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Volume 3 Issue 10 – October 2006

Support Through Thick and Thin

Auburn, CA – This is a story about a husband who has given unrelenting support to his wife through thick and thin. Now, the tables have turned on this loving couple. Support is an all encompassing need.

It has been a rough journey for Jeanette as she came to realize the risks and benefits Weight Loss Surgery would provide. Her and Mike’s focus was strictly on all they could do together to create success and health. Here, she shares parts of her story and how Mike helped her to make it all possible:

August, 2005

“I have not ridden since February 11, 2004, and it is conceivable that I may never ride again.

I am a horseback riding instructor, and I fell off my own young horse and fractured my upper arm. As I lay on the cold ground waiting for the ambulance to come, I knew my life was about to change forever.

Not only has my obesity complicated my healing, my orthopedist said my obesity has ruined my knees, and I am doomed to end up in a wheelchair.

When I asked if gastric bypass surgery would help or turn back the clock on my joint problems, he said emphatically that it would not.

My depression has grown, but I refuse to end up in a wheelchair. I am only 47. Massage therapy and medications limit the pain in my legs, but not enough to get active and ride again. And given my inactivity, my weight is slowly creeping up to 400 pounds. I know that weight loss surgery is my last best chance to have a normal life.

September, 2005

Surgery is scheduled. Mike will of course be at my side throughout the entire experience. I will be losing weight very rapidly at first, but it does not stay this rapid throughout the whole process. I will be monitored every step of the way by my surgeon, my primary care person, a weight-loss support group, and, of course, my beloved and adored husband.

Please know that even knowing the risks...I still feel this surgery is my best long-term chance for a healthy, useful life. Throughout my life I have faced a lot of obstacles, but my greatest gift has been my husband, Michael. I have never met another man or woman who has so visibly demonstrated his support for his spouse at every possible level.

Early Summer 2006

“I’m back in the saddle again!”

Soon after, Mike was diagnosed with primary liver cancer. In August they were told that Mike may have only six months to live. They've gone to the experts who were unable to offer any hope.

Mike has never missed being by his wife’s side at a support group meeting – together, they have not missed one since Jeanette underwent gastric bypass surgery. In recognition of the epitome of an outstanding support person as Mike is, a support fund has been set-up. Donations may be sent to: Bank of America – acct # 0845042029
Attn: Michael & Jeanette Quinn Support Fund
134 South Church Street
Grass Valley, CA 95945

Jeffrey R. Jenkins, MD, FACS

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% Excess Body Weight Loss (%EBWL)

1. FIND IDEAL BODY WEIGHT (IBW)

How tall are you?

Females add 100 for 5 feet of height and 5 for every inch over.
Males add 106 for 5 feet of height and 6 for every inch over.

FEMALE: $\frac{100}{\text{height}} + \text{inches over 5 feet} = \text{IBW}$

MALE: $\frac{106}{\text{height}} + \text{inches over 5 feet} = \text{IBW}$

2. FIND EXCESS BODY WEIGHT (EBW)

weight at surgery: $\text{weight at surgery} - \text{IBW} = \text{EBW}$

3. FIND WEIGHT LOSS (WL)

$\text{weight at surgery} - \text{current weight} = \text{WL}$

4. & 5. $\frac{\text{WL}}{\text{EBW}} \div \frac{1}{100} = \text{before conversion}$
 $\text{before conversion} \times 100 = \%EBWL$

How many pounds will you have to lose to reach 65%EBWL?

GOAL $\text{EBW} \times .65 = \text{lbs to achieve 65\%EBWL}$

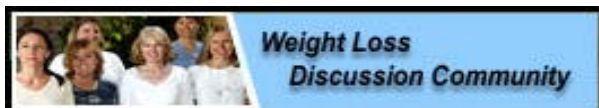
How many pounds will you have to lose to reach 55%EBWL?

ALARM $\text{EBW} \times .55 = \text{lbs to achieve 55\%EBWL}$



Shop At
Our Estore

1. Visit www.SierraBariatrics.com
2. Click on the eStore button.
3. Make secure purchases of vitamins, books and more! Items are shipped directly to your home.



Weight Loss
Discussion Community

1. Visit www.SierraBariatrics.com
2. Click to Join the discussion today!

Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH
HOSPITAL UNLESS OTHERWISE NOTED

For EVERYONE: Patients, Family & Friends

(Participants are encouraged to maintain one another's confidentiality.)

October 28th, 2006 10am – noon (Saturday)
***FREE Informational Seminar**
Call 530-823-0701 to register

November 16th, 2006 4:30-6:30pm (Thurs)
Hospital Preoperative Education Class
Call 530-823-0701 to register

November 16th, 2006 7pm (Thursday)
Support Group Meeting
Everyone is invited!

December 14th, 2006 4:30-6:30pm (Thursday)
Hospital Preoperative Education Class
Call 530-823-0701 to register

December 14th, 2006 7pm (Thursday)
Support Group Meeting
Everyone is invited!
WINTER OPEN HOUSE

Support Group Meetings are held the third Thursday of each month at 7pm in conference room A at Sutter Auburn Faith Hospital.

**Support Group Participants are
SUCCESSFUL!**

Sutter Hospice Thrift Shop – Clothing Exchange

To set-up a one-to-one clothing exchange arrangement, please request a letter to bring to Sutter Hospice Thrift Shop. The arrangement is for a one year period beginning anytime after you undergo surgery. The Thrift Shop is located at 13342 Lincoln behind KFC. You must present a letter to participate.

“Man, alone, has the power to transform his thought into physical reality; Man, alone, can dream and make his dreams come true.”

~ Napoleon Hill

Who Can You Call?

FOR MEDICAL CONCERNS or TO MAKE AN APPOINTMENT:

*Call Dr. Jenkins' Office 530.823.0701

FOR SUPPORT (NOT FOR MEDICAL CONCERNS):

Jeffrey Jenkins, MD, Bariatric Surgeon
DrJenkins@SierraBariatrics.com (Call the office with
medical concerns; Email may be checked infrequently.)

David H. Black, Ph.D.
Clinical Psychologist
916.922.8050

Jan Haemmig, Fellow Patient, Support Group Volunteer
530.265.2931

Lori Cochrane, Bariatric Behaviorist
Patient Education & Support
916.705.7309 or Lori@SierraBariatrics.com

***DIRECT ALL MEDICAL CONCERNS TO THE OFFICE**

WLS Website Resources

www.SierraBariatrics.com

www.SierraBariatricsEstore.com

www.obesityhelp.com
For patients by patients

www.asbs.org
The American Society for Bariatric Surgery

www.SparkPeople.com
Track your intake, exercise, weight loss and goals

www.FitDay.com
Track your intake, exercise, weight loss and goals

www.MyPyramid.com
Information about food intake and physical activity

www.EatRight.org
Nutrition and health information from the American
Dietetic Association.

www.AceFitness.org
The American Council on Exercise

WHILE THE INTERNET CAN BE AN EXCELLENT RESOURCE, BE
CAUTIOUS OF ADVICE OBTAINED THROUGH UNKNOWN SOURCES.

education creates knowledge

knowledge is power

power is success

It's 10 pm do you
know where your
cheese sticks are?

KNOW MORE

practice makes better

**If you think you can or you think
you can't, you are absolutely right.**

**All crackers and
no cheese makes
Jack miss his
protein goal.**

Warning: Only read if you want to kick the Cap'n Crunch habit.

OK. Who DIDN'T grow-up on Cap'n Crunch!? Those memories of sitting at the kitchen table looking at the colorful pictures on the box and playing all the games on the box and digging in the box for the prize...we were doing it all the while being constantly reinforced by the sweet crunchiness that Cap'n Crunch could provide as we ate our golden breakfast bowl of champions. Remember the cold milk over-splashing onto the table and the sound the spoon made when it hit your teeth 'cause the bites were way too big? We even put-up with the shredded roof-of-mouth after affects! But it was worth it, wasn't it?

Here comes the not so great news: a $\frac{3}{4}$ serving of the cereal alone contains 23 grams of carbohydrate (only 1 of which is from dietary fiber) and 1 gram of protein.

That $\frac{3}{4}$ of a cup crunches down after being pulverized in your mouth (shredding the roof) into about $\frac{1}{4}$ cup of stuff as found during a non-scientific experiment. If you can eat about 2 cups of stuff total per day, this is hereby classified as just about useless if it weren't for the added fortification of some nutrients including Folic Acid.

Since we are always on the lookout for a ratio of protein to carbohydrates that provides more protein, we searched around for an alternative to Cap'n Crunch and it dawned on us – you know, we just don't need to substitute a sugary cereal for something with less refined sugar and a sugar substitute. We need to be eating more nutrient dense foods. Cereal CAN be nutrient dense and it CAN have a higher ratio of protein. Cereal that is less processed such as with whole grains provides more fiber and takes longer for your body to digest – all of which are good things. Add some fruit and you have a nutrient dense meal. Here is one idea for you for a crunchy flaky cereal that does provide protein and still has a lot of flavor to satisfy you:

The same amount ($\frac{3}{4}$ cup) of Kellogg's Special K Protein Plus contains 14 grams of carbohydrate, 5 of which are dietary fiber, and 10 grams of protein. It's also fortified with some of every common nutrient that Nutrition Facts labels list, so it really is FORTIFIED making it a meal. Add just a few fresh or dried blueberries on top and $\frac{1}{2}$ cup of skim milk, and viola, you have a healthy breakfast that includes sitting at your kitchen table looking at a box that is a little more geared towards your current age. OK, that isn't so fun, but after digging for my prize I found a sign on the inside of the box that says "Sorry, this box is not a winner." And to think, I could have won a free pair of Jeans!!!! And, they would have fit me now!

Hmmm, the box is disappointing and I didn't win... let's see, I've still got that box of Cap'n Crunch, I could look at that and read the box and dig for the prize while I eat my bowl of Kellogg's Special K Protein Plus lightly sweetened wheat, soy & rice flakes. Hmmm what's this? "Questions or Comments call..." ring – ring – ring – Hello? Cap'n Crunch? Yes, I am an adult who is looking for a breakfast cereal similar to your Cap'n Crunch but with more nutrition and less refined sugars, maybe even with some protein. What's that? Quaker Oats? Same company makes Quaker Oats – oh yah! Those are healthy!

But I Want CAP'N CRUNCH!



BY LORI COCHRANE

Recipes & Other Handy Dandy Food Ideas

By John Alexander

Fellow WLS patient John Alexander has volunteered to put together a collection of recipes and ideas for our post-op life. John had surgery in August of '06 and immediately felt limited as to appetizing variations in his diet. He came forward and asked, "What have other patients found helpful?"

The answer is to try a lot of different things a lot of different ways – but John already knew that.

So, here in this section of the newsletter, each month, John will collect your submissions for recipes and ideas that are ways to add variety while still meeting the necessary needs post-op such as focusing on protein and limiting refined sugars. We hope you enjoy this information and please share your ideas with all of us by emailing them to John at jhajr@winfirst.com.

UNBELIEVABLE PEANUT BUTTER COOKIES

(wheat-free)

1 Cup reduced fat peanut butter
1 Cup Splenda
1 large egg
1 teaspoon vanilla
Splenda as needed

Preheat oven to 325 degrees. Combine peanut butter, sugar, egg, and vanilla to thoroughly blend. Drop by teaspoon 2 inches apart onto cookie sheet. Flatten with bottom of glass dipped in Splenda. Bake 14-16 minutes until lightly browned. Cool on a rack.

Per cookie: 67 cal; 2 gram protein, 7 gram carb, 4 gram fat.

SPICED PUMPKIN CUSTARD

Vegetable Cooking Spray
3/4 Cup Splenda
1/2 teaspoon table salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
3 large eggs
One 15 ounce can Libby's Pure Pumpkin (not pumpkin pie filling)
One 12 ounce can low fat evaporated milk (not sweetened condensed milk)
Whipped cream sweetened with Splenda or Redi-Whip

Preheat the oven to 325 degrees. Lightly spray eight 1/2 cup ramekins or custard cups with vegetable cooking spray and place in a large roasting pan.

Mix the Splenda, salt, cinnamon, ginger, and cloves in a small bowl. Beat the eggs in a large bowl. Blend in the pumpkin and spice mixture. Gradually blend in the evaporated milk.

Ladle the filling into the prepared ramekins. Pour very hot water into the roasting pan to come about halfway up the side of the ramekins.

Bake for 25-30 minutes, or until a thin knife inserted near the center of the custard comes out clean. Carefully remove the ramekins from the hot water. Serve warm or chilled. Top with Splenda sweetened whipped cream or a squirt of Redi-whip before serving, if desire. Makes eight 1/2 cup servings

Calories 84, fat 3 grams, carbs 8 grams, protein 6 gram.