



J. Matthew Glascock, MD, FACS

ON CONTROL AND BALANCE

I'm not a psychiatrist. Not even close as a matter of fact. Other than the six week psychiatry rotation that all medical school students do, I have no training whatsoever. I am however an avid observational student of human behavior. I believe that as humans, we derive a great deal of comfort in maintaining control of our destinies and life circumstances. Like a world-class gymnast performing on a balance beam where absolute control of movement is inextricably linked to balance and, ultimately the quality of performance, we feel comforted and reassured when the guiding forces of our lives are tightly held within our grasp. Why then, as sapient creatures, do we invite elements into our lives that are guaranteed to inhibit our ability to maintain control?

Everyone reading this knows my concerns regarding the negative consequences of tobacco addiction on the overall health of everyone who abuses it, and that these effects may be even more pronounced on weight-loss surgery patients. What you may not know is that I too, struggle daily with my own addiction

to nicotine in the form of Copenhagen snuff. While in residency, I was introduced to snuff. It was the perfect foil for the endless hours of toil endured by the surgical house staff at The University of Pittsburgh. What I didn't realize was, as much as I thought I could maintain control over this chemical, it was slowly and surely tightening its grasp on me. While at first, I appreciated the boost it gave me at four-o'clock in the morning after being awake for the past 36 hours, I was too naïve to realize the control it was gradually assuming over me. A can a week gradually became a can a day. Even if I was not fatigued, my consumption continued unchanged. While this was occurring, I fooled myself into believing that it was a temporary crutch that I could easily walk away from when the arduous task of completing my residency drew to a close. Right. I willingly let a substance overtake the control I have always enjoyed over the course of my life.

Like anyone trying to overcome nicotine addiction, it is a daily, torturous grind to keep this substance at bay. Not only is the incredibly addictive nicotine chemical dependency a constant, gnawing force to overcome, the ritualistic patterns of use are a constant reminder that my body craves this scourge. I can't drive by a convenience store without the need to physically overcome the urge to pull in and buy a can. When I go in to buy gasoline, strategically positioned behind the cash register are racks of the stuff beckoning me to drop down an extra \$5.50 and walk out with a fresh batch. It's hellish.

As addiction takes charge, many elements of our lives are given ever less regard. Our health (our most precious asset), our finances, relationships, work – the list goes on and on – all become obscured by our need to satisfy the cravings. Now you know my dirty little secret. Like anyone suffering the effects of addiction, the effort has to be absolute and unrelenting to successfully eliminate the problem. Whether nicotine, alcohol, narcotics, food, gambling, shopping, drugs, or anyone of dozens of other influences become the addiction, the solution remains the constant. Complete elimination of the source is the only answer. Trust me – this is much easier said than done. There is no easy way out. Happily though, there is a way out. It's couched in the comfort we all derive from CONTROL. When we think of addiction to anything in terms of the understanding that we have relinquished control over that aspect of our lives TO that addiction, it becomes clear that we must regain that control to maintain our balance. It's human nature to not want to be enslaved to ANYTHING. While we know that the addiction will never be eliminated, it can be pushed so far into the background that it no longer has the control it once held over us. I hope that this insight will be of some assistance to anyone struggling to achieve the monumental task of overcoming dependency.

To your good health,

J. Matthew Glascock, MD, FACS

Medical Director, Midwest Institute of Advanced Laparoscopic Surgery™

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*Support Group
meetings are held at
Sartori Memorial
Hospital at
6:00 p.m., the first
Monday of every month.*

*Please join us in
learning more about
topics critical to your
success following weight
loss surgery, and those
contemplating weight
loss surgery.*



SURGICAL CURE OF TYPE 2 DIABETES By Cameron Hodges, MD

"Remission of diabetes means adding years of life expectancy as well as quality of life for patients."

M. Cameron Hodges, MD

Diabetes is a disease caused by either lack of insulin or the body's resistance to insulin. The end result is lack of ability to control one's blood sugar. The effects of a chronically elevated blood sugar are devastating to most of the body's organ systems.

Diabetes causes early development of blood vessel blockages leading to heart attacks, strokes, kidney failure, and loss of limbs of the lower extremity. Diabetics also suffer from early development of cataracts and loss of sensation in the feet and hands caused by build up of sugar molecules in the nerve sheaths that surround vital nerves to the feet and hands. Kidney failure frequently results in a need for dialysis.

Childhood onset diabetes is referred to as Type 1 and is caused by failure of the body to produce insulin. Type 2 diabetes is referred to as adult onset diabetes and develops when a person develops resistance to insulin produced at normal levels. Approximately 90% of type 2 diabetes is related to obesity. The development of adult type 2 diabetes has been seen with increasing frequency in children in the past decade with significant increases in childhood obesity.

In most type 2 diabetics the development of the diabetes mirrors the increase in body weight. Patients are initially treated with medicines to increase the body's sensitivity to insulin and frequently progress to needing large doses of insulin. While the extra insulin does help control the blood sugar, it also promotes further weight gain which produces further resistance to the insulin.

Even with medical treatment, life expectancy is dramatically decreased in patients with type 2 diabetics. On average a patient diagnosed with diabetes will have their remaining average life expectancy cut by 30-40%. For a 40 year old this means dying 11-15 years earlier than non-diabetics. A recent report released by United Health Center estimates that by 2050, 50% of Americans will have either pre-diabetes or type 2 diabetes.

The average annual health care costs in 2009 for a person with known diabetes were about \$11,700 compared with about \$4,400 for the non-diabetic public, according to new

data in the report drawn from 10 million UnitedHealthcare members. The average annual cost nearly doubles to \$20,700 with complications related to diabetes.

Because 90% of type 2 diabetes is caused by obesity, controlling weight is the key to eliminating diabetes for the vast majority adults and children suffering from the disease. Once a patient begins taking insulin weight loss becomes more difficult. Without question, the most effective treatment available for diabetes in a patient with obesity is weight loss surgery.

Approximately 85-90% of Gastric bypass patients achieve complete remission of diabetes. Patients undergoing lap band surgery see a 73% incidence of complete remission of diabetes. While diet and exercise are important treatments for diabetes, those measures alone only achieve a 13% incidence of remission of diabetes.

Gastric bypass cures diabetes through helping patients control their weight as well as producing metabolic changes that improve the interaction of insulin and diabetes. Lap band patients achieve remission of diabetes through weight control. In my practice, I routinely see my gastric bypass patients leave the hospital 48 hours after surgery with their diabetes in complete remission or with their insulin requirements cut in half and the need for insulin quickly eliminated.

Remission of diabetes means adding years of life expectancy as well as quality of life for patients. Remission of diabetes also means dramatic decreases in health care cost. The cost of weight loss surgery can be recovered in less than 2 years in a patient experiencing complications from their diabetes. The current risk of complications from weight loss surgery is far less than the risk of continuing to remain diabetic and morbidly obese. Helping a patient eliminate their diabetes is one of the most rewarding things I get to experience in my surgical practice.



SUPPORT GROUPS AN IMPORTANT PART OF YOUR SUCCESS! By Zinka Samardzic, PA-C

“...most of you have attributed your continued success to the amount of support that you have received from your family, friends, and your health care providers.”

Zinka Samardzic, PA-C

I would like to take this opportunity to thank those patients who were kind enough to share their success stories with us during our last support group meeting. It was good to hear and see that you continue to maintain your weight loss and a healthy lifestyle. It was also good to hear about your ups and downs when it comes to diet and exercise. Your honesty and openness was very much appreciated.

Many of you agreed that it takes a lot of hard work and motivation to reach your weight loss goals. All of you have agreed that in order to be successful, you need to keep watching your diet (i.e., eat healthy), and exercise. Also, most of you have attributed your continued success to the amount of support that you have received from your family, friends, and your health care providers. Patients have said that if it was not for their spouses' support they would not be able to continue with their healthy lifestyle. Unfortunately, not all of our patients are so lucky to have supporting family and friends. If you do not have the support at home or work, it may not be so easy to keep up with the bariatric dietary and exercise guidelines.

We do encourage all of you to attend the support groups, but this is especially true for those who may not have the support of their family, friends, or coworkers. I have had so many people come to the office complaining of lack of support at home or work, and reporting it being difficult for them to keep up with their new healthy lifestyle.

We encourage you to follow up with us, and get the help and support that you deserve to prevent weight regain; we encourage you to take time for yourself and attend the support group meetings. There are so many patients who are successful that are eager to share their stories, and to be there to provide the support for other patients. The support groups are a great place to meet up and share your thoughts and concerns.

As your providers, we strive to make these support groups meetings about things that you can use in your everyday life. Our goal is to help you stay successful and stay motivated. We may not be able to see you all in the office every month, and therefore, the support groups are a great way to catch up with us and ask any questions that you

might have. Our support group meetings are held at Sartori Memorial Hospital from 6:00 p.m. to 7:30 p.m. the first Monday of every month. I hope to see you all there. Please call the office if you have any questions or concerns.

Support Group Schedule:

3-7-2011

“Protein 101”

Patricia Peters, RD (Clinical Dietician)

4-4-2011

“The Value of Getting to Know Yourself”

Laura Rasmussen, Covenant Psychiatry

Support groups are open to patients who have had weight loss surgery, those contemplating having the surgery, and family members.

No registration required to attend.

REGISTER TO WIN!

Register during the support group sessions to win a one-hour massage or a one-hour personal training session!
(not offered during every meeting)



Healthy Eating During Winter Gatherings

By Pat Peters, RD, LD

Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with diabetes and weight loss surgery, it can be especially challenging to stick to a meal plan. Mouth-watering options such as honey-glazed ham, buttery mashed potatoes, and sweet yams are popular for festive dinners, while barbeque chicken wings, cheesy nachos, and chips are among the favorites at football play-offs. However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portions sizes.

Follow these tips to help you eat healthy during gatherings throughout the winter season:

- **Don't skip meals** so that you can consume more food later. Arriving at a party famished can reduce your willpower to control what you eat.
- **Eat a healthy snack.** Eating a healthy snack like low fat string cheese or fat free lite yogurt prior to leaving home can prevent overeating at the party.
- **Plan ahead.** Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Avoid foods with the four C's, crispy, crunchy, creamy or crusted. Your food choices should be less than one cup volume. Use smaller plates to give the illusion of more food. Think twice before going back for seconds.
- **Bring a dish.** Share a healthy dish with family and friends thus giving you appropriate foods to select. Make holiday favorites with reduced amounts of oil, sugar, and other high fat ingredients.
- **Move away from the buffet and don't sit near candy dishes or cookie-laden platters.** Fix your plate, and then step away to avoid grazing while socializing. Take time to talk with others and put your fork down between bites.
- **Savor the flavor.** Pace your eating and chew each bite 20-30 times. It takes 20 minutes for your brain to realize that your stomach is full and send the signal to stop eating. Eating slowly and chewing your foods well helps to prevent nausea, heartburn, bloating, distention, dumping syndrome and reduces your chances of overeating.
- **Drink water.** Water is a healthy, no-calorie beverage. Sip water to keep you feeling full if you don't plan on eating. Remember that drinking fluids to close after a meal (one hour) can push the food through your digestive system and make you hungry sooner. Avoid alcohol and sugar laden drinks as they give calories without nutritional value.
- **Trim it down.** Trim off extra skin and fat from meat, avoid fried or high-fat foods, cream sauces or soups. Using a smaller plate helps to keep your portions smaller, and helps to limit the total volume of food to less than 1 cup.

- **Don't forget your bariatric multivitamin and mineral supplements.** They are essential to prevent deficiencies.
- **Include a minimum of 30 minutes of exercise each day** to keep your body in condition. Exercise also helps to reduce stress which is higher during holidays.
- **Use your computer or smart phone** to help you keep track of your food and beverage intake. Research shows that people who keep a food diary consume 15% less food than those who don't. A food log can alert you to meals and times of day that are challenging.
- **Party hard!** Focus on family, friends, and activities rather than food. Stay active by participating in games or dancing.

Follow these tips to serving healthy foods to your guests:

- **Bake it. Broil it. Steam it. Grill it.** Consider healthy alternatives to traditional meals. Choose skinless meat and poultry and avoid fried dishes. Use lemon or lemon juice, herbs, and spices for flavor.
- **Increase fiber.** Serve whole grain pita bread or flat bread, fresh fruit and vegetables.
- **Focus on fruits.** Serve fresh or canned fruits instead of ice cream, cake, or pie.
- **Easy on the toppings.** Lighten your recipes by using fat-free mayonnaise, sour cream and salad dressings. Use broth to moisten meats.
- **Think "kid-sized" portions.** Make individual serving small about one quarter cup. Use appetizer plates and juice glasses. Keep serving platters on the serving table and close down the kitchen at the end of the meal so you won't be tempted to continue eating.
- **Serve low-calorie beverages.** Offer your guests water or diet non-carbonated beverages.
- **We're all in this together.** Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year.

Included in the newsletter is a guide to selecting winter fruits and vegetables (page 5). Buying seasonal produce generally saves on the food budget as well as the added benefit of vitamins and minerals.

The above suggestions can help you to control your meal plan throughout the year. Included is a healthy chili recipe to serve at your next party!

Use Your Senses

Buy vegetables and fruits that are uniform in color. Avoid buying produce with bruises or discolored areas. Thumping or shaking produce will not indicate ripeness. Instead, experts suggest feeling the product. Avoid produce that is mushy, has soft spots, or has abnormal shriveled areas.

Smell it to be sure there is no sign of mildew or mold. Sniff fruits to determine freshness. A strong scent means the fruit is ripening nicely.

The deeper the color, the more nutritious your vegetable or fruit is. For instance, darker, leafy vegetables, such as spinach, have more nutritional value than iceberg lettuce.

Get the Grade

The United States Department of Agriculture (USDA) has established grade standards for most fresh fruits and vegetables. Not all produce is graded, however. "U.S. Fancy" is the top grade, while "U.S. No.1" is the most common designation. "U.S. No.2" and "U.S. No.3" both mean lower quality.

Shop Seasonally

A good tip for finding great-tasting produce is to buy it when it is in season. Although it depends what region you live in, winter produce usually includes:

- cabbage
- kale
- citrus fruits
- onions
- rutabagas
- turnips
- collard greens
- carrots
- leeks
- pears
- sweet potatoes
- winter squash

Source: American Diabetes Association

<http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/selecting-holiday-fruits-and.html>

Basic Turkey Chili

www.foodfit.com

Serves 9

Preparation time: 15 mins

Cooking time: 45 mins

Ingredients:

2 cloves garlic	2 tablespoons chili powder
1 teaspoon freshly ground black pepper	1 teaspoon salt
1 1/2 cups chopped tomatoes, fresh or canned	1 tablespoon olive oil
1 pound lean ground turkey	1 onion, chopped
3 cups low-sodium chicken broth	1 16-ounce can kidney beans, drained and rinsed

Directions:

- Combine the garlic, chili powder, black pepper, salt and 1/2 cup of the tomatoes in a food processor. Set aside.
- In a large skillet or soup pot, heat the olive oil over high heat.
- Add the ground turkey and brown it, while breaking the meat into small chunks with a wooden spoon.
- Add the onion, lower the heat to medium and cook for 5 minutes. Add the chili powder mixture and cook for 5 more minutes.
- Add the remaining tomatoes and broth and simmer for 30 minutes.
- Add the kidney beans, heat thoroughly and serve.

Nutrition per serving (about 1 cup): Calories 139, Protein 14 g, Total Carbohydrate 7 g, Dietary Fiber 2 g, Soluble Fiber 0 g, Insoluble Fiber 0 g, Sugar 2 g, Total Fat 7 g, Saturated Fat 3 g, Monounsaturated Fat 2 g, Polyunsaturated Fat 1 g, Trans Fatty Acid (tfa) 0 g, Omega-3 Fatty Acid 0 g, Omega-6 Fatty Acid 1 g, Cholesterol 41 mg, Percent Calories from Fat 28 %, Percent Calories from Protein 26 %, Percent Calories from Carbohydrate 13 %

Recipe web sites and other sites to help you with your weight loss journey:

Chef Dave Fouts the world's first Bariatric Specialty Chef - www.chefdave.org

www.LAPBAND.com

Click on Healthy Recipes on right side of page

www.bariatriceating.com

www.fitday.com

Track your intake and get recipes.

SHARE YOUR FAVORITE RECIPE!

Over the years we've watched our patients enjoy great success after changing their lifestyle through healthy eating and exercise. Having a collection of healthy recipes can make all the difference on your journey. The Midwest Institute of Advanced Laparoscopic Surgery™ is collecting recipes from our patients to develop a cookbook to share.

If you have a healthy recipe that you would like featured, please bring it along to one of your office visits, to a support group meeting or email to Stephanie.Sokolowski@wfhc.org. Thank you in advance for helping us develop a cookbook filled with healthy and delicious options!



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