



### **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: June 5, 2007**

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



#### **ZUCCHINI BEEF SOUP**

- 1/2 pound ground beef
- 2 celery ribs, thinly sliced
- 1/3 cup chopped onion

- 1/2 cup chopped green pepper
- 1 can (28 oz) diced tomatoes, undrained
- 3 medium zucchini, cubed
- 2 cups water
- 1-1/2 teaspoons Italian seasoning
- 1 tsp salt, optional
- 1 tsp beef bouillon granules
- 1/2 teaspoon sugar
- Pepper to taste
- Shredded Parmesan cheese, optional



In a large saucepan, cook beef, celery, onion and green pepper over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the tomatoes, zucchini, water, Italian seasoning, salt, bouillon, sugar and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until zucchini is tender. Garnish with Parmesan cheese, if desired. Yield - 6 servings.

Nutritional Analysis: One serving (prepared with lean ground beef and without salt & Parmesan Cheese) equals 106 calories, 10 g carbohydrate, and 10 g protein.

## **Topics in Bariatrics**

### **DO YOU NEED A REVISION ?**

All of the various bariatric operations have a failure rate. Sometimes a patient loses too much weight. Some times one will not lose enough weight. And sometimes one will lose adequate weight and then gain back a lot of that weight. Essentially, one can break the problem down into two components; an eating disorder and a surgical failure. And sometimes the problem is a combination of the two.

First, a short discussion of eating disorders, which is a rather broad term, in that probably most people have an eating disorder of some sort. For instance, they eat a little too much and are 25 pounds overweight. Or they eat the wrong kind of foods, such as too much sugar, too much fat, and not enough fiber. Or they do not eat enough.

Perhaps the most common eating disorder one encounters in bariatric surgery failures is sugar ingestion. Unfortunately, there is no operation that will control too much sugar. If the intestines are bypassed to the extent that the patient does not gain weight eating sugar, there will not be enough intestinal length to allow adequate protein absorption and the patient will die of protein malnutrition.

Moreover, it is impossible to make a stomach pouch small enough to control sugar ingestion. Sugar dissolves so quickly that even in the smallest pouch it becomes liquid very quickly and passes on into the intestine where it is absorbed rapidly. Sugar does not require digestion, just absorption.

Another common eating disorder is "grazing". I should know because I do this a lot. Grazing is the continuous ingestion of small amounts of food all day long. While only small amounts of food are taken in at a time, it adds up as the day goes on. And a small gastric pouch will not always control grazing. Since only small amounts of food are eaten at a time, thus never really filling the pouch does, a small pouch does not control the eating.

Surgical failures fall into the categories of pouch size, pouch outlet size, and intestinal bypass length. Assuming sugar ingestion is not out of control, a pouch that is too large will allow the ingestion of too much food at a time. If the outlet of the pouch is too large, then that food will pass out of the pouch too quickly, again allowing the patient to eat too much food. And if the intestines have not been adequately bypassed, too much of that ingested

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## STEVIE'S JOURNEY .....



Before

Stevie had a laparoscopic RNY at Parkview Community Hospital and the Parkview Center for Surgical Weight Loss on 7/10/2006. Her weight before surgery was 282 pounds. Her most current weight is 195 pounds and she has gone from a size 26 to size 8/10. Her journey over the past year got her to thinking about all she had accomplished. She would like to share a recent accomplishment that she just completed. In her own words.....

*"After losing my first 60lbs I wanted to do something with my body. I needed to prove to myself that I could complete an athletic event. I chose a worthy cause like the March of Dimes Walk America event. They raise money each year with walk-a-thons and generous donations to support research and programs to prevent premature birth and other threats to babies' health.*

*The 6 mile walk was held at UC Riverside with the route taking us along the beautiful, historic homes of Fairmont Park and ending back at the University. I completed the walk in about an hour and a half. My family and I enjoyed the walk and it has fueled me to go farther.*

*I thank Dr. Krahn, Dr Coon and the Parkview Bariatric Community for their wonderful support as I journey to the same old "New Me"! **Congratulations Stevie !***



After



[www.newimagebariatric.com](http://www.newimagebariatric.com)  
[newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com)

### Business Ads

## Help Me Rhonda Housecleaning



*18 years experience  
Attention to details is our specialty*

**951-555-1212**

*References available*

Want to advertise your Avon, computer installation, Pampered Chef or your own home business in our newsletter? All the money will go to the 2007 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](mailto:newimagebariatric@yahoo.com) to submit your ad or for questions or more details.

### INTRODUCING the new PROGRAM COORDINATOR at PARKVIEW CENTER FOR SURGICAL WEIGHT LOSS ....

Elaine or better known as "Lanie, is the program's new coordinator. 'Lanie is married and the mother of 2 daughters and the grandmother of 5 grandsons. She is a native of Ca. and has worked at several hospitals before coming to Parkview. Her previous job was Operating Room Director at hospitals in Menifee and Moreno Valley. I've heard it said that "she would rather fish than eat". Interesting. Maybe we will all learn more about this as we get to know 'Lanie in the office and at the support group meetings.



**Welcome 'Lanie!**

## News & Stuff

**We'll Miss You!** Jacqueline B.-W. will be leaving the area and moving east. Best wishes for a safe move. We all wish Jacqueline and her family well in their new location. We hope she will find a new support group and will keep in touch.

Melissa N. **THANKS** for volunteering again and moderating the April Support Group meeting. Melissa has been our moderator for the last 3 meetings and we really appreciate her enthusiasm and help.

A big **THANK YOU** to R.W. who won the 50/50 at the April 2007 meeting and gave back his winnings for the Support Group Christmas party. Thanks R.W.!

**News to Share:** If you have news and/or pictures 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.

**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.



**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.

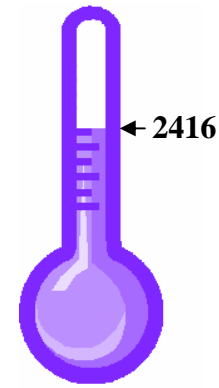
### **DON'T FORGET TO ATTEND THE JUNE 5, 2007 SUPPORT GROUP MEETING;**

Be sure to mark your calendar and plan to attend the support group meeting and pot-luck dinner. Our speaker will be from Bariatric Advantage and they will discuss vitamins and hopefully will have samples to share.

**Newsletter Ads to Raise Money for the Support Group Christmas Party:** Want to advertise your Avon, computer installation, Pampered Chef or your own home business in our newsletter? If you would like to run an ad in this newsletter, *New Image News*, all the money will go to the 2007 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 or more details. See page 2 for our first ad and an example of the size etc.



## POUND-O-METER



At the last support group a cumulative total of 2416 pounds was lost over 6 years by the 20 people who attended the March meeting. The most weight lost by any individual is 330 pounds. Wow! The average was 120 pounds per person. ***Congratulations and keep up your amazing efforts.***

## PHAT PHUNNIES



## UPCOMING ObesityHelp EVENT:

**When: June 9, 2007**

**Where: Pechanga Resort & Casino  
Temecula, CA.**

\$20 for on-line reservations and \$35 at the door

Call for more information: 1-866-957-4636

### Some of the topics that will be covered:

- **Timothy Katzen, MD will present plastic surgery after weight loss surgery**
- **Town Hall type discussion on the before and after of weight loss surgery.**

Think about attending. If you plan to go, please call Debi in the office so that if someone else needs a ride maybe there could be some car-pooling. Anyone that attends will receive \$10 toward their registration fee. Hope some of you from our group can attend and bring back information to share at a future support group meeting. Lets get a group together and attend. For more information go to [obesityhelp.com](http://obesityhelp.com) or contact them at 1-866-957-4636.



## Topics in Bariatrics *continued*

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food will be absorbed. Quite obviously, the surgical aspects of obesity control is a combination of these factors. Which factors should be adjusted varies in each case.

Deciding what to do after a weight loss failure is a complicated process because of all of these factors. They all act together in not completely predictable ways. Sometimes a surgical approach, a revision, will control an eating disorder and weight will again be lost and hopefully maintained. And sometimes control of the eating disorder will provide for weight loss and maintenance of that weight loss without requiring a revision.

In summary, if there is really no significant sugar ingestion, the first effort is to determine if there is an anatomical problem, an eating disorder, or a combination of both. The easiest thing to do is to try to correct any eating disorders. If that is not possible, then a revision should be considered. Remember, in the presence of more than rare sugar ingestion, even a revision has a high chance of failure.

And finally, one must know that revisions have a higher complication rate than original operations do. The risk of a leak where the intestines were altered, bleeding, and/or infection is higher. Also, the operations themselves are more technically difficult, take longer, require more time in the hospital, and have a longer disability time after surgery.



[www.newimagebariatric.com](http://www.newimagebariatric.com)  
[newimagebariatric@yahoo.com](mailto:newimagebariatric@yahoo.com)

**POTLUCK**

Please join us for a  
**Kick-off to Summer Pot-Luck**

at the  
**Parkview Center for Surgical Weight Loss  
Support Group Meeting  
June 5th, 2007 at 7:00 PM**

Bring a dish to pass - drinks, plates & utensils will be provided

Please remember to bring

high protein foods or sugar free or low sugar desserts.

We would like you to bring your recipe for the dish you bring to share. We'll make copies and have them at the next meeting.

Our speaker for the meeting will be from Bariatric Advantage

## New Image Bariatric Surgical Associates

along with John L Coon, MD  
practices and does surgery  
in association with:

**Parkview Community Hospital  
Center for Surgical Weight Loss  
Riverside, CA. 92503**

and at

**The Morrow Institute  
Rancho Mirage, Ca.  
866-374-9150**