

## Message from Dr. Kerlakian



### *The Link Between Obesity and Cancer*

The medical community has known for a while that there is a causal link between excess fat and cancer.

Women with body mass index (BMI) of 35 to 40 increase their risk of mortality from breast cancer by 50 to 70 percent. The risk more than doubles with higher BMIs. Similar figures are found with endometrial cancer. Excess adiposity (obesity) leads to increased levels of estrogen that feed the growth of estrogen-sensitive cancers such as breast and endometrial cancers.

Prospective randomized studies to determine where bariatric surgery can decrease the incidence and mortality of cancer cannot be done because of the unethical nature of patient selectivity.

However, a number of retrospective studies demonstrate clearly that bariatric surgery is associated with both a decrease in incidence of certain cancers, as well as a decrease in mortality.

Because of all the favorable effects of bariatric surgery, some experts see a significant growth in performance of these procedures, somewhat similar to the benefits found in coronary bypass in the sixties.

## A Fresh Start

By Theresa Lengerich, Psy.D, Clinical Psychologist  
TriHealth Behavioral Health Services

By this time of year, you have probably found it is easier to break a resolution than break a bad habit. But keep in mind that any bad habit was probably once a solution. This helps explain why bad habits are so hard to change. We use bad habits to try to relax, calm down, cheer up, or feel more connected. Smoking may have relieved worry, overeating may have soothed sadness, avoiding the gym and turning on the TV may eliminate social anxiety.

But instead of tossing the resolution out the window, stop and think twice about that bad habit and what it does for you. Instead of thinking of it as needing more willpower, consider healthier substitutes for that habit. When you are sad, what other than food will give you a moment of pleasure? When you are worried, what will calm your nerves other than a cigarette? And when you are anxious about the gym, invite a trusted friend to be your exercise partner.

Here's a strategy to help replace bad habits with better ones. You may want to exercise more, but can't drag yourself to the gym. Now imagine you have a favorite magazine, podcast or playlist but you never give yourself the time to really enjoy them. The solution: allow yourself to partake of these pleasures only while exercising at the gym. Believe it or not, some people will even pay their gym to hold a favorite book for them so they can increase their likelihood of working out. This kind of solution in psychology is called the Premack principle, which means we are more likely to do an undesirable activity if it is followed or paired with a desirable activity. As parents, we use this principle to get our kids to do their homework by delaying playtime until the work is done. In our busy lives, sometimes it is hard to put first things first. But with some planning, you can get back on track and create your own fresh start.

## News You Can Use

### Bariatric Support Group Meetings

Patients are required to attend at least one meeting prior to surgery and three meetings after surgery. Patients are encouraged to attend as many meetings as possible. Feedback from patients as well as research indicates that Support Group meetings are tremendously valuable for bariatric patients, both for the information and for the fellowship offered. The meetings provide valuable information regarding nutrition, behavioral health, exercise and insights from physicians. The second half 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 Meeting  
Good Samaritan Hospital  
4th Floor Conference Rooms B & C  
5:30–7 p.m.

*Wednesday, March 16*  
*Wednesday, April 20*  
*Wednesday, May 18*  
*Wednesday, June 15*

# Light Bites

## Breakfast/Lunch or Dinner Salad

Nutritional Information	
Servings	1 serving
Amount per Serving	
Calories	305
Total Fat	18.6 g
Total Carbs	16.7 g
Protein	16.6 g

### Ingredients

- 4 oz. salad (red) potatoes, cut into chunks
- 1 medium egg
- 1 oz. chopped cooked ham
- 1½ tsp. rapeseed or olive oil
- 1 tsp. basil pesto
- Salt and freshly ground black pepper
- Small handful watercress sprigs
- 2 oz. cherry tomatoes, halved

### Directions

Place the potatoes in a small saucepan and cover with water. Bring to a boil and cook for 6 minutes. Add the whole egg in its shell to the pan and continue to cook for 6 minutes. Drain and cool under cold water. Peel the egg. Meanwhile, whisk the oil with the pesto, and salt and pepper to taste. Add the potatoes, ham, watercress and tomatoes and toss evenly to coat. Top with the halved egg to serve.

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

## Weight-Loss Options

### HealthOne & LIFESTEPS® Info Sessions

Find out more information about the spring non-surgical weight-loss classes. Choose from two great programs: LIFESTEPS, our successful 12-week program, or our newest program called HealthOne, which uses meal replacements and food to achieve more rapid weight-loss results. Call 513 246 2606 for a one-on-one informational appointment if you cannot make the information session. New classes begin in March, April and May! No registration necessary for the free Information Sessions

TriHealth Fitness & Health Pavilion  
6200 Pfeiffer Road  
Cincinnati, OH 45242

March 3, 10 & 22 at 6 p.m.

April 5 at 5:30 p.m.

April 9 at 9:30 a.m.

April 30 at 9:30 a.m.

## Patient Spotlight

### Teri Bonfield



### Gaining Energy and Confidence While Losing 100+ Pounds

Following gastric bypass surgery in 2014, Teri Bonfield lost more than 100 pounds and now feels “healthier at 52 than I did at 35. The biggest change is the amount of energy I have. I get up at 6 a.m. and go to bed at midnight,” she says.

She spends her time raising six young adults and managing her

Harrison, Ohio, household with her partner. Teri also cares for the family’s menagerie of dogs, cats, rabbits and chickens, and volunteers multiple hours a week at Harrison High School.

An active athlete in high school and college, Teri didn’t have a problem with weight until her mid-20s. As her family grew to six children in less than a decade, she traded her aerobic lifestyle for a life revolving around her children’s needs. By her mid-30s, Teri faced the reality of being 100 pounds overweight.

Her father had died at a young age from diabetes and stroke. She hadn’t yet seen the signs of high blood pressure or high blood sugar in herself but didn’t want to get there.

“I tried fad diets, hypnosis, counting calories and exercising. I’d be good one day and go through a drive-thru the next. Depression kicked in at times and I couldn’t get motivated to stick with anything,” Teri recalls.

### Choosing Weight-Loss Surgery

In 2014, one of her doctors recommended weight-loss surgery, and she started researching online. She identified George Kerlakian, MD, as the “gold standard in doctors,” a weight-loss surgeon who had trained a lot of the other bariatric doctors in the Cincinnati area. She called TriHealth Weight Management, met the staff, consulted with the team’s psychologist, dietitian and exercise specialist, and scheduled for surgery in May 2014.

“Once I was committed, there was no looking back. I completed everything in eight weeks,” she recalls.

Dr. Kerlakian performed a Roux-en-Y procedure, which he described to Teri as the gold standard for sustained weight loss. He stapled off a part of Teri’s stomach and repositioned her small intestine to receive food from the smaller stomach pouch.

“The procedure was very non-invasive. No big incisions. No complications. No pain. Recovery was nothing,” she says.

Teri adopted a strict eating regimen but found it easy to follow. “It’s about portion control. If you overeat, you don’t feel well physically. When I feel full, I put the food away. I used to go to Skyline and order a regular 4-Way chili, cheese coney, crackers and a couple of Sierra Mists. Now I get a child’s 3-Way chili and it takes me 30 to 40 minutes to eat it.”

In addition to boosting her energy, the weight loss has also boosted her confidence. When she shops for clothes, she now looks for size 10 or 12 instead of size 22. She doesn’t have to struggle with tight seat belts on planes. She can run a 5K race or walk 18 holes of golf.

Teri comments, “I look at photos over the years, and I was always hiding in the background. Now, I’m not afraid to be front and center. I take selfies with the kids all the time.

“I’m so happy and so much more confident. My only regret is that I didn’t do this 10 years ago!”