



# HOPE BARIATRICS

Fall 2009

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[www.hopebariatrics.com](http://www.hopebariatrics.com)

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## Support Group Dates

2009/2010

### Sewickley Valley Hospital

6:00\* pm 4<sup>th</sup> floor

Conference room

Nov 9 Dec 14\*\*\*

### 2010

Jan 11 Feb 8

March 8 April 12

May 10 June 14

July 12 August 9

Sept 13 Oct 11

Nov 8 Dec 13\*\*\*

### St. Clair Hospital

7:00 pm for 2009 Dunlap conference room –

Nov 16 Dec 7\*\*\*

### 2010 -time changed-

tentative- check website or

call office- 6:00 pm & 6:30

for patient directed

Jan 18\* Feb 15

March 15\* April 19

May 17\* June 21

July 19\* Aug 16

Sept 20\* Oct 18

Nov 15\* Dec 6\*\*\*

\*6:30 p.m. start and patient directed meeting

\*\*\* denotes holiday party

Please contact office to confirm meetings during inclement weather.

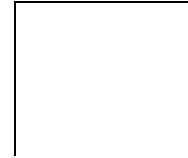
## ARM YOUR IMMUNE SYSTEM

Welcome to this year's Flu Season! It is expected to be quite challenging especially with the onset of the H1N1 virus. So the question is, what's the best way to protect yourself? Health experts will suggest that the most effective way to fight the virus, is to get vaccinated. (always check with your PCP). But there are other ways to boost your immune system to ward off those nasty viruses. Boosting your immune system protects you from diseases. In order to do this, your immune system has to be healthy. That is why you must take care of yourself especially this time of the year. The best way to start is with good nutrition by eating the right foods! It is important to eat a good variety of healthy foods from all the food groups. This means filling your plate with lean protein at every meal including chicken, turkey, fish, and low fat dairy products. Remember, protein is key because these are what the molecules that fight disease are made of. Protein is the building block of your body! Add small amounts of good oils such

as olive, canola and nuts. These healthy fats help to keep the cells more flexible, and are more able to fight diseases. Remember though that these oils are high in calories, so monitoring their intake is important to avoid weight gain. Include fruits, vegetables and whole grains. These contain important antioxidants that keep your blood levels of vitamin C, beta-carotene, zinc and B-vitamins high. Always take your VITAMINS and double check your labels and make sure that you take them properly as recommended from the ASMBS. Follow their guidelines and consider your individual needs- everyone absorbs a little differently. Keep your blood levels in the healthy range.

Although good nutrition is essential for a healthy immune system, exercise is equally important. Studies have shown that moderate, consistent exercise can boost the immune system, but don't

over do it. Exercising gets the blood pumping which helps our heart, our circulation system, all our muscles and organs work better. Too much exercise, in too little time can hurt the body. Set goals and works slowly towards them working up to a daily 30 minute walk. Don't forget about rest. Rest boosts the immune system and 7-8 hours of sleep will get you the adequate rest necessary to keep a healthy body. Sleep is critical for your health, weight and energy level- don't forget it cuts down on stress as well. Chronic stress can create negative changes at the cellular level, which can severely damage the immune system. Take a break during the day, meditate, practice yoga, walk the dog and try anything to calm the soul. It's difficult to avoid viruses but heightening your immune system is a great defense during this flu season- Good luck!



fullness. Watch the grazing habits.

Prepare for the "food pushes", with a firm "no thank you" or direct the focus on how good everything is and ask for the recipes, avoiding over indulging.

Think before you choose. Take time to evaluate your goals and achievements. Stay on track with them as often as you can. Don't beat yourself up for making poor choices, just get right back on track with the next choice.

Stay active. Exercising daily will help to maintain your weight and assist in minimizing those extra holiday calories. Take time to breath in the true meaning of the holiday seasons and enjoy the many blessings!

## Holiday Habits

Here comes the holiday season. Enjoy it in good health by maintaining balance and planning. Enjoy the joy of the season- by remembering that the company comes first. It's all about reuniting with others sharing laughter and friendship. Upon arriving at a party, wait 30 minutes at least before eating. Socialize away from the food. Keep your appetite and food in check. Do not starve yourself, or go hungry. Stick with your light scheduled meals. Drink plenty of good fluids. Look twice, eat once.

Survey all the food available and decide which dishes you desire the most. Choose your indulgences wisely and savor them. There are too many opportunities to eat great food during the holidays to settle for food that is just okay. If something doesn't taste as good as expected, stop eating it. Be picky and eat the fabulous items. Balance your indulgences with fruits and vegetables. Use small plates and small bites of foods. Offer to bring a "healthy" item to the party such as a fruit or veggies platter, shrimp cocktail or fresh salsa with whole wheat pita wedges. Put your plate down and cover it with a napkin at the first sign of

**Vitamin Schedule**

**Roux-n-Y gastric bypass patients :**

**2 -ADULT strength Multi-vitamins** -chewable or liquid, (better absorption) in divided doses daily with food.

**B-12-** sublingual daily 500 mcg or 1000 mcg three times weekly or a monthly intramuscular injection.

**Iron-**36 mg daily- everyone needs iron after surgery, even men. Do not use ferrous sulfate as it does not absorb well after surgery. Take iron 2 hrs separate from calcium.

**Calcium citrate** with Vitamin D3- 1500 mg daily of calcium split into 500-600 mg doses throughout the day-

**READ DOSAGE carefully on labels** to ensure proper amount. Do **NOT** use calcium carbonate products such as Caltrate or Viactiv chews- **DO NOT** use these products! Increase intake to 2000 IU **Vitamin D-3** daily or the equivalent spread throughout the week.

**Lap Band patients:**

Adult strength-daily chewable or liquid Multi- vitamin

1500 mg calcium daily in divided doses along with 1000 IU Vitamin D-3 daily or the equivalent.

Vitamin D deficiencies are very prevalent in the northeast & among the bariatric patient. Vitamin D is important for the proper absorption of calcium but also very important to prevent numerous co-morbidities. Diabetes, hypertension etc. Call for more info.

Recently, I received a call from a post op (few years out) gastric bypass patient to review her recent blood work results. The numbers impressed me so much that I felt the need to share them! All of her levels were pristine, not just barely over the normal level but nice and comfortable in the middle range. She is a perfect example of the healthy results from being diligent and abiding by the recommendations and using quality supplements. Since her surgery, patient D has carefully used bariatric formulated products exactly how the American Society for Metabolic and Bariatric Surgery suggests. She accurately tracks her protein intake daily and exercises consistently. I was so thrilled at her results, that I wanted to share this because it does truly make a difference in your outcome. She offered to provide her story, some words of wisdom for others to be inspired, Enjoy her story below. If you would like to share your journey and testimonials by e-mailing Cindy at [cnolfi@hopebariatrics.com](mailto:cnolfi@hopebariatrics.com) Let's share and celebrate your success with everyone! And, maybe your story will touch someone to seek **a healthy future**, too!

"My Life after Gastric Bypass Surgery" by patient D

Once I satisfied Highmark for my approval date, my official journey began 7/6/2005. I remember the day very well- my family and I arrived at Sewickley Valley Hospital very early in the morning and felt nothing but excitement. All through the pre-op procedure I just kept telling the staff how excited I was, giving thumbs up and that I was so ready.

I am still asking how or why I left myself get to be 300 pounds, my answer is always the same "I felt hopeless". What else is there to feel when you need to lose 50% of yourself and had tried everything out there without ever achieving success. When I went to the information seminar one year prior to my surgery date, that was the first time I knew there was "HOPE" for me and my life would change forever

Prior to my surgery, I was on medications for Type 2 diabetes, high blood pressure, high cholesterol , oxygen at night and plenty of body aches and pains. By December 2005, just 5 months after my surgery, I was free of all those health problems, off the medications and was on my way to a NEW HEALTHY LIFE.

I am now over 4 years out and still maintain my 160 pound weight loss. Oh yes, it is very difficult at times but with the help and support of my family, friends and the wonderful staff at Hope Bariatrics, keeping up with the vitamin regiment, maintaining proper nutrition , attending support groups and staying active, I am staying SUCCESSFUL for the FIRST TIME!!!!

For me it was never about the number of pounds I would lose- it was always about being HEALTHY... and today I am enjoying that gift we are all entitled to. My "HOPE" for everyone in the program is that you all enjoy success, also

I want to thank Dr. Wilcox and Dr. Felix for the wonderful "TOOL" you gave me and all the assistance from the staff on how to use the "TOOL" properly for the true SUCCESS I am today.  
Patient D

Keep in mind, if you need help with motivation, advice on getting back on track- do join our support group meetings or **contact us**. Your health is truly our priority!

**MISC**

SIGNATURE REHAB combined with Hope Bariatrics offers a great opportunity for a fitness evaluation/ program for all Hope Bariatric patients, please contact Signature Rehab at 724-749-7178 (Sewickley), 724-770-0172 (Beaver) and 724-773-6412 (Hopewell) for details. Exercise is so important to your health.

**Notes from the office:**

Please remember to schedule and keep your follow up appointments. Keep up with lab work. Reminder for gastric bypass patients: If you are diagnosed with anemia or iron is low, do **not** use ferrous sulfate or slow iron and do **NOT** use calcium carbonate (Caltrate or Viactiv chews) as calcium supplements - latest research indicates a very high percentage of post op gastric bypass with high incidence of osteoporosis from using either the incorrect form of calcium or incorrect dosing- read the dosage info carefully on the labels to determine your needs. The study also included Lap Band patients needing to take in extra calcium daily to total 1500 mg as well to avoid risk of osteoporosis. Contact office for proper types and use of supplements or email [dstuart@hopebariatrics.com](mailto:dstuart@hopebariatrics.com).

**This will be the last paper Newsletter as we migrate to online access at our website at [www.hopebariatrics.com](http://www.hopebariatrics.com).**

