



A Healthier You

A publication for those interested in Vista Health's Weight Loss Surgery Program • Volume 2, Issue 1 • Winter 2006



COORDINATOR'S MESSAGE

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Not only have the LAND-BAND[®]s arrived, they have arrived with a vengeance! Attendance at our monthly information seminars has increased dramatically these past few months in large part due to interest in this new procedure. Although the rate of weight loss is slower for the LAP-BAND than the gastric bypass, the surgical risks are lower and the operation is completely reversible. The post-surgical diets are similar to promote weight loss with slightly fewer restrictions for the LAP-BAND. However, lifestyle changes after weight loss surgery are equally important for both procedures. See the list below of ten very important rules to follow after surgery.

10 Important Rules for Weight Loss Surgery

1. Eat only three small meals a day.
2. Eat slowly and chew thoroughly.
3. Stop eating as soon as you feel full.
4. Do not drink while you are eating.
5. Do not eat between meals.
6. Eat only good quality food.
7. Avoid fibrous food.
8. Drink enough fluids during the day.
9. Drink only low-calorie liquids.
10. Exercise at least 30 minutes a day.

This list has been used by clinics all over the world to remind patients about what they need to do every day. Please feel free to call me at **847-360-2439** with questions about either procedure or email me at jzaragoza@vistahealth.com.

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 multi-disciplinary team can help you do this.

Patients enter into the program either through referral by their primary care physician or self-referral. 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 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, March 13 • 7 p.m.
 - Monday, April 10 • 7 p.m.
 - Monday, May 8 • 7 p.m.
- Call **1-847-360-4246** to register.

(more →)



Visit our web site at www.vistaweightlossurgery.com

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

A **support group** is available at Victory Memorial Hospital 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 Victory Hospital on the third Wednesday of every month in the Same Day Surgery Conference Room. Upcoming dates are:

- Wednesday, March 15
- Wednesday, April 19
- Wednesday, May 17

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.

FREQUENTLY ASKED QUESTIONS

• How fast should I be losing weight?

This is a question that most people wonder about. As you know, those patients who have had the gastric bypass lose weight more quickly because they don't absorb all their calories. Problems with indigestion or vomiting may make this happen even more quickly. In general, you don't want to lose more than 7-10% of your body weight the first month, 12-15% the second, and 17-20% the third. So someone who weighs 250 lbs. shouldn't lose more than 25 lbs. the first month and 50 lbs. by the end of 3 months. Weight loss might be more in someone who had a large amount of water retention prior to surgery. With the LAP-BAND[®] weight loss should be 1-3 lbs./week, though will likely be more the first month due to being on a liquid and then pureed diet.

Sometimes patients can slow their rate of weight loss by eating too little. This is because the body shifts to "starvation mode" if intake is below what is needed to meet your basic needs or resting metabolic rate (RMR). To avoid this, intake shouldn't go below approximately 800 calories. For those who exercise more intensely, caloric intake should be even higher.

There are several ways to increase metabolism. First, do aerobic activity and strength training to increase your muscle mass. Muscle burns more calories than fat. Do thirty minutes or more of aerobic activity at least four to five times a week and strength training three times a week.

Second, get plenty of sleep. People weigh more who sleep less.

Third, eat regularly. Don't let more than five hours go between meals and don't forget to eat breakfast to kick-start your metabolism for the day.

Sources: "Nutritional Concerns Related to Roux-en-Y Gastric Bypass: What Every Clinician Needs to Know", M. Shuster, MSN, RN, J. Vazquez, MD, Critical Care Nursing Quarterly, Vol 28, No 3, pp. 227-260, 2005.

"Boosting Metabolism to Lose Weight: What Works, What Doesn't", Environmental Nutrition, A. Forman, MS, RD, January 2006, Vol 29, Number 1.

• Can I drink alcohol after weight loss surgery?

After gastric bypass surgery people have reduced tolerance to alcohol. This is not just because of weight loss. In one study, 12 women who had the gastric bypass done at least 3 years earlier were compared to women of similar weight who did not have the surgery. See the chart below.

Absorption Time	Gastric Bypass Group Blood Alcohol Content (g/l)	Control Group
10 minutes	.71	.17
20 minutes	.61	.47
30 minutes	.51	.53
210 minutes	similar results in two groups	

What this means is that you will feel the effects of alcohol almost immediately, as if the alcohol were given through an IV. Because of the smaller pouch, alcohol is more quickly transferred to the intestines and absorbed.

Having even one drink may produce intoxication and make it unsafe to drive. Your judgment will be worse after drinking. It is recommended that during the initial weight loss period no alcohol be consumed. When stable, women should have no more than one drink and men no more than two. A drink is defined as 12 ounces of light beer, 4 ounces of wine, or 1.5 ounces of hard liquor. Never drink on an empty stomach and keep drinking your 6-10 cups of fluid/day.

Alcohol has other effects on health. People are more susceptible to hypoglycemia (low blood sugar) when drinking. This is especially true for those with diabetes. Alcohol is a toxin and can cause damage to body tissues including the liver, GI tract, muscle, heart, and brain. It also can produce malnutrition, particularly of the B vitamins. The gastric bypass already makes you susceptible to malnutrition unless you take your supplements regularly. Alcohol also has empty calories and can make it harder to lose or keep weight off.

Alcohol is absorbed normally after the LAP-BAND[®], though due to the small size of the stomach there will be less food to cushion the effect of the drink.

Sometimes after surgery people miss their "friend" food. Eating brought comfort. Studies show that up to 60% of morbidly obese patients have food addictions. Of these people 30% transfer their food addiction to alcohol after surgery. Drinking can mask feelings of depression, relieve anxiety or loneliness, and make it easier to relax.

People at risk for problem drinking include those who drank a lot before surgery, (especially at an early age), have a family history of alcoholism, and had a DUI or other legal difficulty. Drinking can be done responsibly after surgery, but only for special celebrations. It should be an occasional rather than regular event. ■

Source: "Faster absorption of ethanol and higher peak concentration in women after gastric bypass surgery," British Journal of Clinical Pharmacology, H. Klockhoff, I. Naslund, A. W. Jones, Vol 54, Issue 6, p. 58, December 2002.