



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 anyone who is interested in bariatric surgery. Email us at: newimagebariatric@yahoo.com or call the office at: 951-352-5643 for additional information. **Next Support Group meeting is: December 4, 2007.**

Have Your Cake and Eat It Too



PUMPKIN CHEESECAKE

“A serious cheesecake without all the sugar”

- 1 ½ pounds light cream cheese at room temp
- 1 cup Splenda
- 1 ½ cups canned solid pack pumpkin
- ½ cup whipping cream
- 1/3 cup sugar-free maple flavored syrup
- 1 tablespoon vanilla extract
- ¾ teaspoon cinnamon
- ½ teaspoon allspice
- 4 large eggs

Preheat oven 325 F degrees. With mixer, beat cream cheese and Splenda until fluffy. Beat in pumpkin. Add whipping cream, sugar-free syrup, vanilla, cinnamon and allspice. Beat until smooth. Add eggs one at a time, beating until just combined. Bake 1 ½ hours or until center is set. Cool 30 minutes before removing from pan. Refrigerate overnight. Serves 12

Per Serving: 210 calories, 9 grams protein, 15 grams fat (9 grams saturated fat), 10 grams carbohydrate, 1 gram fiber, 210 mg sodium



Topics in Bariatrics

HYPOTHYROIDISM, METABOLISM AND WEIGHT CONTROL

For the bariatric patient, being normal weight, maintaining normal weight, losing excess weight, and not gaining weight are not just surgical issues, but also hormonal issues. And Thyroid Hormone is one of the most important hormones in this process. While there are many other hormones that control weight (growth hormone, testosterone, cortisone), and many hormones that control hunger (ghrelin, multiple other hormones of which we understand very little), the most important hormone controlling how fast our bodies burn calories is Thyroid Hormone or Thyroxine.

Thyroxine literally controls how fast our body processes and chemical reactions occur (metabolism) and thus how much energy is used in these reactions. In other words, how fast a person's metabolism is determines how much food is used and how much is left over. And any left over food is stored as FAT. If a person has a low level of Thyroxine, then that person uses food more slowly than normal and thus has more food left over after eating and thus stores that food inside the body as FAT. So, you can see that if a person has a lower than normal level of Thyroxine (hypothyroidism) then that person stands a high chance of being overweight simply because food is not used as quickly as normal and thus more of their food is left over and then stored as FAT.

“having normal thyroid function and a normal level of Thyroxine in your blood are important aspects of weight control”

The most common tests of thyroid function are blood tests and are easily done. You just have some blood drawn and the results come back in a day or so. If the results are normal, then your body uses food at the normal rate. And if you are overweight and have a normal thyroid level, then most likely you are eating more food than your body needs. In that case a bariatric operation would be appropriate.

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BREAKING NEWS..... This is a Big Deal!

Parkview Community Hospital Medical Center just received the American Society For Metabolic and Bariatric Surgery (ASMBS) CENTER OF EXCELLENCE designation.



What does this mean? It means a lot of work by a large number of people to prove that Parkview Center For Surgical Weight Loss is an excellent place to have bariatric surgery.

The American Society for Bariatric Surgery (ASBS) Bariatric Surgery Center of Excellence (BSCOE) program was established in 2004 to ensure consistency and safety in bariatric surgery. To receive the designation of an ASBS BSCOE, a Center must participate in a rigorous application process including a thorough site inspection. Both the hospital and surgeon must satisfactorily meet the 10 requirements of the program. Among these requirements are volume criteria that must be met (125 surgeries per year for hospitals and 50 per year for surgeons with a minimum lifetime experience of 125 cases) to prove a successful experience in bariatric surgery. At the closing conference of that inspection, attended by department heads from the hospital and key members of our bariatric program, we were told by their review team leader that she “had no concerns in any of the ten areas of review.” Needless to say, we were ecstatic!

Those Centers that satisfactorily complete this arduous process find themselves among the top-tier institutions for bariatric surgery in the country; they have better outcomes, excellent facilities and the most experienced surgeons. Published data has shown that hospitals and surgeons performing these volumes have the most successful outcomes, with the lowest number of reoperations, complications and mortalities.

The ASBS BSCOE program has been recognized for its pioneering efforts by such industry leaders as the Center for Medicare and Medicaid Services and many other prominent healthcare companies.

An ASBS BSCOE offers the consumer reassurance that both the hospital and surgeon have been rigorously evaluated. Exceptional care is available from BSCOE Centers that dedicate their facilities, equipment and trained staff to the care of those who suffer from the disease of morbid obesity.



Support Group Car Wash October 20, 2007

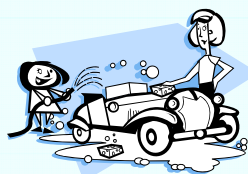


Another car wash was held on Saturday, October 20th in Norco. Thanks to all the hard work another \$ 250 was raised for the upcoming Christmas Party. This amount added to the \$230 from the September 27th car wash brings the total to \$480 which all goes to the Support Group 2007 Christmas Party. Great work everyone!

Thanks to everyone who participated at both car washes!

CAR WASH 9/29/2007

Terry J.	Peggy & Bob L.
Linda S.	Debi N.
Dan S.	Dr. Coon & Mary
Rhonda D.	Melissa & Mike N.
Penny H.	Cenona M.
Norma R.	



CAR WASH 10/20/2007

Susan M.	Peggy & Bob L.
Linda S.	Rhonda H.
Dan S.	Debi D.
Cenona M.	Melissa & Mike N.
Terry J.	Craig
Robin U. & Kids	

This and That

Thanks again Melissa N. for moderating our October Support Group meeting. There was a large turn out to hear Laura Z. one of Parkview Community Hospital dietitian speak about nutrition and the bariatric patient. Laura also answered questions from many of the members. As a matter of fact, there were so many questions that we had to end the question and answer discussion as the evening was getting late. **Thanks Laura** for a very informative discussion.

INTRODUCING Parkview Center for Surgical Weight Loss has a new Bariatric Program Manager. Olivia Swift-Ford is an RN with 24 years experience. She has worked as a clinic supervisor, nurse manager, project coordinator and for the past 8 years in women's health. Olivia is married and has an 11 year old son. She was born in Belize. After went to school for nursing in Seattle and then returned to CA. twenty years ago. If you are in the office, please take time to say Hi to Olivia and welcome her to the program.



NEWS LETTER ON THE WEB: *New Image News* is now on the New Image Bariatric Surgical Associates web site. If you miss a meeting and don't get your copy of the current *New Image News* you can go to the web site at www.newimagebariatric.com and at the bottom of the first page or under About Us you will find all the 2007 *New Image News* issues. Coming soon the 2006 issues will be added to the archives. Share the newsletter with friends and family by sending them a link to the website or printing out a copy and giving it to a friend.

December Support Group Meeting: It is a busy time of year, but be sure to make time for the December 4th support group meeting. Dan S. will be moderating the meeting and he will present a surprise holiday program. Planning for the 2008 year will be discussed and ideas and suggestions for programs and speakers you would like to have at next year's meeting will be welcome.

Goddess Designs is the name of a plus sign consignment boutique in Lake Elsinore that will be selling some of the clothing items from our Support Group Closet.. We will use any monies we earn from the consignment sales towards next year's Christmas Party. If you are headed that way, it is well worth the time to stop in and check out the shop. The boutique is located on Main Street in Lake Elsinore just off I-15.



Topics in Bariatrics *continued from page 1*

HYPOTHYROIDISM, METABOLISM, AND WEIGHT CONTROL

However, if your thyroid level is below normal, then in spite of eating a normal amount of food, you would be over weight. Your obesity would not be the result of eating more than normal but from your body not using food at a normal rate and storing the left over food. And in that case you would not need a bariatric operation. What you would need is thyroid medication to bring your metabolism up to normal. In that way all of the food you eat would be used by your body and none of it would be left over. In other words, you would not be storing any excess food (fat). This is, of course, assuming that you eat the normal amount of food and do not overeat.

Thus, having normal thyroid function and a normal level of Thyroxine in your blood are important aspects of weight control regardless of your weight status or whether you have had or need bariatric surgery.

John L. Coon, MD



2007 HOLIDAY CELEBRATION

December 15, 2007

Doors open at 6:30

7:00 PM Dinner will be Served

Founders Center Parkview Community Hospital
3865 Jackson St. Riverside

DJ, dancing, catered dinner, door prizes, raffle, lots of fun

Come as you are or Holiday attire

Bring your family and friends

Adults \$5.00 per person \$2.50 children (0-12)

R.S.V.P. to 951-352-5643 by 11/15/2007

Robin U. has arranged for Pacific Images to be at the Holiday Party to take professional photos. Each photo taken of individuals, couples, families or groups will be available to pick up by Wed. December 19th at the Parkview Office. Pacific Images has offered us a spectacular package price for each picture.

Package Price \$10.00 per single pose

Includes:

Two 5x7's and Eight Wallet

A portion of each package cost will come back to the support group.

This is a great opportunity to have professional photos taken in all your holiday finery.



HALLOWEEN PARTY 2007 the pictures tell the story!



HOW MUCH DO YOU KNOW ABOUT NUTRITION?

Test your knowledge by taking this test. Some of the answers may surprise you!

1. True or False

Cottage cheese isn't a particularly good source of calcium.

2. True or False

Butter and margarine have about the same number of calories.

3. True or False

Canned or frozen fruits and vegetables contain fewer nutrients than fresh.

4. If you eat 100 more calories a day than you burn

- You will become stronger and healthier
- You will be able to exercise 5 minutes longer per day
- You will gain about 1 pound in a month
- Nothing will change as long as you take vitamins, particularly vitamin B.

5. Which fruit is highest in vitamin C?

- One medium orange
- One medium papaya
- One medium mango
- One medium grapefruit



6. True or False

Pears contain cholesterol.

7. True or False

Americans eat more potatoes than any other vegetable.

8. A 12 ounce can of regular cola contains

- 3 teaspoons of sugar
- 5 teaspoons of sugar
- 10 teaspoons of sugar
- 1 cup of sugar

9. True or False

Baby carrots are cut from young, immature carrots.

10. Eating a large dinner before bed will

- Cause you to gain weight
- Increase fat storage
- Possibly cause heart burn
- All of the above

Answers on page 6



Your Support Group Business Ads



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Moreno Valley, CA

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 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.

NUTRITION QUIZ ANSWERS

- 1. True** There are only 65 mg of calcium in ½ cup of cottage cheese, but an 8-ounce serving of milk or yogurt has 300 mg. A 1-ounce piece of cheddar cheese has 200 mg.
- 2. True** Both butter and margarine have 100 calories and 12 grams of fat per Tablespoon. If the margarine is hydrogenated, which means that it was made from a liquid which was turned into a solid, this process adds unhealthy trans fats which increase the risk of heart disease.
- 3. False** There is usually little difference between canned or frozen and fresh fruits and vegetables. In fact, the canned and frozen varieties may have even more nutrients because they are processed at their peak during harvest time.
- 4. c. You will gain about 1 pound in a month.** We are still the product of calories in versus calories used. There are about 3500 calories in a pound, so the extra 100 calories per day, although it may seem small, add up.
- 5. b. Papaya** It is followed by grapefruit, orange then mango. We normally associate vitamin C with citrus fruits, but papaya is higher. Try some new varieties of fruits and vegetables that you have never tried before. You may be surprised at how nutritious they are.
- 6. False** Cholesterol is only found in animal products.
- 7. True** Iceberg lettuce is second to potatoes. Potatoes are high in glycemic index and will tend to make you feel hungrier and iceberg lettuce is high in water content and low in nutrients. Neither of the 2 highest consumed vegetables are particularly good for you.
- 8. c. 10 teaspoons of sugar**
- 9. False** Baby carrots come from a special variety of carrots that are designed to grow closer together and have a uniform diameter. These carrots are then trimmed into “baby” size.
- 10. c** Contrary to popular belief, eating late at night does not significantly increase fat storage or cause weight gain. Weight gain comes when you eat more calories than your body burns no matter when you eat.

“Reprinted from Barbara Thompson’s free e-newsletter featuring helpful information and research material to help patients succeed following weight loss surgery. <http://www.wlscenter.com/E-Newsletter.htm>”



www.newimagebariatric.com
newimagebariatric@yahoo.com

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BARIATRIC NUTRITION TIP

For You Smoothie Lovers • Now there is Jamba Light

Did you know there is a lighter version of the Jamba Juice. Jamba Juice has a variety of Jamba Light smoothies which have 1/3 fewer sugars and calories than their regular smoothies. The Jamba Light uses non-fat milk, natural flavors and Splenda. Each Jamba Light is under 160 calories.

Strawberry Nirvana: 150 Calories, 6 g Protein 27g sugar and 32g Carbs

Berry Fulfilling: 150 Calories, 6g Protein, 23g Sugar and 30g Carbs



Mango Mantra
160 Calories, 6g Protein, 30g Sugars,
34g Carbs
Jamba Juice on Hamner in Norco is one of our prize donors for our Holiday Celebration. If you are in the area give them a try.

HOLIDAY PERSONAL WISHES

New Image News will have a section for your personal classified messages of holiday greetings and cheer. If you would like to have your message printed in the next newsletter, complete the form at the November 4th Support Group Meeting or email your message to Mary at:

newimagebariatric@yahoo.com

Messages should be 25 words or less and should be signed with your first name and initial or just your initials. Here is an example of a message that you might like to send to the group, your weight loss supporter or office staff.

Example: *To all "newbies," I wish you a successful journey in the New Year! Pepper D.*

If you have questions, call Mary at:
951-760-0169



New Image Bariatric Surgical Associates

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

Parkview Community Hospital
Riverside, CA.

and

The Morrow Institute
Rancho Mirage, CA.

866-374-9150



NEW IMAGE BARIATRIC SURGICAL ASSOCIATES

Now Offers Financing

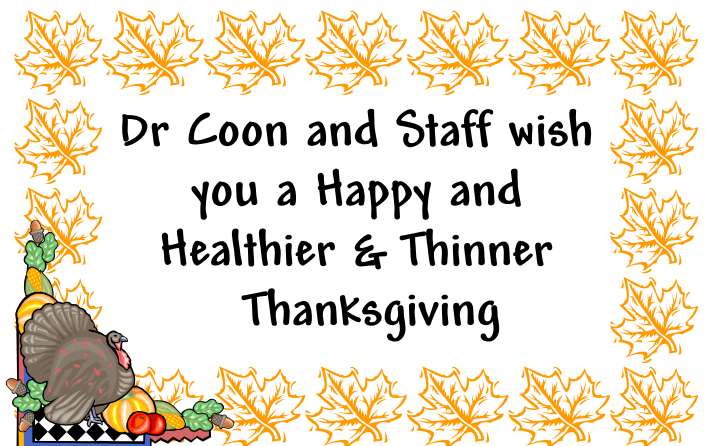
The office is now working with CapitalOne Healthcare Financing and Care Credit. These are both financing plans that a patient can apply for by phone, on-line or by mail if they do not have insurance coverage and still want to proceed with weight loss surgery. There are a number of plans that both offer and financing can be for as short a time as 3 months or up to 8 years. Interest on both plans is based on individual credit history and this is decided strictly by the finance plan. We have information on both plans at the office and you can talk with Debi if you have questions.

If you have family members, friends or co-workers that are seriously considering weight loss surgery but don't have insurance coverage, you might suggest that they contact the office for information on how to apply for either healthcare financing plan. For CapitalOne you can go to www.capitalonehealthcarefinancing.com and for Care Credit go to www.carecredit.com.

CapitalOne healthcare financeSM

CareCreditSM

ANOTHER LOONEY COON



Dr Coon and Staff wish
you a Happy and
Healthier & Thinner
Thanksgiving

www.newimagebariatric.com
newimagebariatric@yahoo.com