



Healthier You

A publication for those interested in Vista Health System's Weight Loss Surgery Program • Volume 3, Issue 2 • Summer 2007



SHOULD YOU JOIN THE NATIONAL WEIGHT CONTROL REGISTRY?

by June Zaragoza, MPH, RD, LD

One of the most important things to think about even before having weight loss surgery is how to keep the excess weight off. An important source for help with this is the National Weight Control Registry (NWCR) based at Brown University in Rhode Island. Started in 1994 by two psychologists, it is the largest investigation of long-term successful weight loss maintenance in the country. Since the popular belief is that few people can maintain weight loss, the NWCR was developed to identify and investigate individuals who have succeeded at long-term weight loss. It currently tracks over 5,000 people who have lost at least 30 lbs and kept it off for one year or more. According to their website (www.nwcr.ws), NWCR uses detailed questionnaires and annual follow-up surveys to examine the behavioral and psychological characteristics of weight maintainers. It also looks at the strategies used to maintain weight loss. Research findings are published and sometimes featured in national newspapers, magazines, and television. Two recent papers described how important eating breakfast is to most of the participants on the registry (78%) and how those who followed a low carbohydrate diet were more likely to regain weight than those who used other diets. After losing weight, anybody can join the registry by going to the website above, including weight loss surgery patients.

We are also continuing to highlight Vista Weight Loss Surgery patients' success. See Gloria Peyton's story on the next page. She has lost 115 lbs since her gastric bypass surgery on 2/28/06. Her story, as well as other patients beyond their one-year anniversary, will be featured on our web site. Look for an update of our very first patient now celebrating her 3rd year anniversary.

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, August 13th, 7 PM**
 - **Monday, September 10th, 7 PM**
 - **Monday, October 8th, 7 PM**
 - **Monday, November 12th, 7 PM**
- Call 847-360-4246 to register.

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:

Our next support group meetings:

- **Wednesday, August 15th, 7 PM**
- **Wednesday, September 19th, 7 PM**
- **Wednesday, October 17th, 7 PM**
- **Wednesday, November 21st, 7 PM**

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

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MEDICATION ABSORPTION AFTER BARIATRIC SURGERY

By Kathryn Jost, Pharm. D.
Pharmacy Clinical Manager

Medication absorption is often a concern for patients undergoing gastric bypass surgery. Bypassing a large portion of the stomach and small intestine is the reason this patient population is at risk for malabsorption, as well as for changes in medication absorption.

Due to changes in the acidic environment, and with a smaller stomach, changes in the drug delivery route or dose may be needed to ensure the effectiveness of necessary medications. This holds true especially for extended release medications which are generally absorbed over a two to twelve hour period. After gastric bypass surgery, it is likely that these extended-release formulations will pass through the gastrointestinal tract before absorption is complete. These same principles can also be applied to delayed-release and enteric or film coated formulations. Examples of extended and delayed-release medications include Toprol XL®, Effexor XR®, and Nexium®. Protonix® is an example of both a delayed-release and an enteric-coated medication. Immediate-release formulations with a more frequent dosing schedule may be required. Other alternatives that may be useful in reducing the risk of poor medication absorption are liquid, intramuscular, transdermal, subcutaneous, or inhalation formulations.

At Vista Medical Center East, a pharmacist is part of the collaborative team who meets with the patient and reviews their current list of medications prior to surgery. During the meeting the pharmacist will make recommendations on how to take current medications, and will also suggest alternative medications where appropriate, to ensure that the prescribed medications will be absorbed and effective.

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. 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. For more information, visit our website at www.vistaweightlossurgery.com.

GASTRIC BYPASS PATIENT LOSES 115 LBS

by June Zaragoza, MPH, RD, LD



Before her weight loss surgery, it was difficult for Gloria, a teacher's aide, to play with the kids. Now she can attend field trips and play ball with the kids without huffing and puffing.

When Gloria Peyton came to see Dr. Siegel for help, she was taking eleven daily medications and walking with a cane. As she said, "I had a medicine cabinet full of pills, a pill for this and a pill for that." As a teacher's aide it was difficult for her to play with the kids and going up and down the stairs left her huffing and puffing. It was hard going to a Cubs game, an activity she really enjoys, because she had to walk up all the steps with her cane and rest several times before getting to her seat.

How does she eat now? She says, "A lot of the foods I used to eat I don't eat anymore," such as greasy foods, foods that have more than 10 grams of sugar, spaghetti, and grapes. She feels satisfied eating half of a hamburger, where before she could have eaten two to three. She also says food used to be constantly on her mind and now, "It's not a priority."

How does she feel having lost 115 lbs in the sixteen months since the surgery? "I didn't think I was that large," but now she can see it. She gets around more easily, takes her dogs for walks and washes them. Washing her dogs entails getting up and down from the floor, something she couldn't do before surgery. Clothes are a lot easier to find. Now she only takes two pills a day, down from eleven! She tries to walk daily and also rides a bike. This summer she wants to exercise more by including swimming. To keep it off she weighs herself every day and cuts her food back if her weight goes up a few pounds.

How have other people reacted to her weight loss? When she came back to school in the fall people were surprised, saying "Is that you?" Some friends have been jealous. She also got married about ten months after surgery to someone she had been dating for five years.

Gloria went on a school field trip recently to see the Cubs play the Milwaukee Brewers in Milwaukee. Their seats were in the last row. This was not a problem because Gloria no longer uses a cane and she could walk up the steps without resting. Before there was "no way" she could have gone on the trip. And to add to the pleasure of the day, the Cubs won, 6-2. ■