

**Parkview Center for Weight Loss
and New Image Bariatric
Support Group**

The support group meets the first Tuesday of every month from 7 PM - 8:30 PM at the Founders Center on the campus of Parkview Community Hospital Medical Center. All pre-op or post-op bariatric patients, their family and friends, regardless of where they had their operation, are welcome. We also invite anyone who is interested in bariatric surgery.

Email us at: newimagebariatric@yahoo.com
or call the office at: 951-760-0169
for additional information.

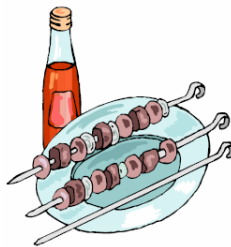
**The Next Support Group Meeting is:
July 1, 2008 7 - 8:30 PM**

Have Your Cake and Eat It Too #1

by Chef Dave **Let's Get Grilling**

Chicken Yumsticks

- 8 chicken breast halves
- 2/3 cup plain low fat yogurt
- 1 tsp. Splenda®
- 2 tsp. hot sauce
- 1 tsp. ground cumin
- 2 garlic cloves, minced
- 1/4 tsp. salt
- Lemon wedges (optional)



Directions:

1. Combine a few tablespoons of yogurt with the Splenda® in a medium-sized bowl and mix until well blended. Add remaining yogurt, hot sauce, cumin, garlic and salt.
2. Cut each chicken breast into 6 to 8 equal sized pieces.
3. Add chicken to the yogurt mixture and stir well until combined. Place it in a covered container and chill for no less than 30 minutes or up to 2 hours.
4. Thread the chicken onto grilling skewers. Add fresh vegetables for flavor as you'd like.
5. Grill the kebobs over medium heat, rotating sides every few minutes until cooked through, about 10 to 14 minutes total.
6. Remove chicken from skewers before eating.
7. Use additional hot sauce to taste.

Topics in Bariatrics

by John L. Coon, MD

THEORY OF THE LAP-BAND

Bariatric operations in general fall into the categories of restrictive, malabsorptive, and both.

Restrictive operations work by limiting the amount of food one can eat. Once the food is eaten it is completely absorbed by the intestine. Thus, there is no component of malabsorption. The old Vertical Banded Gastroplasty is this type of operation. It worked only by limiting the amount of food that a person could eat at a time. It really did nothing to control hunger or provide dietary satisfaction or "satiety". As such, when the stomach pouch created by the Vertical Banded Gastroplasty was full and the patient could not eat any more, he was still hungry – just not physically able to eat. Considerable conflict thus occurred with the patient being full and still hungry at the same time. A common solution to this conflict was to eat a combination of Oreo cookies and milk shakes, as this type of food could pass the restricted area easily and allow the patient finally to feel like he had eaten enough (satisfied). Unfortunately, this also provided a lot more calories than needed and thus by three to five years after surgery, over 60% of patients had gained back all of their weight and more.

The stomach is "tricked" into thinking it is full when only the top part is full.

Malabsorptive operations work by allowing one to eat normally but the intestine is surgically altered to allow only partial absorption of the ingested food, the rest going "on downstream", typically as diarrhea. The old Jejunal-Ileal Bypass is this type of operation.

Combination operations have some elements of both in that there is some limit on the amount of food that can be eaten and there is also some limit to how much of that food is absorbed. The Roux en Y Gastric Bypass is this type of operation.

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THIS and THAT

JUNE SUPPORT GROUP SPEAKER:

Dr Joseph Ku, MD is our featured speaker at this month's Support Group Meeting. Dr Ku, a board certified plastic surgeon will speak about body contouring after weight loss surgery. Dr Ku's new office is next to Parkview Community Hospital. Dr. Ku is offering a free consultation to members of the Support Group. For more information, call:



Precision Plastic Surgery
3975 Jackson St. Suite 205
Riverside, CA 92503 951-687-1162

Thanks to Bobbie Frazier for speaking at the April Support Group Meeting. Bobbie, a weight loss patient and professional hair-stylist provided a fun and informative meeting. Bobbie arranged for many hair and beauty product samples and also brought a make-up artist from Sephora to assist her in several hair and make-up demonstrations. Thanks for taking your time to speak and answer questions regarding hair loss after weight loss surgery. What a great and informative meeting. **Thanks again Bobbie!**



In Appreciation: Dr Gowri Reddy Rocco of Riverwalk Medical Associates also joined us at the May Support Group meeting and spoke to the group about facial and body rejuvenation after weight loss surgery. In addition she talked about skin care during and after weight loss surgery. There were many questions and Dr Rocco was so gracious to take the time to remain after her presentation to speak individually with several of the group and answer their specific questions. Dr Rocco's is a Board Certified Family Physician who also does Medical Aesthetics and Bio Identical Hormone Therapy. Her office is located at 11705 Slate Ave., Riverside, CA. 92505, 951-351-1346. **Thanks again Dr Rocco.**



Parkview Support Group Clothes Closet Temporarily Closed: NEW VOLUNTEERS NEEDED! All of the clothing from the WLS closet was either sold at the garage sale last month or donated to a local thrift shop. If you would like to have the closet and clothes exchange restarted we need some dedicated volunteers who will sign up to manage the closet for a month. Volunteers will need to be at the Support Group meeting to open the closet and then sort the new items and keep the clothes arranged. If you have questions about the clothes exchange or what your duties would be, contact Rhonda at 951-351-1111 or Mary at 951-750-9311. The clothes exchange can be such a benefit for new weight loss surgery patients while their weight is changing significantly in the first year. **Hope you can help!**

Topics in Bariatrics

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THEORY OF THE LAP-BAND

Now, into which category does the Lap-Band fit? Mostly into the Restrictive group with some additional mechanisms of action. While both the Vertical Banded Gastroplasty and the Lap-Band restrict the passage of food through the stomach the Lap-Band totally encircles the stomach and has at least two additional actions:

it presses on all sides of the stomach and causes the release of hormones that signal that the stomach is full.

it makes a small pouch out of the entire top of the stomach. After only a small amount of food is eaten, this pouch stretches, sending out hormones that tell the brain that the stomach is full and the person can stop eating even though only a small amount of food has been eaten. The stomach is "tricked" into thinking it is full when only the top part is full. Thus, the person does not eat nearly the normal amount of food that is possible but feels full and satisfied and is comfortable after eating only a small meal.



Unfortunately, the Lap-Band does not protect against the ingestion of Oreo cookies and milkshakes except that patients in this case are not typically hungry, but just want to eat because they feel like it and enjoy the taste and feeling of sugar.

So, if you can avoid sugar, a Lap-Band could well be a good choice for you.

John L. Coon, MD



Sunblock, for insensitive skin.

...On a Serious Note: Summer is here and Dr Coon wants to remind you all to use sunscreen and don't forget your hat.

Thanks to Nancy R. and to the ENTIRE Parkview Support Group from Dr Coon



May 6, 2008 Nancy R. surprises Dr Coon with a newly framed Certificate of Excellence.



May 6, 2008 Parkview Support Group Meeting

Thanks to Nancy R. for the beautiful new frame for our waiting room Center of Excellence certificate. Nancy arranged to get the certificate off the wall and framed before Dr Coon noticed it was missing. It was a big and very much appreciated surprise. **Thanks Nancy.**

Dr Coon wants to say "thank you" to the entire Support Group for all the support they give back to new members and those that need encouragement. The American Society for Metabolic and Bariatric Surgery may have designated Dr Coon and Parkview Center for Weight Loss a Center of Excellence but it is the word "**Excellence**" that Dr Coon believes describes the help, advice and support that so many of you offer to other weight loss patients and their families that have become part of the Parkview Support Group. **Thanks to you all!**

NEWS and RECIPES TO SHARE:

If you have news or recipes you would like to share in the newsletter, please call or send pictures and news items to Mary: 951-760-0169 or email to: newimagebariatric@yahoo.com



Monthly Introductory/Informational Seminar 2008 Schedule

If you are thinking about weight loss surgery, we invite you to an Introductory Meeting. You will meet Dr Coon, some of our staff and you will also have the opportunity to interact with previous surgical patients. We keep the Introductory Meetings informal and personal. In that way there is always time to answer you individual questions.

Every other month we hold our WLS Introductory Meeting prior to the Support Group Meeting at Parkview Community Hospital in Riverside. The opposite months we hold the WLS Introductory Meeting in our office adjacent to Parkview Community Hospital. At all Introductory Meetings we encourage you to bring a family member or friend who will be important in your network of support when you decide to have weight loss surgery. See schedule below for times and location.

No reservations are required for these free Introductory Meetings. For More information or directions, please call 951-760-0169.

Pre-Support Group Introductory Meeting Dates

6:00 PM - 7:00 PM

All Introductory Meetings are followed by the Support Group from 7:00 – 8:30 PM

June 3, 2008

August 5, 2008

October 7, 2008

December 2, 2008

Advertisement for Gilbert Acuna Plumbing. The ad features a background image of a pipe and includes the following text:

GILBERT ACUNA PLUMBING
NEW CONSTRUCTION/ REPAIR/ REPIPE
SPECIALIST/ DRAIN CLEANING

Owner
Gilbert Acuna

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CELL (909) 648-2893
FAX (909) 338-9493
gilacunaplumbing@yahoo.com
24HR EMERGENCY SERVICE

PLACE YOUR AD HERE

Want to advertise your Avon, computer installation, Pampered Chef or your own home business in our newsletter? All the money will go to the Support Group Christmas Party fund. \$10 for (3) three months will give you a business ad or announcement up to the size of a standard business card.

Please contact Mary at: 951-760-0169 or newimagebariatric@yahoo.com to submit your ad or for questions.