



# A Healthier You

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



## COORDINATOR'S MESSAGE

June Zaragoza, MPH, RD, LD

Welcome to the first issue of Vista Health's Weight Loss Surgery Newsletter. Our purpose is to provide updates about our program and topical information related to bariatric surgery. Please feel free to respond to any information or ask questions by contacting our bariatric coordinator at 847-360-2439 or by e-mail at [jzaragoza@vistahealth.com](mailto:jzaragoza@vistahealth.com).

Vista is celebrating the first year of its program on June 16<sup>th</sup> and look forward to serving more patients in the following year. At the present, we are working on including a new type of surgery in our program, the Lap Adjustable Gastric Banding. Look for information on this in our next issue.

It has been a year of growth to say the least. Our patients have been the greatest source both of inspiration and information. It takes courage to make changes. To read about our first patient, log on to Vista's web site at [www.vistahealth.com](http://www.vistahealth.com) and go to the *Healthy Life Magazine*. The article is called "Mom on Road to Healthy Life." In addition, come visit our new website at [www.vistaweightlossurgery.com](http://www.vistaweightlossurgery.com).

Vista Health cannot endorse the products and web sites discussed below, but offers the information for your possible interest.

## 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. Program participants must meet the following criteria for surgery:

- Commitment to make eating habit and lifestyle changes including following a preoperative diet and exercise program, and attending gastric bypass support groups.
- Body Mass Index (BMI) of greater than 35 with one or more obesity related diseases
- BMI of greater than 40 with or without obesity related diseases
- Numerous previous medically supervised attempts at weight loss

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:

- 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, August 8 • 7 p.m.
- Monday, September 12 • 7 p.m.
- Monday, October 10 • 7 p.m.
- Monday, November 14 • 7 p.m.
- Monday, December 12 • 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 the 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 Victory Hospital on the third Wednesday of every month in the Same Day Surgery Conference Room. Summer dates are:

- Wednesday, July 20
- Wednesday, August 17
- Wednesday, September 21

(more →)



Visit our web site at [www.vistaweightlossurgery.com](http://www.vistaweightlossurgery.com)

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

## FREQUENTLY ASKED QUESTIONS

### 1) Will I lose my hair?

Most of our patients have had some hair loss starting in the third month and continuing for several months. Two major nutritional factors are protein and fat intake. Follow the recommended protein intake from your nutrition session, which is usually 60-80 gms/day. Also remember to include at least 3 teaspoons of some kind of oil or fat a day. Fats are an essential nutrient needed for healthy skin and hair. One of the Internet vitamin companies WLS Vitamins offers a supplement called Bari-Hair ([www.wlsvitamins.com](http://www.wlsvitamins.com)). The major nutrients it contains are biotin, zinc, and copper. Hair loss and depigmentation of hair and skin are signs of deficiencies of these vitamin and minerals. However, there is no proof that this supplement may help, since it is impossible to measure its true effectiveness.

### 2) Do I have to take supplements for life and why?

The answer to this question is a resounding yes! The Roux-en-Y surgery permanently changes your anatomy and many nutrients will never be absorbed in the usual way. That is why it is important to take your 2-3 multivitamin/mineral supplements every day (covers both iron and folate), with 1200-1500 mg of calcium citrate, and sublingual (under the tongue) B12 350-500 mcg/day, or 1000 mcg every other day, or 1000 mcg/intramuscular injections monthly. Some patients may need to take both sublingual and shots of B12. Research from the Mayo Clinic found that 16% of weight-reduction surgery patients had problems with peripheral neuropathy (nerve damage such as minor tingling or numbness in the feet to severe pain and weakness). The doctors felt the nerve damage was largely preventable with regular nutritional supplements and follow-up with the doctor to test for vitamin levels.

## BARIATRIC EXERCISE VIDEO

Exercise is a key ingredient not only in losing weight, but increasing body metabolism, and feeling fit and in control of your health. Exercising regularly also is one of the most important factors for preventing weight gain. While there are many ways to do this, check out the following exercise videos developed by a weight loss program called Winning Weighs from Gundersen Lutheran Hospital in La Crosse, Wisconsin.

Go to their site on [www.gundluth.org](http://www.gundluth.org) and search for the Winning Weighs program. Then click on exercise videos and read about their products. The thirty-minute videos are designed for low intensity workouts. The first one is called "Getting in the Groove-Entry Level Fitness," the second "Winning Walks," and the third "Get on the Bandwagon-Strength and Resistance Challenge."

Whatever method you use for exercise, remember consistency is the key.

## BOOK REVIEW

*Culinary Classic: Essentials of Cooking for the Gastric Bypass Patient* by Chef David Fouts, 2003, U.S. Bariatrics, Fort Lauderdale, Florida.

Attractively designed, this recipe book is divided into two sections, "Carving out the Carbs" and "Protein Plus." "Carving out the Carbs" consists of all meat, poultry, egg, or fish recipes. In the preface Registered Dietitian Abbe Breiter recommends that the protein-only recipes be used for the initial rapid weight loss period. The key component in the protein-only recipes is that the foods must be moist and tender. While the recipes do appear moist they are not low fat. Some of the recipes call for high fat sauces or cuts of meat that have higher fat content. In addition, there are some recipes with beef that patients may find difficult to digest within the first six months. No nutrition information (in terms of calories or grams of fat, protein, or carbohydrates) is given for the first section.

The "Protein Plus" recipes contain carbohydrates and are intended for those who have reached 75% excess weight loss. Side dishes of vegetables and starches are included. Many of the recipes are very appealing, and include somewhat elaborate and rich ingredients with wine and beer. Nutrition information is given for these recipes and some fall into the high fat category (more than 5 gms/fat per ounce or 7 gms of protein).

The basic premise of the book, that the gastric bypass diet is essentially all protein at first is an oversimplification. While we recommend that protein foods be eaten first, patients should include dairy products, if tolerated, vegetables, fruits, and then starches, if room. This book does give many ideas for what to cook and is a good tool for that, but some of the richer recipes should be viewed with caution.

If you would like to submit a recipe that worked well for you, please contact me and I will include it in the next issue of our newsletter.

## NEW HIGH PROTEIN, LOW CARBOHYDRATE SUPPLEMENT

We have recently started using a new supplement specially formulated for gastric bypass patients. The Optisource™ High Protein Drink comes in strawberry or caramel flavors. In 4 ounces, it has 12 gms of protein, with 6 gms of carbohydrate and 3 gms fat. Some patients have liked the flavor and been able to tolerate the amount of carbohydrate. Others have felt that it triggered dumping syndrome. In contrast, most protein powders have almost no grams of carbohydrate or fat so they are a safer choice to get extra protein. The advantage of this product is that it is ready made and may be a helpful way to consume additional protein particularly in the first month after surgery.

This product is available through area drugstores and can be shipped for home delivery. Visit [www.optifast.com](http://www.optifast.com) for information or call the OPTIFAST® hotline at 1-800-662-2540.

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