



### **Parkview Center for Surgical Weight Loss 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 everyone who is interested in bariatric surgery. Email us at [newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com) or call the office at: 951-352-5643 for additional information. **Next Support Group meeting is: May 1, 2007**

### **Have Your Cake and Eat It Too**

*Strawberries are coming and this looks like a great spring salad.....*



### **Mandarin Orange Salad with Strawberry Vinaigrette**

Romaine tossed with a fresh strawberry dressing, pecans and mandarin oranges

*Serving Size: 8*

4 cups romaine lettuce, *chopped*

1 cup mandarin orange sections, *raw*

½ cup chopped pecans

½ cup scallions, *chopped*

½ cup grape tomatoes

½ small cucumber, *peeled and chopped*

½ cup fresh strawberries, *pureed*

¼ cup raspberry vinegar

3 tablespoons vegetable oil

Place all ingredients into a large mixing bowl and toss well.

Chill and serve

NOTE: To insure that the lettuce does not get soggy do not toss until ready to serve.

*Per Serving: 118 Calories; 10g Fat (73.7% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium.*

## **Topics in Bariatrics**

### **Weight Loss Failure or Weight Regain**

These two problems are very similar in that they are both due to either an ability to eat too much or the capability to absorb too much.

A touch of basics: bariatric operations are based on two concepts, either restricting how much you can eat or limiting how much food you can absorb of what you do eat. And the Roux en Y Gastric Bypass is a combination of the two. There are operations that are completely either restrictive or mal-absorptive. However, due to various complications these operations are not done much any more.

The size of the stomach pouch "restricts" how much you can eat at a time and the size of the outlet of the stomach pouch "restricts" how fast the pouch empties and how soon you can eat again. Those are the aspects of the restrictive part of the operation.

The amount of intestine that is bypassed determines how much of what you do eat can be absorbed. As more intestine is bypassed, you will absorb less and less of ingested food. This is the mal-absorptive part of the operation. As an example, the proximal version of the gastric bypass "bypasses" about 1/3 of the intestine and the distal version of the gastric bypass "bypasses" about 2/3 of the intestine.

An unfortunate aspect of our ability to heal is that after bariatric surgery the body tries to compensate for the changes to the digestive tract. The new gastric pouch will expand, the outlet of the gastric pouch will dilate, and the intestine will both lengthen and get bigger around. All of these changes, which occur in the first year after surgery, are efforts by our digestive system to adapt to the alterations of surgery and **overcome** them.

And a final parameter is individual variation. Two people can have the same operation and yet one will do well and the other will not. As an example, I recently saw two patients who are almost two years post op from the exact same operation.

As an example, I recently saw two patients who are almost two years post op from the exact same operation. One of them has lost 130 lbs and is only 20 lbs over ideal body weight and has normal labs. The other has lost almost as much, but is still 50 lbs over ideal weight and is having severe problems with protein malnutrition.

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## Support Group Meeting March 2007



**What a great meeting.** Thanks to Brian Nowak and Andrew Jacob from the Riverside 24 Hour Fitness who presented great exercise tips and answered questions regarding exercise and strength training after weight loss surgery. We really appreciate all the time Brian and Andrew spent at the meeting and for the great discounts they offered to those who signed up for membership at their 24 Hour Fitness. When I spoke with Brian to thank him for the presentation, he said 8 people had signed up and they were pleased with all your questions and the great turn out at the support group meeting. **Thanks Brian and Andrew!**

## News & Stuff

**SUPPORT GROUP 50 / 50.** Don't forget to bring a few dollars to the monthly Support Group meeting if you want to participate in our monthly 50/50. The lucky winner gets half the pot from each month's support group drawing and the other half goes for the annual Support Group Christmas Party.

**SUPPORT GROUP CLOTHES EXCHANGE:** What a wonderful problem! As the pounds drop off you are encouraged to contribute to and select from the support group wardrobe exchange. Contact Rhonda Hawkins for more information at: 951-681-3174. *Bring something - take something.*

**Christmas Party 2007:** The first committee meeting to begin planning the 2007 annual support group Christmas party was held before the regular support meeting on April 3rd. If you are interested in volunteering for the planning committee or have ideas, please contact Debi or Rhonda.

Melissa N. **THANKS** for stepping up and moderating the March Support Group meeting.

A big **THANK YOU** to S.B. who won the 50/50 at the March 2007 meeting and gave back her winnings to the Support Group. Thanks S.B.!



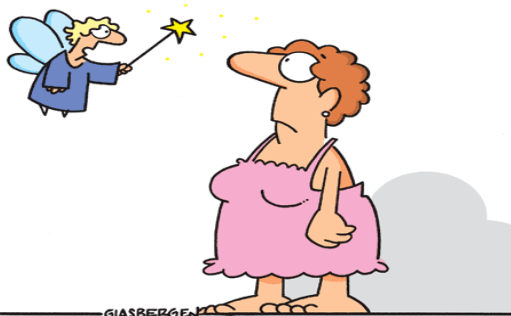
**Support Group Hosts** needed. If you are interested in hosting and moderating a support group meeting, please contact Debi at 951-352-5643.

**News to Share:** If you have news and/or pictures you would like to share in the newsletter about new babies, grandchildren, children's marriages, graduations, your new job, trips you have taken, etc. we would like to print them in the newsletter. How about that last trip to Cancun, or a day at the beach or a visit to Disneyland and you have pictures to share. How about a new puppy or something special that has happened in your life and you would like to share the information with the group, please send Mary pictures and news items. You can call Mary at: 951-760-0169 or email to [newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com).

**Summer Kick-Off Pot-Luck:** We will have a family pot-luck for the June 5th support group meeting. So mark your calendar and to get your picnic basket ready. There will be a surprise drawing for a great summer treat for some lucky winner.



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## Topics in Bariatrics *continued*

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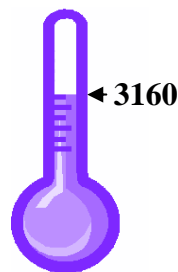
### **Weight Loss Failure or Weight Regain**

For a successful bariatric operation, consideration is given to how large to make the gastric pouch, how large and with what technique to make the outlet of the gastric pouch, and how much intestine to bypass. Based on experience by bariatric surgeons over the last 20 years, we have a general idea of what choices to make. Because of individual variations in humans, not everyone has the same result even though they all had the same operation.

As you might imagine, the treatment of weight loss failure, weight regain, and malnutrition all are based on what alterations to make to the original operation.



**Support Group Bucks:** In February we started the Support Group Meeting Bucks, which are incentive awards for attending each monthly New Image / Parkview Support group meeting. Every month that you attend a support group meeting you will receive at least one Support Group Meeting Buck that you can collect and use to spend at other support group functions like our annual Christmas Party, car washes, or other support group events. At some meetings we may award more than one Meeting Buck. And we hope to have gifts that we will auction or raffle that you can buy with your Support Group Meeting Bucks.



### **POUND-O-METER**

At the last support group a cumulative total of 3160 pounds was lost over 5 years by the 27 people who attended the March meeting. The most weight lost by any individual is 330 pounds. Wow! and Wow Again! The average was 117 pounds per person. *Congratulations to all and keep up your amazing efforts.*

**"Okay, but each pound counts as a separate wish!"**