

## Message from Christine Wallace, MD

### What Kind of Hungry are You?



Did you know that there are more than seven types of hunger? According to Dr. Jan Chozen Bays, author of "Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship With

Food," we experience many types of hunger.

**Eye hunger:** The eye craves beauty. Advertisers know this well and cause our mouths to water by simply looking at delicious images. Food that is beautiful on the plate is more satisfying so create a feast for the eye.

**Nose hunger:** Have you ever walked past a bakery and suddenly craved baked goods? To improve enjoyment and satisfaction of your meal, first take a long slow smell, picking out the various fragrances.

**Mouth hunger:** To satisfy mouth hunger, our mind has to be fully engaged in the process of eating. Awareness and curiosity help focus the mind on the textures, sounds and taste sensations of eating.

**Stomach hunger** is that empty growling sensation when you haven't eaten for several hours. Because other issues may cause similar gut discomfort, we need to learn to read our "fullness" gauge to evaluate if true stomach hunger is causing our symptoms.

**Cellular hunger** is when the body has need of a nutrient. When a person is iron deficient, he craves red meat.

**Mind hunger** comes from our thoughts. "I deserve a treat at the end of the day." When we eat based on these thoughts, anxiety is increased and enjoyment and satisfaction is prevented.

**Heart hunger:** Most often, food will not rid us of our feelings of sadness, boredom or frustration. When heart hunger says, "Yes", create a distraction with something that nourishes the heart.

**Bottom line:** Eat mindfully to give your body the nourishing food it needs and to improve satisfaction and enjoyment in your relationship with food.

## What's The Importance of Having a Sleep Apnea Screening Prior to Bariatric Surgery?

By Jennifer Heyob, RN, BSN

Sleep apnea is a sleep disorder in which breathing repeatedly stops and starts. Obstructive sleep apnea (OSA) is the most common form and occurs when the throat muscles relax and obstruct the airway. OSA is a common disorder that affects millions, and about 70 percent of adult OSA patients are also diagnosed with obesity, with many patients being undiagnosed. So why is it important to be assessed for sleep apnea prior to having bariatric surgery? Respiratory depression is worsened in the postoperative setting by opiate analgesia, flat positioning and sedation. OSA is associated with an increased risk of surgical complications. Patients diagnosed and treated prior to surgery are less likely to develop serious cardiovascular complications such as unplanned reintubation, myocardial infarction, arrhythmia, cardiac arrest, pulmonary embolism and pneumonia.

Treatment and knowledge of the diagnosis of OSA will assist your health care providers in taking the appropriate measures to maintain your airway post-operatively. If you have been diagnosed with sleep apnea and are being treated with a CPAP or APAP, it is important to bring your device with you on the day of your surgery to assist you during your recovery.

## News You Can Use

### Bariatric Support Group Meetings

Patients are required to attend at least one meeting prior to surgery but are encouraged to attend as many as possible before and after surgery. Patient feedback indicates that support group meetings are tremendously valuable, both for the information and for the fellowship offered. The meetings provide important information regarding nutrition, behavioral health, exercise and insights from physicians. The latter part of the meeting involves networking and allows members to share their experiences, offer support and ask questions. Family members and/or support persons are encouraged to attend the meetings. Patients are welcome to attend the monthly meetings as often as they like. This support group is for you!

#### Bariatric Support Group Meetings Good Samaritan Hospital 4th Floor Conference Center B & C

Wednesday, Jan. 15  
Wednesday, Feb. 19  
Wednesday, March 18

#### TriHealth Fitness & Health Pavilion Conference Room B 5:30–7 p.m.

### Information Seminars

Visit [ChangeForALifetime.com](http://ChangeForALifetime.com) to view an online video seminar or schedule a free, in-person informational appointment with one of our surgeons on Mondays or Wednesdays at 12:30 p.m. Call 513 862 4957 to schedule.

#### Arthritis Foundation Classes TriHealth Fitness & Health Pavilion 6200 Pfeiffer Road

##### Water Classes

Mondays, noon to 1 p.m.  
Mondays and Thursdays, 5:45 to 6:45 p.m.

##### Land Classes

Tuesdays and Thursdays, 1:30 to 2:30 p.m.

##### Cost

\$15 per class or \$40 for four classes

Classes taught by Arthritis Foundation instructors.

Registration required. Contact Karen Sims, 513 246 2622, or [Karen\\_Sims@TriHealth.com](mailto:Karen_Sims@TriHealth.com).



## Light Bites

### Chicken Tortilla Soup

Nutritional Information	
Amount per serving	
Calories	169
Total Fat	2.5 g
Protein	17 g
Total Carbs	20 g
Cholesterol	45 mg
Sodium	311 mg
Dietary Fiber	4 g

**Serving size:** 1 cup, Yields 8 servings

#### Ingredients

- 1 pound frozen chicken (shred near end of cooking time)
- 1 (15 ounce) can whole peeled tomatoes, mashed
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 ounce) can chopped green chili peppers
- 2 cloves garlic, minced
- 3 (14.5 ounce) cans chicken broth
- 1 teaspoon cumin
- 1/4 teaspoon black pepper
- 1 (10 ounce) package frozen corn
- 1 can black beans, rinsed

#### Preparation

Place chicken, tomatoes, enchilada sauce, onion, green chilis peppers and garlic into a slow cooker. Pour in chicken broth and season with cumin, salt and pepper. Stir in corn and black beans. Cover and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours. Garnish with crushed tortilla chips, sour cream, shredded cheese or avocados. (Note: garnishes not included in nutrition information).

**Source:** *SparkRecipes*

Michael has no regrets about weight loss surgery. He notes his greater ease and confidence in social situations. Buying jeans in a store, sitting comfortably on a plane or an amusement park ride, and taking his shirt off on a Florida beach are activities that once produced anxiety. Now, they're part of Michael's new normal.

## Better Weight, Better Life

### After Lifetime of Obesity, Man Finds Permanent Solution with Weight Loss Surgery

Michael Jackson had been obese for as long as he could remember. That was in 2018, before he had gastric bypass surgery.

"In first grade, I weighed almost 100 pounds; I weighed 225 at age 14," he says. "When I graduated from college, I weighed around 320-325. I was generally the most obese kid in my class."

In September 2018, he had Roux-en-Y surgery at TriHealth to staple off part of his stomach and reposition his small intestine to receive food from the smaller stomach pouch. He lost 120 pounds in seven months. "I started shedding weight immediately – every day a pound or two," he says.

#### Choosing Surgery

On three separate occasions before gastric bypass surgery, Michael had lost 100 pounds through dieting on his own. "It was unhealthy. I restricted myself to 400 to 500 calories a day, plus exercise." The weight loss never lasted.

Watching his father struggle with diabetes and its effects, including a toe amputation last year, gave Michael added incentive to lose weight.

At age 42, with a successful career in a logistics company, he has higher aspirations for his health and his life. "I had been struggling with high blood pressure, high cholesterol and sleep apnea. I mentioned to my nurse practitioner that I'd like to get gastric bypass surgery, and she recommended Dr. [George] Kerlakian."

He met with Dr. Kerlakian, a gastric bypass surgeon at TriHealth Weight Management, who explained the pros and cons of the surgery. Michael pondered the decision for the next year. "It's major surgery," he reflects. "They're rearranging your organs. I was looking down the long road and thought I still have to do this."

Once he made the decision, Michael completed the necessary steps to prepare for surgery, including meeting with a dietitian and psychologist. "Gina, the dietitian, was awesome. She was very informative, knowledgeable and supportive."

Dr. Kerlakian also boosted his confidence: "He was incredible. Very empathetic, with impeccable professionalism and bedside manner. He wants to help you make your life better."

#### A Life-Changer

After Roux-en-Y gastric bypass surgery and following diet and exercise recommendations, weight loss happened easily for Michael. Due to his smaller stomach pouch, he was eating less food at meals. As Michael comments, "You fill up so fast."

At 221 pounds, he has achieved and exceeded his weight loss goals, and his blood work is within normal ranges.

He likes to work out at a local gym—swimming, weightlifting, doing upper body strength and conditioning and using an elliptical machine. His favorite pastime is hiking with his dog, Chase, in French Park in Amberley Village.



BEFORE

AFTER