



# Healthier You

*A publication for those interested in Vista Health System's Weight Loss Surgery Program • Volume 3, Issue 1 • Winter 2007*



## WATCHING OUT FOR VITAMIN B DEFICIENCIES

*by June Zaragoza, MPH, RD, LD*

Did you make a New Year's resolution to take all your vitamin/mineral supplements? Of course it depends on what surgery you have had. Usually only a regular multivitamin with iron is recommended for the LAP-BAND® surgery, and perhaps calcium supplementation depending on diet (600-1200 mg/day). The reason for this is simply insurance; if you are eating less than 1200 calories/day it is difficult to meet all the daily requirements for your nutrition.

For gastric bypass patients it is another story. Malabsorption caused by the bypass makes supplementation critical for health. Every bypass patient needs to take at least 2 multivitamin/minerals supplements/day (which include at least 40 mg iron), plus 1200-1500 mg calcium citrate, and 500 mcg sublingual B12.

I'd like to highlight one vitamin deficiency that can occur without regular daily multivitamins. Thiamin or vitamin B1 is a nutrient most people get plenty of because it is found in whole-grain and enriched grain products such as bread, rice, and fortified cereals. B1 is also found in pork and organ meats. In the quick weight loss phase during the first year after surgery a B1 deficiency can develop if there is a very rapid weight loss plus nausea and vomiting. Symptoms include fatigue, weak muscles, nerve damage, and even mental confusion in more advanced stages. Taking an additional 100 mg of B1 daily by itself or as part of a B-complex supplement will prevent any deficiency. B1 is not stored in the body so extra doses are not harmful.

## 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](http://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, April 9th, 7 PM
- Monday, May 14th, 7 PM
- Monday June 11th, 7 PM
- Monday July 9th, 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, April 18th, 7 PM
- Wednesday, May 16th, 7 PM
- Wednesday, June 20th, 7 PM
- Wednesday, July 18th, 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](http://www.vistaweightlossurgery.com)**

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

## EXCUSES, EXCUSES!!

by Stacey Van Zeyl, MS, ATC

Check out three more excuses used not to exercise written by a successful weight loss surgery patient and Certified Personal Fitness Trainer Tammy Bartz. These were published in the Bariatric Support Centers eNewsletter.

**6. Bad Mood:** Exercise may be one of the best ways to improve your mood. When you don't feel like exercising because you've had an awful day, do it anyway. Commit to just 10 minutes, if after 10 minutes you still don't want to exercise then go ahead and stop. Congratulate yourself for trying and move on, tomorrow will be a better day. Most of the time after I reach the 10 minutes I am over the hump and I am able to finish my workout feeling energized and my mood has improved immensely.

**7. Illness:** A mild cold or flu is not an excuse to skip your workout. In fact, research shows regular, moderate exercise may enhance your immune system. A study from the University of Colorado found that regular, moderate physical activity (about six hours a week) in older men was associated with a more robust immune response when compared to their less active peers. I have personally experienced a decrease in colds and flu since I have made exercise a regular part of my life. Let common sense be your guide. Get active enough to increase blood flow and sweat out some toxins, but keep the intensity low enough to allow your body to heal.

**8. Age:** Regular exercise offers a windfall of health benefits at any age. Moderate daily cardio exercise may help reduce the risk of our thought processes declining, as well as improving heart and lung functions. Regular strength training can boost your metabolism, build strong bones, increase the amount of muscle you have, and boost your libido! Rev up your engines to stay healthy, no matter how high your mileage is.

### 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](http://www.vistaweightlossurgery.com).

## GASTRIC BYPASS PATIENT CELEBRATES ONE-YEAR ANNIVERSARY

by June Zaragoza, MPH, RD, LD



*A year after her surgery, Mary Pirrello is entering 5K races, attends school and is planning an archeological dig this summer in Belize.*

Mary Pirrello celebrated her one-year-anniversary on Dec 27th, 2006. I first met Mary when she attended our monthly information session presented by our surgeons. At that time she faced a difficult insurance approval process, but she prevailed, and after over a year of working for it, finally had her surgery right after Christmas in 2005. She said surgery was her Christmas present to herself.

Within 6 months, she lost approximately 50 lbs; and by one year, 100 lbs. She exercises as much as she can, which includes jogging and entering 5K races. She attends school and is planning an archeological dig this summer in Belize.

Mary attends support group regularly, helping to start a clothing swap program and patient web site ([weigh-to-go-victory.tripod.com](http://weigh-to-go-victory.tripod.com)). In group she often mentions how grateful she is that bypass surgery has tamed the beast (her appetite). Before, she was hungry all the time. She describes her experience having weight loss surgery by saying, "My life has been returned to me."

### DIETARY SUPPLEMENT UPDATE

Zero Carb Isopure, a "clear liquid" whey protein supplement, found favor in a taste testing session at the February support group. In a 20 oz bottle Isopure provides 40 gms of protein and 160 calories. We tasted the pineapple orange banana and apple melon flavors. The pineapple was the most preferred. Isopure has no carbs or fat and is sweetened with the artificial sweetener sucralose, a plus for those who can't tolerate aspartame. Isopure is a good alternative for those who can't tolerate the thicker protein shakes or simply want a lighter protein supplement. Check out the Isopure web site at [www.naturesbest.com](http://www.naturesbest.com). ■