



## A NEW DAY HAS COME FOR MODEL PATIENTS

Auburn, CA – On April 16<sup>th</sup> at the highly anticipated Sierra Bariatric Surgery Fashion Show and Open House, A NEW DAY HAS COME for several Weight Loss Surgery model patients.

In an inspiring ceremony the models are anxiously awaiting to be presented and show-off their new found health. The models know that their amazing transformations, which are evidenced by the extreme change in the size of their bodies, will astound the audience. But what the audience may not know is that the model's Weight Loss Surgery Story's are far more profound than the simple visual example of their health.

For a previously obese person to walk out in front of a large audience is something they never would purposely do. After years of fighting obesity we have learned to cope with the knowledge that we don't fit-in with society. Special accommodations for our size often have to be made causing us to stick-out. All we really want is to fit-in.

These model patients have courageously taken the leap into the spotlight. At the extreme edges of their comfort zones, for the sheer purpose of sharing their experiences with you, Sierra Bariatric Surgery proudly introduces to you ...

*A sampling of PHENOMENALLY SUCCESSFUL MODEL  
WEIGHT LOSS SURGERY PATIENTS*

*"When it came to not being able to walk without pain, or when walking up a slight incline then having to stop and catch my breath or to not be able to even bend over and pick up my grandchildren, I knew it was time to do something." ~ Jan*

*"I could never thank Dr. Jenkins enough for giving me back a life I didn't even realize I was missing out on until it was almost too late. I can enjoy my children and actually do things with them now." ~ Melinda*

*"I had surgery at a top weight of 394 pounds. Today, I weigh 207. This surgery has not only allowed me to lose weight, but to regain my life! I no longer need medication for blood pressure or for pain, and my self-esteem is growing daily." ~ Jesse*

*"I had my surgery in July of 2004, three weeks before my 60<sup>th</sup> Birthday. I had sleep apnea, was on oxygen, had serious back and knee problems, high blood pressure and a bleak outlook for the future of my health. Before the surgery I was being forced to retire because my health [made it] more and more difficult to do my job. Now, I want to retire because I feel good and want to go out and enjoy life again...and see what I've been missing!" ~ Ken*

We applaud ALL of our patients for their courage and hard work. What an HONOR it is for us to be a part of your tremendous success! THANK YOU!



## SIERRA BARIATRIC SURGERY

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## Who Can You Call?

### FOR MEDICAL CONCERNS or TO MAKE AN APPOINTMENT:

Dr. Jenkins' Office 530.823.0701

### FOR SUPPORT (NOT FOR MEDICAL CONCERNS):

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

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

Lori Ridgway, Fellow Patient, Education & Support  
Bariatric Behavior Analyst  
916.705.7309 or Lori@SierraBariatrics.com

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

**DIRECT ALL MEDICAL CONCERNS TO THE OFFICE**

## WLS Website Resources

**www.SierraBariatrics.com**

www.obesityhelp.com  
For patients by patients

www.asbs.org  
The American Society for Bariatric Surgery

www.obesity.org  
Information from the American Obesity Association

(While the internet is an excellent source of information,  
please be aware of information found on the internet as it  
may not be accurate.)

**www.SierraBariatrics.com**  
**Join the MESSAGE BOARD!**

## 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.

## Calendar of Events

ALL EVENTS HELD AT SUTTER AUBURN FAITH  
HOSPITAL UNLESS OTHERWISE NOTED

*BRING YOUR FRIENDS!*

**April 21<sup>st</sup>, 2005 7pm**  
Post-Op Support Group Meeting

**May 19<sup>th</sup>, 2005 7pm**  
Post-Op Support Group Meeting

**May 28<sup>th</sup>, 2005 Memorial Weekend**  
**NO MEETING**

**June 16<sup>th</sup>, 2005 7pm**  
Post-Op Support Group Meeting

**June 25<sup>th</sup>, 2005 10am - noon**  
★Free Informational Seminar  
*If you know somebody who would like to  
learn more about Weight Loss Surgery  
invite them to attend this presentation by  
Jeffrey R. Jenkins, MD, FACS.*  
**NOON PICNIC TO FOLLOW**

**July 21<sup>st</sup>, 2005 7pm**  
Post-Op Support Group Meeting

**July 23<sup>rd</sup>, 2005 NOON**  
General Support Group Meeting  
**Special Guest Speaker**  
**To be announced**

**September 11<sup>th</sup> – 18<sup>th</sup>**  
2<sup>nd</sup> Annual WLS Cruise & Conference

**September 24<sup>th</sup>, 2005**  
★ **WALK FROM OBESITY**

Post-op Support Group Meetings are held the third  
Thursday of every month. We meet at Sutter Auburn Faith  
Hospital in Conference Room A.

# Mirror Mirror on the Wall

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By  
Pam Kesler, RN, MFT

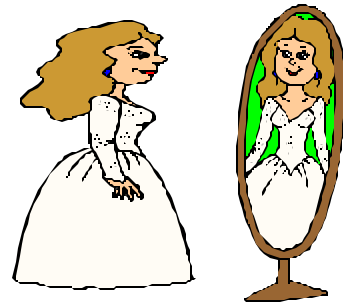
A common concern of many clients I see who have undergone Weight Loss Surgery is the difficulty they have adjusting to their new body image. Although they are elated with their dramatic weight loss they continue to feel a sense of discomfort with their new body appearance and need assistance to solve this dilemma.

First, let me explain: *Body image doesn't refer to what you actually look like. It refers to your personal relationship with your body – especially your beliefs, perceptions, thoughts, feelings and actions that pertain to your physical appearance. What you look like is certainly one aspect of who you are. Your body image is different, yet another aspect of who you are.*

Having difficulty liking your looks makes it harder to accept yourself. There is good news however! A negative body image can be changed. Recently, while preparing for a talk for Dr. Jenkins' support group, I reviewed a wonderful workbook called The Body Image Workbook – An 8-Step Program for Learning to Like Your Looks.

The workbook describes a program for changing your body image to a healthier one. It utilizes a Cognitive Behavioral approach and is designed to be used both by individuals as a self-help tool and also as an adjunct to therapy. It is recommended that best results are attained under the guidance of a trained therapist. A word of caution: The self-help approach is not to be conducted if the client you have Anorexia Nervosa, Bulimia Nervosa, Binge-eating Disorder, Body Dysmorphic Disorder or major (clinical) depression, as these disorders require the involvement of a specially trained therapist.

The goal to achieving a healthy body image is to accept your physical appearance with positive reality based beliefs, perceptions, thoughts, feelings and actions. If this is your desire, this 8-step program may be perfect for you. The program consists of the following steps:



- Step 1  
Discover your own body image and set your goals for change.
- Step 2  
Understand the causes of your discontent.
- Step 3  
Get comfortable with you body through body-and-mind relaxation and body image desensitization.
- Step 4  
Discover your appearance assumptions and challenge their control over your body image.
- Step 5  
Change your faulty-private body talk with corrective thinking.
- Step 6  
Defeat your self-defeating behavior by facing what you avoid and by eliminating your appearance preoccupied rituals.
- Step 7  
Treat your body right with affirming and enhancing activities.
- Step 8  
Continue to improve and prevent relapse by preparing today for tomorrow.

Now the opportunity to change is up to you. You can begin learning how to like your looks again and feel a sense of new comfort with your new body!

TO FIND OUT MORE ABOUT THIS EXCITING APPROACH, CALL PAMELA KESLER, RN, MFT AT (530) 888-7958.

# OH, *Behave!*

By  
Lori Ridgway  
Behavior Analyst



## Night Time Grazing & Narrow Food Choices: I Used To Be An Angel!

We all remember the lecture we got about the honeymoon period after Weight Loss Surgery. It goes something like this: “Enjoy your reduced hunger now while you can, but be careful; the honeymoon is a time for you to learn new habits and change your lifestyle.” Is the honeymoon beginning to wear-off? Are you no longer the angel you thought you had become?

You may not be that angelic ever again! We have the amazing tool of Weight Loss Surgery – a tool that is the proper fit for the job at hand. It is up to us to use our tool properly and to its fullest extent so we can achieve the goal of health and maintain it for the rest of our lives. It might help us use our tool if we understand our hunger and the choices we make to satisfy ourselves.

After all, it is all about the choices we make. As angelic as we’d like to be reality is that we are human. If something we eat doesn’t ultimately serve to satisfy us, we try something else. Things change. The amount of what is needed to satisfy us seems to increase constantly. It’s easiest to stick with what we know for sure will satisfy us (and just eat more of it) rather than experiment and risk not being satisfied. We make choices for ourselves based on what we know in our experience has best served us.

What has best served our need to be satisfied might not be the best for our long-term health. Once we recognize what we might be doing to sabotage our effort to achieve and maintain health and we share the information with others, we usually find out that others have the same barrier. It helps to share with one another so that we can brainstorm ideas to adapt and cope, coming up with a new way to combat our human behavior that we would like to change.

Here are just a couple of situations that many of us share and some suggestions for understanding them and adapting.

**Night Time Grazing:** *I eat (or at least want to eat) continually from about an hour after eating dinner until I go to bed. I know this behavior accounts for half of my daily calories. Help! What can I do to stop grazing at night that won’t make me feel deprived?*

Deprivation can create a situation of *compensatory hunger* and eating. Throughout the day you may have been an angel, too busy to eat (sort of on purpose). By the end of the day your need for calories has accumulated. There seems to be a magnet inside the refrigerator that pulls you in even when your stomach isn’t hungry! It may be that you are tired, over stimulated, lacking joy, or just plain not wanting to deal with family responsibilities. Your behavior of grazing is serving you in your best attempt at satisfying your human need.

There are some things you might consider to help you achieve your goal of health. First, it helps to figure out what is driving you to graze so you can address that situation directly. You could also eat preemptively to prevent accumulation of your need for calories, spreading your intake out throughout the day, in purposeful meals. Replace poor choices with low-calorie, denser, more filling foods. Or, try water loading by drinking water to fill-you-up satiating part of your need.

**Narrow Food Choices:** *I eat the same two or three foods day in and day out and would be quite happy if I could live like that. The dietitian tells me to broaden my food choices to get more of a variety, but I like my narrow food choices. What can I do to increase the types of food choices I make without going to too much trouble shopping and cooking?*

Since we tend to stick with what is easiest and has worked for us in the past to satisfy our need, it’s likely we end up eating “fluffy” foods like pretzels, crackers, and popcorn, or “mushy” foods like scrambled eggs or yogurt. The “fluffy” choices are easy and snackable because they are crunchy, flavorful, and light in weight. With these choices we are able to eat more over a long period of time, thus accruing unwanted calories. The “mushy” choices are easy and the right texture to not cause ill side-effects but serve to fill our need to be satisfied. Much more physical satisfaction is achieved by eating dense nutrient rich foods that are solid.

Continued on page 6...

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**Sierra Bariatric Surgery would like to thank the following supporters  
for their generosity and assistance with the Open House event:**

**OUR  
COURAGEOUS  
MODELS:**

Jan  
Viki  
Jesse  
Melinda  
Cheri  
Gayle  
Ken  
Barbara & Van



*Sutter Auburn  
Faith Hospital*

A Sutter Health Affiliate



**Kathy Kessler, RN, Bariatric Nurse Specialist**

And, the dozens of Sutter Health Staff Members who  
continually and consistently dedicate themselves to  
high quality health care for Bariatric Patients at  
Sutter Auburn Faith Hospital  
where Bariatric Patients are not just a number on a chart.

***THANK YOU!***

*OH, Behave!* Continued from page 4...

To help the denser foods feel good going down, chew-chew-chew. Keeping those current healthy choices, try adding soy nuts and soy chips, string cheese or low-fat cheese with a few whole grain crackers, tofu, or stir-fry meat. Keep a lot of these healthy options on hand already prepared, and talk to your dietitian about other popular post-op choices.

So, if your honeymoon is waning there are some things you can do to help yourself stay on track. Sharing your ideas with others is very helpful. Attending support group meetings and participating on the online message board are good ways to help you realize you aren't alone and you don't need to reinvent the wheel. It's never too late and you DO have what it takes to stay on the path that you intended to be on. Let's work together to maintain what we've achieved. Angels and honeymoons are fleeting fancies. But our conviction and intentions are with us forever!

## CHERI DI DIO'S RECIPES & FUN FOOD FINDS

Always high protein but never compromising on taste!

### Oven Roasted Salmon with Spicy Mango Salsa

Salmon is an excellent source of protein and omega-3 fatty acids, essential to a heart-healthy diet. The rich flavor of salmon pairs beautifully with zippy sauces, such as this Spicy Mango Salsa.

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#### Oven Roasted Salmon

4 salmon fillets (about 5 ounces each)  
1 T. olive oil  
½ t. salt

Preheat oven to 475 degrees. Place salmon in a roasting pan, drizzle with oil and sprinkle with salt.

Roast 10 minutes or just until fish flakes when tested with a fork. (Note: Be sure not to overcook the salmon, as overcooking will dry out the fish and make it difficult to digest post-op.) Serve with Spicy Mango Salsa (recipe below) and steamed lemon broccolini.

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#### Spicy Mango Salsa

(Makes about 3 cups and lasts  
1 to 1½ weeks in the refrigerator)

2-3 large, ripe mangos, peeled and cut into ¼ inch pieces  
1 medium red onion, cut into ¼ inch pieces  
1 red jalapeno, stemmed and minced  
1 ½ t. fresh ginger, peeled and minced  
1 T. hot pepper sauce  
Juice from 3-4 limes  
Salt and pepper to taste

In a large, non-metal bowl, combine mangos, onion, jalapeno, ginger, hot pepper sauce and lime juice. Season with salt and pepper. Refrigerate and serve with grilled fish, poultry or pork. Also great used as a dip with crackers and chips, and can be added to black bean soup for a flavor boost.

***ENJOY!***

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Please feel free to share your recipe ideas by e-mailing them to me at [didioc@yahoo.com](mailto:didioc@yahoo.com), and I'll try to incorporate them into upcoming issues of the Newsletter.