A Healthier You

A publication for those interested in Vista Health System's Weight Loss Surgery Program • **Volume 4, Issue 1 • Spring/Summer 2008**

Coordinator's Message: Changing with the Seasons

by June Zaragoza, MPH, RD, LD

As spring turns to summer it prompts us all to go outside and get more active, walking, biking, and playing golf, softball, or tennis. See the article on the next page about the lessons learned from the show "The Biggest Loser" about exercising and making lifestyle changes. Research shows that the most important factor in keeping weight off is maintaining a consistent exercise program. Using the tool of weight loss surgery to shed pounds, you can be the "exercise" person you never thought possible.

See Pateisha's story on the next page as an example of someone who went from hiding in her bedroom with her food to riding a bike to go to the store. This so startled a friend who saw her on the street that she called Pateisha's mother to report it!

Visit our website at www.vistaweightlosssurgery.com to see a calendar of upcoming events at our support groups both in Waukegan and Lindenhurst. Dr. Summerville, Director of Vista's Orthopedic & Joint Center, will be speaking to the Waukegan support group on June 18th about the effect of obesity on joints and joint replacements when needed. Also we will have a recipe swap with samples in both support groups in August on the 11th in Lindenhurst and the 20th in Waukegan. We are looking forward in the fall to our first fashion show! Come join us to see your fellow patients, learn more about what life is like after weight loss surgery, and even have some fun.

Visit www.vistaweightlosssurgery.com for more information and testimonials from our weight loss surgery "losers".

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, June 9th, 7 pm, Waukegan**
- **Monday, July 14th, 7 pm, Lindenhurst**
- **Monday, August 11th, 7 pm, Waukegan**
- **Monday, September 8th, 7 pm, Lindenhurst**

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, June 18th**
- **Wednesday, July 16th**
- **Wednesday, August 20th**
- **Wednesday, September 17th**

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

- **Monday, June 9th**
- **Monday, August 11th**

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 ▸)

8 Lessons from "The Biggest Loser"

Jason Anderson, a Certified Personal Trainer, writes about the lessons the popular show offers, from www.sparkpeople.com, printed on 4/24/08.

1. **You shouldn't go it alone.** There is strength in numbers. Doing everything by yourself can be lonely and discouraging. But having a buddy – or a team of supporters – can help you to stick to it when the going gets tough. Instead of just going solo on the treadmill or bike, consider taking a group fitness class or joining a team sports league.
2. **Your attitude matters**. Surround yourself with positive people. A fitness buddy with a negative attitude isn't fun to hang around, and that can be detrimental to your workouts and your consistency. And if you find that the negative attitude is coming from you, chances are you won't stick with it. Change your perspective and stay positive for good results!
3. **You won't always see results.** Losing weight isn't as simple as a mathematical equation. Sure you need to burn more calories than you consume to lose weight, but even when you do everything right, sometimes it just doesn't work out that way … Remember, that even when the scale doesn't budge, your efforts are making a difference. Try to focus on other ways to measure your progress – like how you feel, your health improvements, and how your clothes fit. If all else fails, take steps to bust through your plateau!
4. **You have to train your brain.** Believe in yourself! When you're out of shape and overweight, it's easy to beat yourself up and lose confidence …With every small step you take towards your goals, your confidence will build. With every goal you achieve, your self-esteem will skyrocket. The key is to just start. It's always better to try – even if you mess up along the way – than to never try at all.
5. **You have to change your lifestyle.** There are no quick fixes. Getting healthy and managing your weight is not a temporary thing. It's a series of day-to-day, meal-by-meal choices that you have to stick with for the long haul.
6. **You have to work hard.** It won't always be easy. Lots of people want to lose weight, but most aren't willing to pay the price or make sacrifices to get there. You will not be successful with a half-hearted effort or by looking for shortcuts or the easy way out.
7. **You can have fun!** Boredom will kill your exercise routine. Mix it up and keep your body guessing and keep it fun. Instead of going to the gym for a mindless half hour on the stair climber (more like the "stairmonster"), get outside and do some hiking or biking. Forgo the weight machines one day and head to a playground to swing from the monkey bars, climb, jump, run and LAUGH!
8. **You have to be consistent.** Consistency is key. No matter how close (or far) you are from your goal – or even if you're there already – the habits you learn along the way have to continue if you're to be successful in the long term.

Who would have thought that watching people sweat, exercise, grimace, and go through the rigors of losing weight could be so fun? Here's to all the losers, and to hoping you can use this advice to be a loser too!

Pateisha Smith: I Have a New Lease on Life

by June Zaragoza, MPH, RD, LD

Pateisha today.

Pateisha was very clear about how bad her life was before surgery. She states, "I was mentally depressed, I couldn't get out, I couldn't enjoy life. I was afraid of my health and eating myself to death, sneaking around eating, hiding myself. I was really, really miserable." She knew she needed help, "I needed a tool, I knew I couldn't do it by myself."

She chose the gastric bypass because she wanted the weight off immediately and it was the best option with the amount of weight she had to lose. After losing 136 lbs she now says, "I have a new lease on life. I'm happy to be me for the first time in my life. I used to be embarrassed. My mom is happy, my kids are happy. My 10-year-old daughter Deja says, 'Mom, I can put my arm around you – you look so pretty.'" Her sons Derek and Jordan, say "Oh, Mom, you are so hot."

She can eat anything she wants now, even sweets, but she won't take a big portion. She takes her vitamins. She still doesn't drink and eat at the same time because she might get dumping syndrome. And once every two weeks nothing will stay down. She also exercises, doing stepping for over half an hour, walking, and sometimes riding a bike.

She does have one new problem, "I can't stop shopping," mostly at thrift stores. She takes her daughter along because her daughter tells the truth about how she looks in her clothes. Deja also doesn't forget to say, "I am so happy for you, Mom." ■

Pateisha Smith on March 28, 2007.

See Pateisha's story on our website www.vistaweightlosssurgery.com.

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**.