



Healthier You

A publication for those interested in Vista Health System's Weight Loss Surgery Program • Volume 3, Issue 3 • Fall 2007



NEW STUDIES SHOW WEIGHT LOSS SURGERY PROLONGS LIVES

by June Zaragoza, MPH, RD, LD

The number of people having weight loss surgery continues to grow. 177,600 people had the surgery in 2006, according to the American Society of Metabolic and Bariatric Surgery. Two recent studies published in the *New England Journal of Medicine* (August 23, 2007) give further proof that the surgery prolongs lives. The first study from Sweden looked at over 2,000 people who had the surgery 10 years ago. Weight loss surgery reduced deaths by 29%, compared to patients who tried conventional diets and lost less weight. Another study from the University of Utah School of Medicine looked at the death rates of roughly 8,000 people who had the gastric bypass surgery 7 years previously. The researchers reported a 40% overall reduction in deaths among surgery patients compared to patients who did not have the surgery and were of similar sex, age, and weight. Deaths from diabetes decreased 92%, from cardiovascular disease 56%, and from cancer 60%. The large reduction in cancer deaths was unexpected, and the research team will further investigate this finding.

December marks our two-year anniversary for performing LAP-BAND® in addition to the gastric bypass operations. See Margaret Parks' story on the next page and read how well she has done since her surgery (also reprinted at our Website www.vistaweightlossurgery.com along with other stories). A landmark research study in *Obesity Surgery* (August, 2006) showed that while gastric bypass patients had lost more weight than LAP-BAND patients at 2 years, by 3 years both groups had lost the same amount.

We are also happy to announce a new support group at our Lindenhurst facility, led by our exercise physiologist Stacey VanZeyl. The group will meet every other month beginning in February. (See information at right.)

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 (www.lakecountysurgeons.com), who perform weight loss surgery procedures:

- Provide information on both gastric bypass and LAP-BAND® procedures
- Review criteria necessary for surgery to be considered
- Explain necessary lifestyle changes to achieve success

Our next seminars:

- **Monday, January 14th, 7 pm**
- **Monday, February 11th, 7 pm**
- **Monday, March 10th, 7 pm**

Call 847-360-4246 to register.

Support groups are available at Vista Medical Center East in Waukegan and at the Vista Surgery Center in Lindenhurst. These are an integral part of aftercare for individuals who undergo weight loss surgery and also provide a way for those considering surgery to gain information, learn about the required lifestyle changes, and form a support network.

Our next support group meetings:

*7 pm, Vista Medical Center East
Same Day Surgery Conf. Rm.
1324 N. Sheridan Rd., Waukegan*

- **Wednesday, December 19th**
- **Wednesday, January 16th**
- **Wednesday, February 20th**
- **Wednesday, March 19th**

*7 pm, Vista Surgery Center
Community Room
1050 Red Oak Ln., Lindenhurst*

- **Monday, February 11th**
- **Monday, April 14th**
- **Monday, June 9th**

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.

(more ►)



Visit our web site at www.vistaweightlossurgery.com

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

THE RELATIONSHIP BETWEEN INSOMNIA AND OBESITY

Do people who get less sleep weigh more? A small study done at the University of Chicago three years ago showed that lack of sleep disrupted two hormones associated with appetite. Tests subjects, young healthy male college students, were only allowed to sleep 4 rather than 8 hours. The researchers found that leptin, a hormone that reduces appetite, decreased by 18 percent, while ghrelin, the hormone that increases appetite, rose by 28 percent. The college students reported craving high carbohydrate foods, with a 24 percent increase in appetite for candy, cookies, chips, nuts and starch foods such as bread and pasta. Further blood tests showed difficulty using the hormone insulin that regulates blood sugar. Also noticed was an increased production of cortisol, a hormone that is associated with increased belly fat. The conclusion reached was that sleep deprivation increased appetite, leading to overeating and weight gain. The study was too small, however, to “prove” its hypothesis.

A related study from April 2005 in the journal *Cell Metabolism*, found the possible link between insomnia and obesity. Certain nerve cells in the brain can be over-activated by environmental or mental stress in everyday situations. These cells cause a sustained arousal, leading to sleeplessness and then overeating. The suggestion from this study was to work on reducing stress, thereby interrupting the cycle.

Both these studies don't prove that that poor sleep “causes” obesity, but at the very least getting a good night's sleep (and stress reduction) should be part of a program along with exercise and watching how you eat if you want to lose weight.

The National Sleep Foundation (www.sleepfoundation.org) makes ten suggestions to improve sleep:

1. Maintain a regular bed and wake time schedule including weekends.
2. Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
3. Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
4. Sleep on a comfortable mattress and pillows.
5. Use your bedroom only for sleep and sex.
6. Finish eating at least 2-3 hours before your regular bedtime.
7. Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
8. Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
9. Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
10. Avoid alcohol close to bedtime.

MARGARET PARKS: THE LAP-BAND® IS PART OF MY LIFE NOW

by June Zaragoza, MPH, RD, LD



LAP-BAND® surgery has improved Margaret Parks' life, both physically and mentally. She has lost 90 lbs. in just over 13 months.

For Margaret Parks the basic issues were being able to move around, walk and breathe, all health issues. Being overweight also took a toll on her mentally. Though not at her highest weight when she considered having the surgery (she was up to 400 lbs at one point), her back and knees were killing her.

Margaret has been battling weight since age 14. She said, “I tried diets, diet pills, everything with the exception of surgery. I got so tired. My blood pressure kept going higher all the time and my back was hurting me all day. The weight would still come back on even when I ate healthy.” One day at the hospital she picked up one of the pamphlets and learned about Vista's program. She felt it was meant for her see it.

She was scared of the bypass, so chose the LAP-BAND® because if she had a bad reaction it could be reversed. Losing weight with the LAP-BAND was more of a long-term thing. She knew a lifestyle change was required and she was ready for it. She's had 5-6 LAP-BAND adjustments over the last year. Now, having lost over 90 lbs in a little over 13 months she doesn't have the pain in her knees and her back pain is better. She still takes her blood pressure pills, but her pressure is never too high now. And mentally she is improved 100% percent. Her job involves lots of physical activity. Now, she climbs ladders and before she would never have been able to do it. She states, “It's improved everything in my life. I would recommend it for someone who has tried other avenues. In the beginning it's hard changing how you eat and what you eat. You need to give it a lot of thought. If you're willing to do it, it's appropriate. It takes more than just the band, it takes the person.” She values everything she eats, not wasting her calories on junk food. And finally she is happy to state, “Everything is going as good as I hoped it would.” ■

VISTA'S WEIGHT LOSS SURGERY PROGRAM

Our hospital-based surgical weight loss program and multidisciplinary team can help you improve high blood pressure, diabetes, sleep apnea, arthritis and back pain. For more information, visit our website at www.vistaweightlosssurgery.com.