

## Message from Dr. Tymitz

### Reflux and Obesity



Gastroesophageal reflux disease is a very common comorbid condition associated with morbid obesity. The exact pathophysiology for this reflux is not well understood. However, it is speculated that the

positive intra-abdominal pressure associated with truncal obesity is a main contributing factor. It is estimated that approximately 40% of patients undergoing bariatric surgery have issues with reflux disease.

There are many surgical options for morbid obesity. However, not all of these options are necessarily good options for patients who suffer from severe reflux. Multiple studies have demonstrated that reflux can actually worsen following a laparoscopic gastric sleeve procedure. Most of the time, reflux will improve after the first three to six months as patients lose a significant amount of weight, but this is not always the case. In fact, the most common reason to convert a sleeve to bypass is unbearable gastroesophageal reflux disease.

A laparoscopic Roux-en-Y gastric bypass, on the other hand, has a very high remission rate for reflux. Most patients experienced complete relief in their symptoms immediately following surgery. For this reason, your bariatric surgeon may recommend a laparoscopic Roux-en-Y gastric bypass over a sleeve gastrectomy if you suffer from moderate to severe reflux disease.

## Make Mindful Eating a Habit

By Laurie Little, Psy.D., TriHealth Weight Management Center

What is mindfulness? Mindfulness is a big buzz word these days—but what does it really mean, and why is it so important? Mindfulness is just another term for paying attention or being aware. In our fast-paced, multitasking society, we are often very un-mindful. There are so many things that can distract us and keep us from really paying attention to what is most important. As a clinical psychologist in the TriHealth Weight Management Program, one of my key roles is to teach patients the importance of mindful eating.

Mindful eating is really noticing and paying attention to all aspects of your food and your body as you eat. For many of us, this can be especially challenging. Typically, when we eat we are paying attention to other things instead of our food or our body. Maybe we are eating while we work on our computer. Maybe we are watching television or cruising the internet. Or maybe we are just chatting it up with friends and co-workers. How many times have you eaten a snack or a meal, gotten to the end and thought, "I don't even remember having eaten all of that, but I'm already stuffed."

Here are some quick tips to keep you connected to your body and your food:

**Slow down:** Chew your food thoroughly and take some time between bites. Focus on the food that is already in your mouth, not on the bite you are about to take. Put your fork down between bites if that helps you stay in tune with the food in your mouth.

**Notice the taste:** Savor the flavor. Enjoy all of the spices and herbs. Notice the temperature and texture of each bite as you chew it.

**Notice your body:** Pay attention to how your mouth responds to the food before you eat it. Notice how your stomach feels as you are eating. Notice the sense of fullness growing so it is easier to stop before you feel stuffed.

Learning about mindful eating can help you feel more in charge of your food choices and how much you eat. Mindful eaters are less likely to binge eat and engage in emotional or stress eating. Mindful eating can even lead to weight loss because you can feel satisfied on smaller amounts of food. If you would like to learn more about mindful eating, consider joining my six-week class at the Pavilion, Changing Your Relationship With Food. For more information or to register, call 513 862 4957.

## News You Can Use

### Bariatric support group meetings

Patients are required to attend at least one meeting prior to surgery but are also 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 as well. 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

Fourth Floor Conference Center B and C

5:30–7 p.m.

Wednesday, May 16, 2018

Wednesday, June 20, 2018

Wednesday, July 18, 2018



## Light Bites

### Chicken & Grape Salad

Nutritional information	
Servings	4 servings
Amount per serving	
Calories	227
Total Fat	9.0 g
Protein	27.6 g
Total Carbs	8.8 g

### Ingredients

- 1 pound grilled chicken
- 1 cup grapes
- 2 tablespoons light mayo
- ¼ cup walnuts

### Preparation

Mix all ingredients and serve on lettuce or bread.

Source: [SparkPeople.com/recipes](http://SparkPeople.com/recipes)

## Patient Spotlight

### Andrea Dubose's Weight-Loss Story



Before



Before



After

After giving birth to her beautiful twin boys in 2011, Andrea knew it was time to take control of her weight. Weighing 402 pounds, Andrea suffered from diabetes, high blood pressure, high cholesterol, sleep apnea and arthritis in her knees.

"I dreamed of the day I could run around with my kids without getting winded, and enjoy the simple things in life—like having an active social life," Andrea remembers.

Struggling to lose weight, Andrea went for a checkup with her primary care doctor, TriHealth's Lee Niemeyer, MD, which led to her being diagnosed with polycystic ovary syndrome (PCOS). Dr. Niemeyer attributed her weight plateau to PCOS and then suggested bariatric surgery through TriHealth Weight Management. Worried for her future, Andrea knew this surgery could save her life.

### The Commitment to Lose

In July 2015, everything changed for her. It was surgery day. TriHealth Weight Management's team created a truly wonderful experience for Andrea. George Kerlakian, MD performed the surgery and had Andrea at ease from day one.

"I had no issues with the surgery, and the weight started coming off pretty quickly," Andrea says.

She attributes her easy recovery to the TriHealth Weight Management team. They made the process simple, giving her a list of when and what she could eat and drink and also included a bariatric card to make dining at restaurants easier.

Knowing the team was available for her to call at any time gave Andrea a sense of comfort during her recovery. Even today, the team checks in on her and is available for support.

### A New Life

More than two years later, Andrea has lost 165 pounds and has gone from a size 28 to a size 16. Her only regret is that she didn't have the surgery sooner. Andrea now enjoys a more active life, from walking and riding her bike to having the stamina to play outside with her kids.

Her work life has also tremendously improved. Life as a cosmetologist was tough before the surgery, but now Andrea can handle the long days standing on her feet.

Her advice to someone considering this surgery is do not wait! Andrea says, "The TriHealth Weight Management team sets you up for a life of success and will hold your hand every step of the way."

"Thank you, TriHealth Weight Management, for your informative and patient team, and thank you for continually checking up on me!"

### 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.

### TriHealth Fitness & Health Pavilion offerings taught by Arthritis Foundation instructors at 6200 Pfeiffer Road

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

Water classes on Mondays, noon to 1:00 p.m.

Water evening classes on Mondays and Thursday, 5:45–6:45 p.m.

Land classes on Tuesdays and Thursdays, 1:30–2:30pm

Registration required: Contact Tracy Littellmann, 513 246 2625 or [tracy\\_littellmann@TriHealth.com](mailto:tracy_littellmann@TriHealth.com)