

Message from Dr. Tymitz



Decrease Your Risk of Developing Marginal Ulcers

If you had bariatric surgery (particularly the Roux-en-Y gastric bypass), there are simple steps you can take to deter the

development of a marginal ulcer. A marginal ulcer, one of the potential complications following this surgery, is an ulcer that develops just beyond the anastomosis, or connection, between the small gastric pouch and small intestine. When marginal ulcers are present, patients typically complain of sharp upper abdominal pain. The pain is often associated with meals.

Marginal ulcers in bariatric surgery patients can be brought on by the use of non-steroidal anti-inflammatory drugs (NSAIDs, such as Ibuprofen, aspirin, and naproxen), high consumption of caffeine and—the most common cause—smoking. At the Good Samaritan Hospital Bariatric Surgery Program, our patients are educated early to stop smoking as soon as they begin the program. They are encouraged to see their primary care physician for smoking cessation assistance.

A patient can take steps to eradicate marginal ulcers with cessation of smoking, NSAID, and caffeine consumption. Additionally, their physician may prescribe medications such as an antacid and carafate (helps to coat and soothe the ulcer). Marginal ulcers, if left untreated, could possibly lead to a perforation and sepsis. Surgical intervention would then be warranted.

The good news is, although marginal ulcers can be a very serious complication, they are totally avoidable if you are following the guidelines that are set forth by your surgeon and the weight-management program.

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

For more information, call 513 246 2606.

Fall Into Fitness!

By Annie Allen, Fitness Intern

As the temperatures get cooler, now is a great time to be active. Building up a routine in the fall makes it that much easier to make a habit of fitting physical activity into your schedule. By the time winter rolls around you'll already be in the groove. These three tips will help you begin a routine:

- 1. Set a Goal.** Goal-setting is necessary to stay on track. Signing up for a fall 5k walk/run is a great way to keep you accountable. Complete one small goal each month leading up to your event—walking 1/2 mile or 1 mile without stopping, or mastering a new route outdoors. Reward yourself with new fitness outfits or a manicure each time you reach a goal.
- 2. Find Motivation.** Now is a great time to re-commit to a routine. Find your inspiration; whether it be staying active with your family, a group exercise class, or participating in a weekly walk group. Trying something new is easier when you're motivated.
- 3. Take Advantage of the Weather.** If your motivation is fueled by the weather, now is a perfect time to enjoy exercise outside. Schedule a walk around your neighborhood in the early morning light or take an evening walk to a nearby park with a friend or spouse.

Enjoy the benefits of physical activity in your new lifestyle of health and fitness!

News You Can Use

Bariatric Support Group Meetings are held once a month from 5:30 to 7 p.m. at Good Samaritan Hospital 4th Floor Conference Center, Rooms B & C. Patients are required to attend at least one meeting prior to surgery. Feedback from patients indicates that Support Group meetings are tremendously valuable to them, 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 also 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 Room C
5:30–7 p.m.

Thursday, December 17

Wednesday, January 20

Wednesday, February 17

Light Bites

Sugar-Free Pumpkin Custard

Nutritional Information	
Servings	8 servings
Amount per Serving	
Calories	83.5
Calories from Fat	20%
Total Carbs	11.7 g
Protein	5.7 g

Ingredients

- 1 can (15 oz.) 100% pure pumpkin
- ¾ cup Splenda® granulated
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- ½ tsp. salt
- 3 large eggs
- 1 can (12 fl. oz.) Carnation fat-free evaporated milk
- Whipped cream (optional)

Directions

Mix pumpkin, Splenda, cinnamon, ginger, cloves and salt in large bowl. Beat in eggs. Gradually stir in evaporated milk. Pour into glass pie plate or shallow casserole dish. Bake in preheated 325-degree oven for 35 to 40 minutes or until knife inserted near center comes out clean. Cool on wire rack. Serve warm or chilled. Top with whipped cream before serving.

Non-Surgical Weight-Loss Options at the Pavilion

Find out more about three weight-loss options: HealthOne, LIFESTEPS® and Individual Nutrition Coaching at one of our FREE open houses.

- Thursday, December 17, 5:30 p.m.
- Tuesday, December 29, 5:30 p.m.
- Thursday, January 7, 11 a.m. and 5:30 p.m.
- Tuesday, January 12, 6 p.m.
- Thursday, January 14, 11 a.m. and 5:30 p.m.
- Thursday, February 4, 5:30 p.m.
- Thursday, February 18, 5:30 p.m.

Patient Spotlight

Melvin Poole



Weight Loss Relieves Severe Back Pain

Mel Poole distinctly remembers the pain, pride and determination he felt slowly making his way to the stadium where his daughter Katie would receive her college diploma.

Herniated disks in his back had kept him out of work and on the couch for eight months. But Katie had pleaded with

him to attend her graduation ceremony in Ft. Campbell, Kentucky. So he made the painful five-hour drive from Cincinnati.

As he posed for a picture with Katie following the ceremony, he felt pride for her mixed with embarrassment at his appearance. He had gained nearly 80 lbs. since his back injury, his weight climbing from 290 pounds to 367 pounds. The pain in his back, compounded by the extra weight he carried, made it impossible to walk more than a few hundred feet at a time without stopping to rest.

"Imagine walking up steps with 10 gallons of milk strapped to your back. That's what it's like to gain 80 pounds," he says.

The Drive to Lose Weight

Mel knew he wanted to get his life back. He visited an orthopedic surgeon who told Mel he'd need to lose weight to help his back. Mel lost 50 pounds, and his surgeon urged him to lose another 50. Mel faithfully did aquatic therapy in a warm-water pool and some walking, but he knew he needed help to get more weight off.

As he started investigating weight-loss surgery, "My friend told me Good Samaritan is the place to go," Mel says. He attended an information class and worked with the staff to gain insurance approval.

"I've been to a lot of doctors' offices, and none of them has a staff like this. They're super people. The doctors set the tone, and everyone treats you like you're family."

Bariatric Surgeon George Kerlakian, MD, performed a sleeve gastrectomy on Mel in 2013. During a minimally invasive surgery, Dr. Kerlakian removed two-thirds of his stomach to provide a quicker sense of fullness and to decrease his appetite.

"I had no issues with the surgery, and the weight started coming off right away," Mel says. "I eat a lot less, but I still eat things I like. Now, though, it's not every day and just a little bite. Before the surgery, I could eat a large pizza by myself. The other night I had a spoon of sweet corn, a spoon of mashed potatoes and meat—and that's all I wanted."

A "110 Percent Success"

Mel has continued to lose weight. In fall 2015, Kevin Tymitz, MD, another Good Samaritan Hospital bariatric surgeon, performed an abdominoplasty (commonly known as a "tummy tuck") to remove additional fat from Mel's core.

"The purpose of both surgeries was to relieve my back pain," Mel explains. "In two years, I've gone from a size 58 to a size 36 and lost 150 pounds. I still have herniated disks and my back is still fragile. But my back pain has been cut in half, and I've drastically reduced powerful painkillers."

Because he has had three back surgeries over the years, his orthopedic doctor doesn't recommend further back surgery at this time. Mel is grateful for the weight loss that has improved his quality of life. His back, hips and knees all feel better. He's off the couch. "I got back my life," Mel says. "This has been a total positive experience—a 110 percent success."