



Healthier You

A publication for those interested in Vista Health System's Weight Loss Surgery Program • Volume 5, Issue 2 • Spring/Summer 2009



COORDINATOR'S MESSAGE: COMING OUT OF HIBERNATION

by June Zaragoza, MPH, RD, LD

It is finally (almost) warmer, and for many of us time to come out of hibernation. Dust off your exercise plan and pick up the pace. What did our exercise physiologist Stacey Van Zeyl recommend for you? We welcome her back from a leave for shoulder surgery. Give her a call for your follow-up exercise session or do another follow-up to get back on track at 847-356-4750 or email at stacey_vanzeyl@chs.net.

The latest guidelines published by the Department of Health & Human Services recommend that just to **maintain weight** we all need 150 minutes of moderate activity and strengthening weekly. This could be 30 minutes of brisk walking five days/week plus working with resistance bands on two days. There are many activities that count as moderate exercise such as biking, dancing, and using the treadmill or elliptical machine. If you can exercise more vigorously, such as doing aerobic dance, lap swimming, or fast bicycling, your weekly goal is 75 minutes.

Some people will need up to 300 minutes per week of moderate activity to **lose weight or prevent regain** if they have lost. This may be truer for band patients, because unlike the gastric bypass, there is no malabsorption of calories. Call me at 847-360-2439 for an article about these recommendations.

Another important take home message, this time covering diet, just came out from a study from the Louisiana State University Health Sciences Center. This study found that the weight gain and obesity in our population are linked more to an increase in liquid calories rather than from solid food. People now take in 150-300 calories more a day, with half of this from liquids. Published in the May 1, 2009, issue of the *American Journal of Clinical Nutrition*, the study found that the biggest culprits were sugar-sweetened beverages such as regular soft drinks, fruit drinks, fruit punch, or any other high-calorie beverages sweetened with sugar. This could be true because unlike solid foods, beverages don't help you feel full. The good news here is that cutting out these liquid calories has a greater effect on weight loss than cutting down on solid food. Of course it helps more to cut down on both, but watching your calories from beverages can be a great way to start.

Look at our **Research Updates** on the next page for an intriguing finding on how diet sodas can affect cravings for sweets. Also enjoy our story about a hard working couple you may have seen at support group or know from the Waukegan area. Allen and Shelly Ellsworth both had gastric bypass surgery. Read how the surgeries changed their lives.

FREE SEMINARS

Free monthly informational seminars are open to the public and are provided the second Monday of every month at the locations listed below. 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 and:

- Provide information on both gastric bypass and adjustable gastric band procedures
- Review criteria necessary for surgery to be considered
- Explain necessary lifestyle changes to achieve success

Our next seminars:

- 7 p.m. • Monday, July 13, Lindenhurst
- 7 p.m. • Monday, August 10, Waukegan
- 7 p.m. • Monday, September 14, Lindenhurst
- 7 p.m. • Monday, October 12, Waukegan

Call 847-360-4246 to register.

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.vistaweightlossurgery.com.



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RESEARCH UPDATES

A recent conference on obesity entitled **Obesity: A Scientific Update**, reviewed many areas of knowledge related to weight, lifestyle, and diet. I'll highlight some findings that might influence your decisions about what and when to eat and how much sleep to get at night.

Extra pounds may reduce life expectancy as much as two to five years, though it's also important to take into account the quality of your life when living with obesity. (*New England Journal of Medicine*, March 17, 2005).

Skipping breakfast can lead to an increase of 200 extra calories eaten later on in the day. Most successful weight loss maintainers eat breakfast regularly. (*National Weight Control Registry*.)

Both cocaine and food share a common brain pathway for drug addiction, food cravings, and hunger, though drugs are far more powerfully addictive than food. The release of opiates in the brain triggered by intakes of foods high in fat and sugars can lead to feelings of euphoria. Obese people may build up a tolerance for comfort eating and need to eat more to get the same feeling of satisfaction. Women are more likely to be addicted to chocolate and sugary foods, while men tend to be more addicted to salty and fatty foods. In animal studies rats were triggered to take in more calories by both naturally and artificially sweetened beverages. The sight and smell of food can also increase brain chemicals that trigger eating. Certain prescription drugs that alter brain chemistry such as Meridia, Adderall, Wellbutrin, Effexor, or Prozac may help with appetite and food cravings. (Volkow N, *Synapse*, 2002, June, Wang G-J, *NeuroImage*, 2004, April).

Ghrelin is a stomach and small intestine appetite stimulant that falls after eating. However, ghrelin levels rise in dieters who lose weight, but drop in people who undergo gastric bypass surgery. (Couce M et al. Acute changes in plasma ghrelin after bypass surgery, *Diabetes*, 52.6, June 2003.)

Americans now get on average 2 hours less of sleep per night than they did 20 years ago. Partial sleep deprivation alters hormones levels that regulate hunger, leading to an increased appetite and preference for high calorie high fat/sugar foods. (Turek F and Bass J, *Archives of Internal Medicine* Jan 10, 2005, E Van Cauter, *Annals of Internal Medicine*, December 7, 2004.)

FREE SUPPORT GROUPS

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:

<i>Vista Medical Center East Same Day Surgery Conf. Rm. 1324 N. Sheridan Rd., Waukegan</i>	<i>Vista Surgery Center Community Room 1050 Red Oak Ln., Lindenhurst</i>
• Wednesday, June 17 • 7 p.m.	• Monday, August 10 • 7 p.m.
• Wednesday, July 15 • 7 p.m.	• Monday, October 12 • 7 p.m.
• Wednesday, August 19 • 7 p.m.	
• Wednesday, Sept. 16 • 7 p.m.	

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.

ALLEN & SHELLY ELLSWORTH: FOR THE FAMILY

by June Zaragoza, MPH, RD, LD

*“If I was going
to be there for
my family, I
had to do it.”*

-Allen Ellsworth

Husband and wife, Allen and Shelley Ellsworth both went through Vista's gastric bypass surgery so they could be there for their family. Shelley lost 75 lbs; Allen 115 lbs. Both are glad they had the procedure.



Allen and Shelly were both considering gastric bypass surgery. Allen was the first one to go through the evaluation process due to more severe chronic health problems. He recalls, “If I was going to be there for my family I had to do it. There's a great deception. I can lose it on my own. I could, but I won't – whether it's right or wrong. Eating was so habitual.” According to him, “The whole process was pretty thorough from start to finish. It's gone pretty well as it's been predicted.”

Over a year later and down 114 lbs., he says, “It's helped me find hunger pangs and a full feeling. I could eat endlessly – copious amounts of food. Now I quit when I have that full feeling. I'd do it again in a heartbeat. It's been a gift.” He also states for the two of them, “We both knew this was not a get out of jail free card. You're going to have to change your ways with diet and exercise. It's not a solution, it's a powerful tool.”

Shelly had her surgery 4 months later. She states, “My initial motive was for health with diabetes, high blood pressure and sleep apnea. I had a lot of things going on. I wanted to be there for my children.”

Now after losing 75 lbs., she is off her CPAP machine and medications for high blood pressure and triglycerides and feels much more energetic. She exercises faithfully twice a week at the gym and one other time during the week. And, as her husband states, “She's getting foxier by the week.”

Shelly is also profoundly grateful for Allen's weight loss, stating, “I'm just thankful he had this because he's going to be around a lot longer. I have hope we will be able to retire. Before I didn't know what my future held. I'm very thankful.” ■

*See our other success stories on our website
www.vistaweightlossurgery.com.*