

## Support Group Dates for 2015

### Heritage Valley Sewickley 6:00 pm

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

May 11  
June 8 July 13  
Aug 10 Sept 14  
Oct 12 Nov 9

### Washington Hospital 6:00 pm

located at: The Wilfred  
R. Cameron Wellness  
Center

April 20  
May 18 June 15  
July 20 Aug 17  
Sept 21 Oct 19  
Nov 16

### St Clair Hospital Check at 4<sup>th</sup> floor info desk 6:30 pm

April 27  
June 22 July 27  
Aug 24 Sept 28  
Oct 26 Nov 23

*Check our website or  
call the Sewickley for  
details*



## SPRING HAS ARRIVED

Spring is here and along with that comes the rebirth of mother nature in all sorts of forms from buds, blossoms, birds and hope of a fresh start for all much like the **opportunity** found with bariatric surgery. It is a chance to take hold and run with your new tool to improve your health. Grasp the moment to moment choices and appreciate all is that is yours for the taking. Exercise your right to make better choices and flourish in the rebirth. Increase your awareness and notice all that is around you, people, places and nature. Purposefully interact and surround yourself with all the possibilities and positives of this Spring. It's all there for the taking. Step up to the re-birth challenge of Spring time!

### Journal How You Bite into a Healthy Lifestyle

There is no holding back when it comes to your health. Journaling has been found to be a successful tool for awareness and improvement of habits.

To help you do so, consider this quick and easy journaling exercise that I hope will inspire you to take good care of yourself.

### "5" Minute Journaling Exercise

1. Ask yourself: "In what ways would I like to feel healthier?" Write as many answers in response to that question for one minute. Try very hard not to think about weight or appearance. Rather, think about actionable behaviors like more quality sleep, ease of making stairs, comfortably playing with your children, more time being active or regularly eating more protein and vegetables.
2. Go through the list and identify the answers you wrote down that feel like "a priority". Hone in on and circle the things that feel deeply important to you.
3. Now choose the top one or two you'd like to focus on and craft a very specific and measurable goal around it.
4. Share this with a friend you trust and encourage him or her to do the same journaling exercise. Consider keeping one another accountable to prioritizing health.

Remember, health is a very broad word with many meanings. And only you truly know what you need to feel healthier inside and out. Health also requires thought, planning, time and action. But your health is the most vital investment you can make and you are worth it.

Take a bite out of health. I don't think you'll regret it!

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"There is no happiness except in the realization that we have accomplished something."  
-Henry Ford

### Get outside and move, Fall will be here before you know it!

Exercise and movement is vital to our overall well-being. It's not just for weight loss or weight maintenance, it promotes good mental health and strong bones. Make a plan, get family or friends involved and stick with it. Set up a reward system to encourage compliance that is non-food related. Remember to enjoy it and have fun!

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**Food for Thought:** A study in the American Journal of Hypertension linked eating restaurant meals with a higher risk of high blood pressure. The Singapore researchers said people who had pre-hypertension or hypertension were more likely to eat in restaurants more often, have higher BMI levels, be less physically active and smoke. **Science World Report (4/12)**

## Vitamins for 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

## This is What Happens When You Stop Exercising

Men's Journal March 17, 2015

Ever wonder what would happen if you stopped working out? A new study on identical twins published in the journal *Medicine & Science in Sports & Exercise* explores exactly that, and the results are dramatic.

In the study, Finnish researchers looked at 10 pairs of identical twin men. Each set of twins was in their mid-30s, and each had been brought up in the same household. Since they were identical, they also shared the same DNA. The only difference was that though they had maintained the same level of physical activity for most of their lives, one twin had cut way back on exercising in the past few years due to work or family pressure; on average, the active twin worked out at least twice a week, while the less active twin exercised less than twice a week. The research team put each twin through a host of medical tests to get a sense of their overall health.

The results revealed big differences between each twin. While the more active twins had lower body fat percentage (20.7 versus 24), better endurance levels, and normal insulin sensitivity, the sedentary twins had about seven more pounds of body fat, worse endurance, and insulin sensitivity that showed signs of early metabolic disease. Not only were their bodies different; their brains diverged as well. The athletic twins had more gray matter (the information processing part of the brain), particularly in areas that controlled balance and motor function.

The study was small, but the takeaway is clear: Quitting your fitness routine can trigger body and brain changes that mess with your cardio fitness and strength and set you up for chronic conditions such as diabetes, says Jordan Metzl, M.D., sports medicine physician and author of *The Exercise Cure*. (Metzl was not part of the study.) And considering that the less active twins in the study had only recently become couch potatoes, these changes can sneak up on you a lot sooner than you'd think. "Muscles begin to atrophy after just a few days of being sedentary," says Metzl. "Organ damage and changes in overall functioning will follow."

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### Bariatric Surgery Appears to Cut Risks for Serious Asthma-related Events- By Esther Crain

A study led by Massachusetts General Hospital (MGH) investigators suggests that bariatric surgery can significantly reduce the risk of asthma attacks - also called exacerbations - in obese patients with asthma. Their report, published online in the *Journal of Allergy and Clinical Immunology*, is the first to find that significant weight reduction can reduce serious asthma-associated events.

"We found that, in obese patients with asthma, the risk of emergency department visits and hospitalizations for asthma exacerbations, says Kohei Hasegawa, MD, MPH, MGH Department of Emergency Medicine, the lead author of the study. "Although previous studies of non-surgical weight loss interventions failed to show consistent results regarding asthma risks, our result strongly suggests that the kind of significant weight loss that often results from bariatric surgery can reduce adverse asthma events."

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#### Misc. Info:

The new Bariatric Advantage **Multi- Vitamin Advanced Multi EA** has been a huge hit amongst our patients. Its mild flavor and ease of reducing daily products make it very popular. In most patients, it reduces the number of products necessary daily for the Gastric Bypass and Sleeve patient. 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** the recommended 1500 mg calcium daily. Also, for patients further out, same formulated MVI are available in 3 (large) capsules /daily We carry products in the Sewickley office and will be glad to bring orders to Washington office. . Patients are loving the convenience of taking fewer products! And don't forget the all important calcium, now available in the new yummy chocolate flavor 500 mg calcium chews.

#### Additional new products available:

Ask about the **new** chocolate and vanilla thin delicious protein supplement sweetened with Stevia!  
Probiotics:

Common, general probiotics may not be as beneficial for bariatric patients with specific needs **But a uniquely different, targeted probiotic that is specifically purposed to strengthen** the health of the intestinal wall lining and reduce bad bacteria may improve intestinal functionality. We have two types of probiotics for before and after bariatric surgery to assist with reducing digestive issues such as gas, reflux and improving your overall immune system.

