

## Message from Dr. George Kerlakian



When I see new patients who are considering weight loss surgery, and the question of which operative procedure comes up, I am often asked "which one is the least invasive procedure?"

My typical answer is "both the sleeve gastrectomy and the Roux-en-Y gastric bypass are minimal access or keyhole surgeries". Then I go on to describe both procedures which require either removing 90% of the stomach in the case of a sleeve gastrectomy, or bypassing 90% of the stomach in the case of a Roux-en-Y gastric bypass. Both of these procedures are minimally invasive and can be interchangeable for some patients. However, each patient should be considered uniquely. The goal is to minimize complications and maximize health benefits of weight loss surgery. This can only be accomplished when the patient and the surgical team, including dietitian and psychologist, make an informed shared decision.

As always, we stress the fact that the surgery can only help you better manage your disease, it will not cure morbid obesity. What ultimately makes the most difference is how committed each patient is to maintaining good eating habits and an active lifestyle.

## Fitness Tips for the Summer

By Tracey Littellmann, MS, ATC, Exercise Physiologist, TriHealth Weight Management Center

Starting a new workout routine can be hard for everyone. It's always easier not to do a workout than it is to complete it. Let the warm weather be your season and reason to get started.

The best types of exercise for some aren't always available at your local gym or fitness studio. Also, putting together a program on your own can be both uncomfortable and confusing. Let the creativity of the season, the ability to enjoy the outdoors and extensive summer time exercise opportunity open a new chapter of success for you. Consider walking clubs or park opportunities, riding on a bike trail, swimming or doing exercise in your local or community pool, or utilizing the track at your local school.

Exercise is important and needs to be vital component in your weight loss journey. Workouts will help you to lose weight, and also can help you to change the way you feel about yourself, boost your mood, and improve your health. But more importantly, exercise can improve the way your body functions throughout the day. Your body will feel better as you move through daily activities.

Remember that the type of exercise you choose is less important than the fact that you are doing it. Don't be afraid to try everything and find an activity that you enjoy. Give yourself credit for sticking to your plan. Keep a journal to track your progress and be sure to check in with your physician if you are having difficulty maintaining the activity or if other symptoms arise. Enjoy that benefit and praise yourself for a job well done this summer season.

## 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 later part of the meeting involves networking and allows the 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**  
5:30–7 p.m.

Wednesday, August 15, 2018  
Wednesday, September 19, 2018  
Wednesday, October 17, 2018

### Changing Your Relationship with Food—Presented by Dr. Laurie Little

Good Samaritan Hospital | Cranley Conference Room

Every Monday, for 6 weeks, starting May 7, 2018 last class June 18, 2018

Class size is limited call 862-4957 to ensure enrollment. It is important to commit to the six-week course with attendance at each class required.

### 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.



## Light Bites

### Chicken Cordon Bleu Wonton Cups

Nutritional information	
Servings	12 servings
Amount per serving	
Calories	152
Total Fat	4.0 g
Protein	17.0 g
Total Carbs	10.0 g

### Ingredients

- 12 oz (2 ½ cups) cooked diced or shredded chicken breast
- 3 oz thinly sliced deli ham, chopped
- 8 wedges of The Laughing Cow Light Swiss Cheese Wedges, chopped
- 1 teaspoon mustard
- 24 wonton wrappers
- 6 slices 2% Swiss Cheese, each cut into 4 equal pieces
- 0.75 oz seasoned croutons, crushed

### Preparation

Preheat oven to 375 degrees. Lightly mist 12 cups in a standard muffin tin with cooking spray and set aside. In microwave safe mixing bowl, combine the chicken, ham, chopped cheese wedges and mustard and stir together. Place the bowl in microwave and heat on high for 1 ½ minutes until contents are warm. Use a spoon to mix contents and press the cheese wedges until they've coated the meat. Push a wonton wrapper into the bottom of each of the sprayed cups in the muffin tin, then using about half the chicken mixture—spoon evenly into the wonton wrappers. Place one of the 2% Swiss pieces on top of each cup. Press another wonton wrapper on top and repeat the layering steps with the remaining chicken mixture and 2% Swiss cheese. Bake for 10 minutes and remove from the oven. Sprinkle the crushed croutons on top of each cup and return pan to the oven for another 8-10 minutes until the wonton are golden brown and contents are heated through.

Source: [BariLife.com](http://BariLife.com)

## Patient Spotlight

### Sharon Nobis's Weight-Loss Story

Persistence. Dedication. Determination. These are all traits that describe Sharon Nobis's journey over the last 10 years. She experienced both joy and hardship from the birth of her first grandchild to the death of her mother.

The middle of five children, Sharon had battled weight problems her whole life. In 2009, Sharon decided it was time for a change and that year she had lap band surgery, but her positive results were short-lived.

"After my mother passed away in 2012 my weight started to climb," Sharon says. "What we didn't know at the time was the chance for complications or to gain the weight back." Sharon explains.

Eventually, everything from sleeping to swallowing and breathing started to become difficult for Sharon. Since her previous surgeon was no longer in practice, she was referred by a friend to George Kerlakian, MD, a surgeon with TriHealth Weight Management.

"I was struggling with what to do next and Dr. Kerlakian was so encouraging and really took the time to listen to my story and suggest what options would be best for me," Sharon says.



### The Commitment to Lose

With the guidance of the TriHealth Weight Management team Sharon began a journey of taking control of her weight. Dr. Kerlakian stressed to Sharon that surgery should not be a rushed decision but after months of consultation with Dr. Kerlakian and his team, they decided it was the best option for her.

"The thought of not being able to enjoy my grandson and my own children was the deciding factor for me. I knew this surgery would change my life," Sharon says.

In the fall of 2017 Dr. Kerlakian performed gastric bypass surgery on Sharon. It was initially scheduled for her birthday, but they pushed it back a few days. Sharon says her experience on the day of her surgery was cathartic.

"It didn't matter the day my surgery was scheduled—I was ready for this. It could have been Christmas and I would have done it," Sharon explains.

### A New Life

More than eight months later, Sharon has lost 67 pounds and hasn't looked back.

Sharon describes this emotional journey, "After my mom passed away I sank into sadness and struggled with my emotional eating. Having a second weight-loss surgery seemed out of the question and quite honestly, I was a bit embarrassed."

With the help of the TriHealth Weight Management team, Sharon has received support that has helped her come to terms with the second procedure and conquer her emotional eating.

"Having this surgery and working with the team has been a blessing. Every single person on that team has impacted my life. You walk in and just immediately feel welcomed. They really get to know your story and create a safe comfortable environment setting you up for success."

### Managing Your Chronic Condition

Did you know that exercise is one of the best ways to manage a chronic medical condition? Exercise can help control the pain, stiffness and fatigue that can be associated with many conditions, such as arthritis, diabetes, EDS, chronic back pain, autoimmune conditions and many others. Space is limited, and physician clearance is required. Contact Karen Sims at 513 246 2622 for more information or to register. Tuesdays, September 4 through November 20, 6–7 p.m., Studio A. Members \$120, Non-members \$150 (non-members may purchase a punch pass for additional facility usage).