goal to exercise. If you are still waiting to "find time" to exercise it's never going to happen. Pull out your planner and "make time" to exercise today, tomorrow and for the rest of your life. Treat this appointment as if it were any other important

appointment on your calendar, don't be late, and don't cancel! When you have a problem "committing" to yourself, invite someone to meet you. Most likely you won't want to disappoint someone else.

VITAMIN D: THE SUNSHINE VITAMIN

Vitamin D promotes the body's absorption of calcium and phosphorous and is extremely important for helping to deposit these nutrients in your bones and teeth. Mostly we hear about getting more calcium in the diet, particularly after the gastric bypass because calcium is not absorbed as well as surgery. However, sometimes a lack of Vitamin D is the problem, not calcium.

A main source of Vitamin D in this country is fortified milk. Because milk now contains Vitamin D very few children in this country suffer from rickets or a Vitamin D deficiency. However, later in adult patients it can be a problem again. The highest food source is canned salmon because of the bones. We also make Vitamin D after exposing our skin to sunlight when not wearing sunscreen. It takes 20-40 minutes three times a week to make enough Vitamin D, with darker skins needing three-six times more exposure. In northern climates few people get that exposure in the winter months.

It is recommended that gastric bypass patients take 1200-1500 mg calcium citrate along with 800 IU of Vitamin D every day. This is to reduce the risk of osteoporosis and any softening or reduction in bone mass. This is particularly needed in younger gastric bypass patients who will live with malabsorption of calcium much longer. LAP-BAND patients may need to supplement their intake with 600-12000 mg of calcium if their dietary intake is low.

Sources: Nutritional Management of Patients after Bariatric Surgery, *The American Journal of the Medical Sciences*, April 2006, Volume 331, Number 4.

ADA Complete Food and Nutrition Guide, Roberta Duyff, MS, RD, John Wiley & Sons, 2002, Hoboken, New Jersey.

DIETARY SUPPLEMENT UPDATE

Check out Citracal's "Creamy Bites", a chewable calcium citrate and Vitamin D supplement. It comes in chocolate, lemon cream, and caramel flavors. It also has some calories (35) from carbohydrate and fat, so taking the recommended dosage (2 chews) would contribute 70 calories/day, like a fruit serving (www.citracal.com). Chewable calcium with Vitamin D is particularly important the first month after surgery. Bariatric Advantage (www.bariatricadvantage) also sells a chewable calcium and Vitamin D lozenge in cinnamon, chocolate or mint flavors. It has about half the calories, but only a quarter of the Vitamin D as Citracal. Both supplements cost more than the traditional calcium citrate and Vitamin D pill that you swallow. The regular pills have 23% more calcium and twice the Vitamin D than the Creamy Bites. ■