



SIERRA BARIATRIC SURGERY

NEWS

“Burn More Than You Eat”
By Kelley Keyser ... page 6

Special Presentation by David Black, Ph.D.
August 17th, 7pm

Volume 3 Issue 7 – July 2006

Walk for the Health of it!

Benefiting the Sutter Auburn Faith Hospital Foundation

Auburn, CA – Everyone is gearing up for what is going to prove to be the highlight of the year for this group of Weight Loss Surgery patients. On Saturday, September 16th at 9am, the parking lot of Sutter Auburn Faith Hospital will be transformed into the benefit walk called, “Walk for the Health of it!”

Sponsored by Jeffrey Jenkins, MD, and Sierra Bariatric Surgery, Walk proceeds go to the Sutter Auburn Faith Hospital Foundation with funds earmarked for obesity related education and support.

Walking is the number one physical activity chosen by patients to help combat obesity. It seems only fitting then for this group of patients who are on course for weight loss to organize a walk that benefits their health and their very own community hospital.

Walkers can register early by completing a Participant Registration and Raffle Ticket Purchase Form which is included in the back of this newsletter. Register for a suggested donation of \$10 per family.

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

Turn completed forms in to Lori Cochrane at support group meetings, or the SAFH Foundation office (instructions and address are on the form).

Also, you can download a Participant Registration & Raffle Ticket Purchase Form at www.SierraBariatrics.com.

Just click on the link to “Download Walker Registration Form.” Print the form and mail it in along with your donation and Raffle Ticket purchase as the instructions state.

Advanced registration is not required and raffle tickets will be for sale at the event. The raffle includes many health related items, including gym memberships and more. Tickets for the raffle are also available from Lori Cochrane or through Carol Zobel at the SAFH Foundation Office.

“Last September, about 50 walkers from the community and hospital staff joined Dr. Jeffrey Jenkins and I to raise \$1,264 for the Foundation,” said Lori Cochrane, Walk Coordinator and Bariatric Consultant with Sierra Bariatric Surgery. “It was a lot of fun, and we hope many more join us this year.”



Don’t miss this great day of fun, fitness and friends. Saturday, September 16th, 9am - 11am. Cold water and fruit will be provided along with giveaways to each walker. Vendors will be present to answer your questions about weight loss surgery products.

Register now and include the whole family! Three miles an hour is all it usually takes, at least three times a week.

Walk for the Health of It! It benefits you and your community!

For more information contact:

Lori Cochrane at 916-705-7309 or Carol Zobel at 530-888-4557.

% 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. $\frac{\text{WL}}{\text{EBW}} \div \frac{\text{EBW}}{\text{weight at surgery}} = \text{before conversion}$
 $\frac{\text{WL}}{\text{EBW}} \times 100 = \%EBWL$

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

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

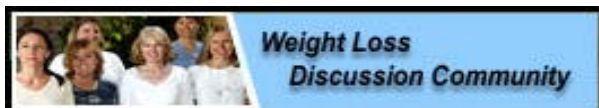
How many pounds will you have to lose to reach **55%EBWL**?

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



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!

SIERRA BARIATRIC SURGERY

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.)

July 20th, 2006 4:30-6:30pm (Thursday)

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

July 20th, 2006 7pm (Thursday)

Support Group Meeting
Everyone is invited!

August 17th, 2006 4:30-6:30pm (Thursday)

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

August 17th, 2006 7pm (Thursday)

Support Group Meeting
Special Presentation By:
DAVID BLACK, PH.D.

August 26th, 2006 10am – noon (Saturday)

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

September 16th, 9am – noon
WALK FOR THE HEALTH OF IT
BENEFITING THE SAFH FOUNDATION
Call 916-705-7309 for more information
Staging area: SAFH Campus

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.

“Burn More Than You Eat”

By Kelley Keyser



Hi, My name is Kelley Keyser.

My surgery was two years ago on July 8th 2004. I was overweight most of my life. In High School I was a size 9 when all my friends were a 3 or 5. I’ve now lost a total of 174 lbs. I had just moved into size 30 clothing before my surgery. Now I am a size 4!!!

I have finally found the magic pill in weight loss. It was there all the time, but who listens: **Burn more than you eat.**

I’m all for weight loss surgery, but I also know it’s only a tool. If I don’t change my eating habits and add exercise, I will probably not be successful. I had lost almost 100 lbs. on Weight Watchers® several years ago but slowly gained it back plus some. The difference now is that I’ve not only changed the way I eat, I’ve added exercise.

This is the first time in my life I feel in control of my weight. When I first started losing weight I had a nagging thought in the back of my head, “what if I gain it back?” Now, through working with the world’s best personal trainer (Kristin Jenkins - whom I consider a life coach), I know that I will not gain the weight back.

I know if I’m going to eat more I need to exercise more. Two years out and I can almost eat normally again. *I always monitor portion control.* Can I eat more? Sure. Should I eat more? **No.**

When I know I’m going somewhere with food, I plan in advance for it. One of the best lessons Kristin has taught me is not to deprive myself. This doesn’t mean I should indulge everyday, but there are birthdays, dinners out, parties, so I enjoy a little something occasionally. I eat a little less for breakfast and exercise a little more the day of the party, and add extra exercise the next day too. And, if the treat I want to indulge on is not as good as I thought it would be, I don’t eat it! I don’t waste the calories. Instead, I save those calories for something that I will really enjoy later.

I recently came back from vacation 4 lbs heavier than when I left. I let myself enjoy a few things I hadn’t had in a long time. What did I do to recover? I hit the exercise hard and started journaling again. I’ve already taken off 2 of the 4 lbs. I know what to do to take off the rest and I will.

Journaling is also one of the best tools I’ve invested in doing. I’ve really started to be accountable. Journaling makes you tell the truth about what you’re putting in your mouth.

Also, I set a weight gain alarm between 3-5lbs. When I notice my weight going up, a red flag goes off telling me some thing is not working. I reevaluate what I’m doing and change things.

You may think, “I won’t get fat again, I can’t eat that much.” Eating seems normal for me now. I’ve seen too many people go through weight loss surgery and gain back weight by eating too many calories and not burning enough.

Please use weight loss surgery for the tool it is and start moving. Once you start exercising you won’t want to stop. Believe me, I never thought I would like exercising, but now I love it, and my body actually misses it when I don’t exercise.

Thank you Dr Jenkins and Kristin for teaching me how to get back my life.

SHOP OUR eSTORE !

www.SierraBariatricsEstore.com

Lori Cochrane's Book "SUCCESS TOOLBOX" -- \$22.95

NEW Zero Carb Isopure® Liquid (20oz) -- \$3.75

The purest, fastest, clearest whey. Liquid Protein.
40 grams. 20oz. No lactose, no aspartame.

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.)

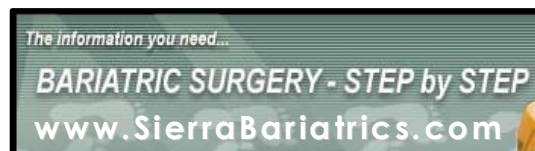
David H. Black, Ph.D.
Clinical Psychologist
916.922.8050

Jan Haemmig, Fellow Patient, Support Group Volunteer
530.265.2931 or Volunteer@SierraBariatrics.com

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

Pamela Kesler, MFT, RN
Marriage & Family Therapist
530.888.7958

***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.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

The Surgeon's Point of View

OH, *B*ehave!

Read about it next month in Sierra Bariatric Surgery News!

Walk for the Health of it!

Benefiting the Sutter Auburn Faith Hospital Foundation

SPONSORED BY



Sutter Auburn
Faith Hospital

AND

A Sutter Health Affiliate

REGISTRATION, RELEASE & RAFFLE TICKET PURCHASE

Saturday, September 16th, 2006

Sutter Auburn Faith Hospital
East Parking Lot
11815 Education Street
Auburn, CA 95602

8:30 a.m. Registration
9:00 a.m. Walk Commences
10:30 a.m. Raffle Drawing

For more information:

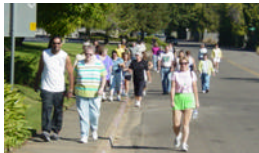
Lori Cochrane, Walk Coordinator
916-705-7309
Lori@SierraBariatrics.com
www.SierraBariatrics.com

Carol Zobel, SAFH Administration
530-888-4557
ZobelC@sutterhealth.org
www.SutterAuburnFaith.org

**Send completed form & payment
by September 1st to:**

Sutter Auburn Faith Hospital Foundation
ATTN: Carol Zobel
11815 Education Street
Auburn, CA 95602

*Registration & Raffle purchases
will be accepted at the walk*



Walk for the Health of it!
To benefit you and your community.

SAFH Foundation Charitable Tax ID: #94-2594966

PARTICIPANT REGISTRATION

Name _____
PLEASE PRINT (ONE FORM FOR EACH FAMILY MEMBER)

Address _____

City _____ Zip _____

Email _____
PLEASE PRINT

Phone _____

ICE (in case of emergency):

Name _____ Phone _____

REQUIRED: I, the undersigned, have full knowledge of the risks of injury involving my participation in this event and I agree to assume all risks of such injury. Intending to be legally bound, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Sierra Bariatric Surgery; Jeffrey Jenkins, MD; event coordinators; Sutter Auburn Faith Hospital and its Foundation; officers; members; volunteers; any and all sponsors including other parties and their representatives, successors, and assigns, for any and all injuries suffered by me in this event. I am voluntarily entering this event at my own risk. Furthermore, I hereby consent and grant full permission to Sierra Bariatric Surgery and/or Sutter Auburn Faith Hospital and its Foundation to use my appearances in images, photographs and videotape recordings; my statements whether in written or oral form, or any other record of this event for any purpose and in any manner whatsoever as desired and at the sole discretion of Sierra Bariatric Surgery and/or Sutter Auburn Faith Hospital and its Foundation without my prior approval. I agree that Sierra Bariatric Surgery and/or Sutter Auburn Faith Hospital and its Foundation have full right and title to the Images.

Signature _____
(PARENT/LEGAL GUARDIAN PLEASE SIGN FOR CHILD)

Date _____

RAFFLE TICKET PURCHASE

- I would like to purchase raffle tickets.
_____ books of 10 for \$10 each book
_____ individual tickets for \$1.50 each ticket
- I wish to support the Walk and the Foundation with a donation of \$_____.

TOTAL DOLLARS ENCLOSED: \$_____

Please make checks payable to SAFH Foundation.

Your raffle tickets will be mailed to the address above within the week prior to the event, if we've received this form and payment prior to SEPTEMBER 8th, 2006.

**THANK YOU for your support of the
Sutter Auburn Faith Hospital Foundation**

Unfortunately, the obesity epidemic continues to affect hundreds of millions of people. Small weight losses of approximately 10-15% significantly lower one's risk for diabetes, heart disease, stroke, orthopedic problems, certain obesity related cancers and a myriad of other mental and physical health issues.