

Message from Dr. Tymitz



Why consider Weight-Loss Surgery for Hernias?

Many considerations must be given when considering hernia repair in the morbidly obese patient. It is well documented

that patients with hernias (groin, abdomen, diaphragm) and an unhealthy weight (BMI > 35) have a much higher recurrence rate following repair of their hernia. More complications, such as infections, fluid collection (seroma), and skin breakdown, occur in these patients.

Oftentimes it is best to stage the procedures depending on the size of the hernia. Larger hernias would need to be repaired after a weight-loss surgery procedure if at all possible. Usually, this is a very safe option considering that the larger hernias rarely develop bowel obstruction or bowel compromise. Significant weight loss allows for significant improvement in relaxation on the abdominal wall. This allows for adequate closure of the defect and minimizes the recurrence of the hernia. It is also ideal for this approach because excess skin can also be removed at the time of hernia repair following significant weight loss for maximum results.

Smaller hernias can safely be fixed at the time of bariatric surgery. It may be difficult to determine the size of the hernia based on physical exam alone. Oftentimes, a CT scan is the best way to determine the exact size of the defect and determine if a hernia should be dealt with at the time of weight-loss surgery. The optimal goal of weight-loss surgery and hernia repair is to ultimately improve patient function with activities of daily living and improve quality of life.

Change of Season—Change Your Summer Workouts

By Tracy Littleman, Athletic Trainer, TriHealth Fitness & Health Pavilion

With the change in season comes the opportunity to change the way we think about getting and staying active. Check out these tips for making the most of your workouts this spring.

Walk Out the Front Door

One of the best ways to capitalize on the change in seasons is to get outside and enjoy the world as your playground. Think of your neighborhood or nearby park as a means to explore nature and get some fresh air, and burn some calories while you're at it. Outdoor activities such as walking can boost your workout intensity. Consider adding short bursts of interval to your workouts as you navigate various terrains, such as hills and stairs. For even more motivation, consider signing up for an outdoor event, such as a 5K walk/run in your local area, which will give you a goal for a fresh training approach.

Be a Team Player

If you're used to working out alone and you find your exercise sessions becoming a little stale—consider partnering up with a like-minded friend. Humans are social creatures and any activity that involves camaraderie increases a person's motivation to stick with it. If you're the kind of person who likes a little competition, try working out with someone who you perceive to be a little better than you. A recent study examined performance intensity and workout motivation and found that, compared to when they exercise alone, people tend to give more effort than they normally would when working out with someone who is slightly better than them. Regardless of fitness level, exercising with others promotes social cohesion and accountability, giving you one more reason not to miss your next workout.

Enjoy the summer and look for more tips in upcoming newsletters.

News You Can Use

Bariatric Support Group Meetings

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 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, June 15
Wednesday, July 20
Wednesday, August 17
Wednesday, September 21

Light Bites

Scrambled Omelets with Cherry Tomatoes

Nutritional Information	
Servings	1 serving
Amount per Serving	
Calories	238 (without toast)
Total Fat	13.4 g
Total Carbs	2.9 g
Protein	20.6 g

Weight-Loss Patients—limit to ½ portion.
Suitable for vegetarians.

Ingredients

- 1 tsp. low-fat spread
- 2 medium eggs, lightly beaten
- salt and freshly ground black pepper
- 6 cherry tomatoes, quartered
- 1 Tbsp. grated strong reduced-fat cheese (Lancashire, for example)
- Snipped fresh chives to garnish
- 1 slice whole wheat toast (optional)

Directions

Heat a small nonstick omelet or frying pan. Add the butter or low-fat spread to melt. Mix the eggs with seasoning to taste. Pour into the pan and cook for 1 to 1½ minutes to set slightly. Stir or scramble briefly. Add the tomatoes and cook for a further 1 to 2 minutes until the mixture is just cooked. Sprinkle with the cheese and the chives. Fold the omelet and serve with toasted bread if desired.

Source: bariatriccooking.com

Weight-Loss Options

HealthOne & LIFESTEPS® Info Sessions

Find out more information about the summer nonsurgical weight-loss classes. Choose from two great programs: LifeSteps, our successful 12-week program, or our newest program called HealthOne, which uses meal replacements plus 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 July! No registration necessary for the Information Sessions. Cost: Free

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

June 21 at 11 a.m. & 6 p.m.

Patient Spotlight

Sarah Mueller



The Start of a Weight-Loss Journey

"I swore to myself I would never feel that way again," says Sarah Mueller. It was October 2014, and she was flying to California to meet her husband. "I sat perfectly still the whole time because I was afraid of invading people's personal space on the plane." It was at this moment that Sarah knew she needed to make a major lifestyle change.

Sarah realized that a healthy diet and exercise simply wouldn't cut it for the amount of extra weight she had. "I was past that," she adds. After conducting proper research, Sarah, a TriHealth employee, began her weight-loss journey at TriHealth's Weight Management Center. "What I found was that our program was the most encouraging," she says. The variety of meal plans offered for each stage of the journey allowed her to realize, "Wow, I can do that." Sarah would proceed to undergo a gastric bypass, performed by Bariatric Surgeon Kevin Tymitz, MD, in April 2015.

A New Life

Sarah, who is a wife and mother of three, loves the energy and ability she now has to be outside playing with her kids. During the summer, she enjoys taking her daughter to the swimming pool and feeling comfortable wearing a swimsuit too. "It's hard when you feel like people are just looking at you because you're fat. So being able to just go out and not worry about anything but having fun with the kids is the best part," she explains.

Maintaining a Healthy Lifestyle

Keeping up with three kids can be challenging at times, however, Sarah does not let that get in the way of sustaining her new diet and exercise. She has completely transformed her eating habits and affirms, "I don't eat unless I'm hungry, and I stop eating when I'm not hungry, as opposed to when I'm full." Additionally, Sarah says that telling herself it is okay to throw away food has helped her tremendously.

Although she admits it is difficult to exercise every day with her schedule, Sarah tries her best to exercise when she can and goes to the gym at least once a week. Also, Sarah loves her Zumba class, and finds it easier to stay motivated by exercising with a friend. Sarah recalls that she never used to go to the gym until she found a friend who really loved her Zumba class. "I wouldn't have ever gone if I didn't have a friend," she concludes.

As a result, Sarah has lost over 120 pounds and continues to live a healthy lifestyle. The most rewarding part of this experience has been her ability to do the things she loves again. Sarah adds that the only regret she has in life is that she waited so long to undergo this surgery. She continues, "I just wish I hadn't wasted years deciding to do it. I feel like myself again."