

# Hope Bariatrics Newsletter

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## Support Group Dates for 2014

### Heritage Valley Sewickley 6:00 pm

4<sup>th</sup> floor Conference  
room, Sewickley Hosp

May 12, June 9, July  
14, August 11, Sept 8,  
Oct 13, Nov 10 and Dec  
8\*

### Washington Hospital 6:00 pm

located at: The Wilfred  
R. Cameron Wellness  
Center

April 21, May 19, June  
16, July 21, Aug 18,  
Sept 15, Oct 20, Nov  
17, Dec 15\*

### Jefferson Hospital 6:00 pm

Bibro Building  
Baldwin/Homestead  
room

April 28, May 26, June  
23, July 28, Aug 25,  
Sept 22, Oct 27, Nov  
24, Dec 22\*

\* denotes holiday  
party- call for info

Newsletters will  
always be available  
on our websites.

## Tips To Stop Putting Things Off

**Old habits are hard to break and telling yourself over and over that you'll do better next time around, rarely works. Here is some fresh advice that we can all use:**

### When Procrastination Is a Problem and How to Fix It

By Paula Spencer Scott

WebMD Feature – Reviewed by Arefa Cassoobhoy, MD, MPH

Procrastination is a long word for this quick idea: *later*. It's telling yourself you'll do things "tomorrow" or "when I feel more like it."

### When is putting things off a problem?

Everyone delays or puts things off sometimes, and that's fine, says Timothy Pynchyl, PhD, an associate professor of psychology at Carleton University in Ottawa, Canada. You might postpone a meeting because of a schedule conflict, or to give yourself time to prepare. Procrastinating becomes a problem only when it hinders your relationships or getting your work done.

For about one in five adults, procrastination is a real, long-lasting problem.

### Why we delay

The things people put off tend to be boring, hard, time-consuming, or maybe they lack meaning to us. Or we worry that the results won't be perfect. When you avoid doing what seems less than pleasant, you get a little mood boost. But this bump doesn't last. The avoided thing still hangs over you, causing guilt and stress.

The real reasons we procrastinate lie deep within human behavior. We tend to view things in the future as less real or concrete. The later risks of not doing something (or the rewards of getting it done) seem less real, too.

Putting things off is a habit. We're wired to do what's easy -- in this case, delaying doing something we don't find pleasant. And habits are hard to break.

**How to get a move on and be concrete.** Don't say, "I'll start the report in the morning." Say, "I'll outline just the three main points of the report while I drink my morning coffee, before I look at mail."

**Be realistic about your time.** We tend to be optimists about the future and think we'll get more done than we do. Try jotting down all the things you have to do into your datebook. Include tasks like shopping for food, doing laundry, working out. That way when you make a plan to do something, you can get a true sense of what time you'll have.

**"Pre-empt that which tempts,"** Pynchyl says. Shut off all the things that are a click away from distracting you. Social media and texting require little effort, give you a lot of mood reward, and suck time. Make them a reward after you finish.

**Know and accept that when the time comes to do the task, you won't want to -- and get past that.** Just starting, even in the smallest way, creates progress. Then a sense of progress fuels well-being. "It's an upward spiral," Pynchyl says.

**Start with the hardest tasks.** Willpower is a muscle. You'll better resist things that distract when you first get started.

**"Time travel" in your mind's eye to when the task at hand is done.** Think about how good you'll feel.

**Pace yourself.** Set aside time to make a little progress every day. College students who had to complete small amounts of work before they could go to the next level did better on tests than those who were given all the study material at once, a 2011 University of Kansas study found.

**Be kind to yourself.** Praise yourself for taking the first steps. Assure yourself that a "good enough" effort is great, and better than putting things off.

### Attention: MALE Patients

All patients, including men need to take iron and calcium after bariatric surgery. If you neglect to do so, it's just a matter of time before you develop anemia and risk developing Osteoporosis.

Often times, these are both thought of as female issues however all patients need to be sure to take all the recommended supplements as suggested to maintain good health following bariatric surgery for life.

## Vitamins

### Gastric Bypass

#### /Sleeve patients:

**2 -ADULT strength Multi-** vitamins -chewable or liquid, (Bariatric Formulated preferred for 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 or 1000 mcg crystalline B-12 /day

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

**Calcium CITRATE-** 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, Tums or Viactiv chews- **DO NOT** use these products!

**Vitamin D-3** 3000 IU daily or the equivalent spread throughout the week.

#### Adjustable Band patients:

**1-Adult strength-**daily chewable or liquid Multi- vitamin **1500 mg Calcium** daily split into 500-600 mg doses throughout the day- **READ DOSAGE carefully on labels** to ensure proper amounts.

**Vitamin D-3** 1000 IU or the weekly equivalent

## Dangers of Smoking in the Bariatric Patient

Smoking in the Bariatric patient is a serious issue. When smoking and Bariatric Surgery are combined it increases the risk of complications during surgery with the anesthesia and afterwards with the ability to heal. Tobacco smoke causes the blood vessels to constrict (shrink) which decreases a good flow to the stomach. Carbon Monoxide reduces the capability of the red blood cells to carry oxygen throughout the body and to do their job. These factors can significantly slow down healing following weight loss surgery. Smoking also has been linked to the development of blood clots in surgical patients. Smoking disrupts breathing capacity and lung function, increasing a risk of developing lung problems such as pneumonia. Smoking can also lead to the formation of ulcers in the gastric bypass patient. Smoking can cause scarring, leaking or bleeding around and in the new pouch, gastritis or heart burn pain. You need to be honest with our surgeons. If you feel you are unable to stop smoking, let the surgeon know. If you are considering surgery or have had bariatric surgery, speak to your doctor about methods to assist with cessation. Smoking can lead to serious issues that are definitely dangerous to your health for the bariatric patient.

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### Basement People & Balcony People Excerpt- (some good advice)

By Jim Whitt

*"A tough lesson in life that one has to learn is that not everybody wishes you well."* — Dan Rather

My friend Becky Teeter shared a book with me written by Joyce Landorf entitled *Balcony People*. It describes people as either balcony people or basement people. She uses a metaphor comparing life to a glass sphere, much like a fish bowl. In the bottom two thirds of the sphere is dark, murky water. In the top third is clean, fresh air.

The basement people reside in the murk and the mire. They not only are on a dead end street but they insist on trying to pull others down with them. On the other hand, the balcony people live in the clean, fresh air of the upper third, encouraging others to join them. If you're like me you know both groups.

Why do people insist on trying to drag others down? It's because they can't see themselves being on any higher plane than the one they now inhabit. Therefore, they want to level the playing field. So, instead of climbing a mountain of their own, they try to keep us from climbing ours.

On the other hand balcony people constantly encourage us — they provoke us to aspire to loftier heights. Balcony people are the affirmers — they tell us that we can do it. They want us to achieve more — to be more successful. Why do balcony people want us to succeed? Because they are successful themselves.

They aren't threatened by our success so they can genuinely encourage us. As far as they're concerned there's plenty of room at the top for everybody.

*"A tough lesson in life that one has to learn is that not everybody wishes you well."* How about us? Where do we reside? The basement or the balcony?

\*This is an excerpt from *Road Signs For Success: 99 Purposeful Principles To Guide You On The Road To Reaching Your Full Potential* ©1993 Jim Whitt

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#### Misc. Info:

-We continue to be very busy at all three locations. Informational Seminars and the Pre-surgery classes times and some locations are changing, so please check out the website for details.

-Bariatric Advantage has come out with a great tasting **new Multi- Vitamin called Advanced Multi EA**. It is chewable and very mild fruity flavor. In most patients, it reduces the number of products necessary daily for the Gastric Bypass and Sleeve person. Two of these specially formulated vitamins taken daily, should eliminate the need for the average patient taking separate iron, B-12, vitamin D, resulting in taking just two of the Multi vitamins per day plus your recommended 1500 mg calcium daily. We carry them in the Sewickley, Jefferson office and they will soon be available on our e-store. We do have a printed schedule with details at the office. It is getting rave reviews from patients.

-**Attention Jefferson patients:** Patricia Patton's office (professional building -room 207-1/2) has been temporarily moved to an office in the hospital. Please contact her for details at 412-267-6260. Keep in mind that our doctors are still seeing scheduled patient's on Tuesdays in the regular office located in the Professional Building, suite 209.

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