



SIERRA BARIATRIC SURGERY

NEWS

Volume 3 Issue 3 – March 2006

DESPERATION TO JUBILATION

Amazing Stories of Change

Auburn, CA – Imagine for a moment the social stigmas associated with obesity. Others pass judgment without familiarity of the vicious cycle the obese person faces. For some people it is no easy task to walk up a flight of stairs, sit at a restaurant booth, or play with children.

The desperation to overcome obstacles that an obese person faces can truly be understood by somebody else who has had the same experience. Luckily, we are in a community where we have people who have taken on such change in their lives to go from this type of absolute desperation to triumphant jubilation, and these people want to share their stories.

On June 24th, 2006, patients of Jeffrey Jenkins, MD, Bariatric Surgeon, will share with you about their moving experiences, describing their profound health improvements and their life changing moments after weight loss surgery.

Jan can bend over and pick-up her grandkids; Carol has a smile on her face that comes from her heart; Ken is retiring because he doesn't want to miss another moment of life; Candy has more and more energy each day to play with her toddlers; and Kelley is going to compete in next year's triathlon.

Save the date, plan to participate, and bring your tissue, for June 24th is going to be a very important day for us all.

Jeffrey R. Jenkins, MD, FACS

SIERRA BARIATRIC SURGERY

3257 Professional Drive, Suite E
Auburn, CA 95602
(530) 823-0701
(530) 823-0737 fax
DrJenkins@SierraBariatrics.com



Patient Showcase

June 24th!

Are you ready? We've been waiting to see you!

Weight Loss Surgery patients overcome obstacles that are incomparable to most life changes. We want to hear your story, we want to share the triumphs and the challenges, and we want to help you celebrate the new you.

Be a part of the most inspiring event of the year. Participate in this year's Fashion Show & Patient Showcase.

Participants will be required to:

- ✓ Provide a minimum of three before and three after photos of you alone;
- ✓ Write your story and record it in your voice (we will help you!);
- ✓ Choose fashions from a local merchant that we will refer you to, and;
- ✓ Come early on the day of the show to practice.

GIVE YOUR SIGN-UP FORM TO LORI OR HEATHER!

[SIGN-UP FORM ON BACK]

For more information contact Lori
by email: Lori@SierraBariatrics.com or call: 916-705-7309

% 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)

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

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

How many pounds will you have to lose to reach 65%EBWL?
(weight loss goal)

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

How many pounds will you have to lose to reach 55%EBWL?
(alarm to get you motivated)

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

Shop Our - eStore

GO TO

www.SierraBariatrics.com and
click on the orange eStore button.

Make secure purchases of vitamins,
books and more! Items are shipped
directly to your home.

www.SierraBariatrics.com
Join the MESSAGE BOARD!

Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH
HOSPITAL UNLESS OTHERWISE NOTED

For Patients, Family & Friends

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

March 16th, 2006 4:30-6:30pm (Thursday)

Hospital Preoperative Education Class
Call 530-823-0701 to register

March 16th, 2006 7pm (Thursday)

Support Group Meeting
Everyone is invited!

April 1st, 2006 6pm -- 8pm (Saturday)

***FREE Informational Seminar**
Call 530-823-0701 to register

April 13th, 2006 4:30-6:30pm (Thursday)

Hospital Preoperative Education Class
Call 530-823-0701 to register

April 20th, 2006 7pm (Thursday)

Support Group Meeting
Everyone is invited!

SAVE THE DATES:

June 24th, 9am – noon

FASHION SHOW & PATIENT SHOWCASE

September 16th, 9am – noon

WALK FOR THE HEALTH OF IT

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

Support Group Goers 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.

The Surgeon's Point of View

Jeffrey R. Jenkins, MD, FACS



Late Complications of Gastric Bypass Surgery, Part II

In last month's column I discussed the anatomic complications that can occur after gastric bypass surgery. In part II this month I will discuss the nutritional complications that can occur. The most common nutritional problems that can occur are: Vitamin B12, iron, calcium, and thiamin (vitamin B1) deficiencies.

Vitamin B12 is an essential vitamin that is important in maturation of red blood cells (RBC's). It also has important actions in nerve function and DNA synthesis. The most common source of B12 is meat, eggs, liver, and milk products. Ingested vitamin B12 is normally bound to intrinsic factor which is made in the stomach and then it travels into the intestine where it is absorbed preferentially in the end of the small intestine (the terminal ileum). Inadequate B12 results most commonly in anemia (decrease RBC's). However, neurologic changes such as weakness, unsteadiness, delirium, and confusion can also occur. After roux-en-y gastric bypass (RYGB) food does not pass through the part of the stomach that makes intrinsic factor. As a result, absorption of this vitamin is not as efficient as it would be with normal anatomy. Fortunately, symptoms of B12 deficiency usually take months to years to develop. Our body has enough B12 stored to last about 6 months before we become deficient. If you become deficient in B12 you may be able to reverse the deficiency with oral vitamin B12, but some patients will require monthly shots of B12 to treat this successfully.

Iron deficiency also results in anemia. The body needs plenty of iron to make RBC's as this is a major component. The primary sources of iron in our diet include: beef, kidney, liver, beans, clams, and peaches. Iron is primarily absorbed in the first portion of the small intestine (the duodenum). Because the food does not pass through the duodenum after a RYGB there can be inadequate absorption from the rest of the intestine. Iron-deficient anemia develops slowly over several months and is easily reversed with oral supplementation in most patients. "Preventative" iron supplementation should be done cautiously because several medical problems can develop from excessive iron intake (cirrhosis, diabetes, skin pigmentation).

Calcium is an essential co-factor and is required for most functions in our body. Bones and teeth require it for strength. Blood coagulation is dependant on calcium. And the ability of our muscles to contract or our heart to beat would not be possible without calcium. Fortunately for us, calcium is abundant in our diets. It is found in dairy products, meat, fish, eggs, cereal products, fruits, and vegetables. Unfortunately for the gastric bypass patient, it is not absorbed as easily as before bypass surgery. The primary source of absorption is in the duodenum. Just as with iron absorption, the anatomy after RYGB does not provide adequate exposure to this portion of the GI tract. However, the remainder of the small intestine is fairly efficient at calcium absorption so it is usually an easy problem to prevent. The main thing to keep in mind is the *type* of calcium you need. As a result of the RYGB there is no longer acid in the gastric pouch. Calcium carbonate (TUMS®, Oscal®) requires acid to break it into particles that can be easily absorbed by the body. Calcium citrate (Bariatric Advantage®), on the other hand, is readily absorbed without the assistance of gastric acid. Therefore, make certain you are taking calcium citrate after your surgery.

Thiamin (vitamin B1) deficiency is generally not a problem unless you are vomiting for a prolonged period. Symptoms of B1 deficiency are typically of the neurologic variety and include numbness or tingling of the lips and tips of the fingers. It can be serious and mimic a central nervous system disorder in alcoholics call Wernicke-Korsakoff syndrome which causes confusion, memory loss, and instability while walking. It can also mimic a stroke leading to weakness or numbness on one side of the body. If this is not treated early enough it can be permanent and completely debilitating. Fortunately, this is rare and usually responds to oral administration of Thiamine.

All of these deficiencies can be serious if ignored. Fortunately, they can also be easily prevented and/or treated with the appropriate vitamin supplements. This is one of the many reasons it is important to continue to see your Bariatric surgeon for the rest of your life.

~ Jeffrey R. Jenkins, MD, FACS

Lori Cochrane's Book, "SUCCESS TOOLBOX" -- \$22.95
Resource® Beneprotein® -- \$10.99
Nectar™ Protein in several fruit flavors -- \$29.95
(also sold in single serving packets)

www.SierraBariatricsEstore.com

We sell a wide variety of Revival Soy products and all BARIATRIC ADVANTAGE products!

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 or Volunteer@SierraBariatrics.com

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

Pam Kesler, MFT, Bariatric Therapist
Kesler, Elliott & Associates
530.888.7958

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

**Sign up to post messages on the Sierra Bariatrics Message
Board! Go to www.SierraBariatrics.com, click "Online
Community" and walk through the self-guided steps to
register.**

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.BariatricBehavior.com

Learn more and become motivated about lifestyle
changes required for long-term success

www.obesity.org

Information from the American Obesity Association

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.

EXERCISE FOR LIFE - article will return next month!



By

Kristin Jenkins

(530) 320-4376

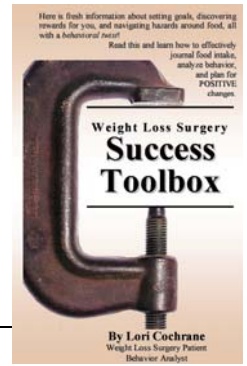
ACE Certified Personal Trainer

Order the book
"Success Toolbox"
Written by Lori, online at
www.sierrabariatrics.com
Estore.com



Oh *B*EHAVE!

By Lori Cochrane



Lori's article will return next month.

RECIPES & FUN FOOD FINDS

Attention Kitchen Experts:

With our focus on healthy eating we have found that a bit of creativity comes in very handy and helps us to increase variety in our diet. For over a year, Cheri Didio has done an excellent job supplying us with seasonal and special occasion recipes that fit nicely into our plan for low-fat high-protein meals. The information she has provided has helped us to choose foods beyond a typically narrow post-operative gastric bypass diet. We thank Cheri for all of her contributions, and she promises to delight us with her Fun Food Finds on occasion.

Are you creative and nutritionally savvy? We are looking for contributions of Fun Food Finds, recipes, ideas, just about anything that will help us stay on the path of eating nutritiously.

If you'd like to be a regular contributor to this article, we'd love to have you. We'll be happy to help you with nutrition information or with contacting particular vendors for samples if you'd like.

Do you have something to share that would fit here?

Please submit your contribution to:
editor@sierrabariatrics.com.



PATIENT SHOWCASE

SIGN-UP FORM



WHO:

Patients of Dr. Jenkins who had their surgery performed at Sutter Auburn Faith Hospital about a year ago or more – Repeat models are absolutely welcome!

WHAT:

We will be showcasing the story of your health transition, showing pictures on a computer presentation of you “before”, and outfitting you in an updated fashion ensemble that will highlight the physical changes you’ve experienced.

WHERE:

Winchester Country Club, Meadow Vista, CA (4 miles up I-80 from Hwy 49).

WHEN:

The morning of June 24th. You possibly will be interviewed by media prior.

WHY:

To give you a forum for sharing your experience, to give others the opportunity to hear directly from you what it is like to have undergone this amazing transition, and to educate the public about the possibilities of weight loss surgery.

HOW:

Complete this form and submit it to Lori or Heather. We will work with you to help you complete the following:

- ✓ Provide a minimum of three before and three after photos of you alone;
- ✓ Write your story and record it in your voice (we will help you!);
- ✓ Choose fashions from a local merchant that we will refer you to.

Please print clearly

NAME: _____

PHONE NUMBER with area code: _____

EMAIL ADDRESS: _____

DATE OF SURGERY: _____