

## Message from Dr. Tymitz



### Obesity and Sleep Apnea

Obesity is not a condition that results simply from eating too much and not exercising. It's a disease that is brought about through a very complex

cascade of inflammatory hormones. These hormones have negative effects on every organ system in the body, leading to all of the associated conditions that go hand and hand with obesity.

One such condition is sleep apnea. Over 60 percent of patients with obesity disease suffers from sleep apnea. The common misconception is that sleep apnea is caused simply by impingement on the airway secondary to a "thick" neck in the obese patient. In fact, inflammatory hormones elicited by central obesity have dramatic effects on the central nervous system. This leads to depression of ventilation, sleep fragmentation and daytime sleepiness. Sleep apnea has many negative effects, including heart failure and cardiac arrhythmias.

Multiple studies have demonstrated the benefits of bariatric surgery on sleep apnea. Along with weight loss, surgery can interfere with the inflammatory hormone cascade and the damaging effects on the human body, including sleep apnea. The majority of bariatric surgery patients not only sees a decrease in sleep apnea, but also is able to stop CPAP machine support.

### Arthritis Foundation Classes

TriHealth Fitness & Health Pavilion  
6200 Pfeiffer Road

#### Water Classes

Mondays, noon to 1 p.m.  
Mondays and Thursdays, 5:45 to 6:45 p.m.

#### Land Classes

Tuesdays and Thursdays, 1:30 to 2:30 p.m.

#### Cost

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

Classes taught by Arthritis Foundation instructors.

Registration required.

Contact Karen Sims, 513 246 2622,  
or karen\_sims@TriHealth.com

## Spotlight on TriHealth Cosmetic Surgery & Rejuvenation Center

William Tobler, MD, Plastic and Reconstructive Surgery

If you have undergone bariatric surgery, please allow me to congratulate you! That is a huge life-changing commitment. It takes many steps and challenges along the way to achieve the goals you are striving to reach. The benefits of weight loss are many and will impact you and those around you for the better.

Often with that weight loss comes the challenge of dealing with excess skin. The skin can be problematic from head to toe - face, neck, arms, chest/breast, abdomen, upper and lower back and legs. Our body has a great ability to remove fat during weight loss but does poorly when it comes to correcting sagging skin. During times of excess weight, the skin is stretched and loses the elastic properties that would help it recoil in a time of weight loss. Fortunately, at the TriHealth Cosmetic Surgery & Rejuvenation Center, we have experience dealing with this. In most cases, surgical removal of skin can fix the problem.

My conversations with patients often revolve around the risks and benefits. Ultimately, surgery after weight loss is a trade-off of excess skin for scars. However, it is one not often second guessed and much appreciated by patients. Besides not being the look you want, sagging skin can cause challenges wearing clothes and lead to skin break down, including rashes and ulceration. During a consultation with one of our board-certified surgeons, you'll learn about the opportunities available to help remove skin. It's the final step on your journey to a revitalized you!

## 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 latter part of the meeting involves networking and allows 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**

Wednesday, Aug. 21

Wednesday, Sept. 18  
- Vendor Fair only at Good Samaritan Location

**TriHealth Fitness & Health Pavilion**  
**Conference Room B**  
**5:30 – 7 p.m.**

Wednesday, Oct. 16

### 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

### Autumn Chicken Salad

Nutritional Information	
Amount per serving	
Calories	331
Total Fat	17 g
Protein	23 g
Total Carbs	29 g
Cholesterol	51 mg
Sodium	254 mg
Dietary Fiber	11 g

### Ingredients

4 ounces (115 ml) rotisserie chicken, diced  
 1/2 medium apple, diced  
 1 tablespoon (15 ml) walnuts, chopped  
 2 tablespoons (30 ml) Greek yogurt  
 1 teaspoon (5 ml) Dijon mustard  
 1/4 cup (57.5 ml) celery, diced  
 2 cups (460 ml) mixed greens

### Preparation

Mix chicken, apple, walnuts, yogurt, mustard and celery in a bowl. Serve over a bed of mixed greens.

Adapted from article: *What Healthy Salads with 30 g Protein Look Like* by Danielle Omar, Jan. 14, 2019

### Feeling Great

Months after his transplant surgery, Paris says he feels “absolutely great. I can get all the overtime I want at work [as a forklift driver for Ford]. I can travel anytime I want to.”

Kim points out that dialysis treatments three days a week had consumed 15 hours each week and made travel difficult.

“When I was on dialysis,” Paris says, “I’d come home and rest so I could go to work. Now, I play basketball with my grandson and go bowling with him.” From her perspective, Kim comments, “Our marriage is better. We have more time and more energy. We were recently in the backyard at the fire pit until 2 a.m. We’re looking forward to flying to Las Vegas and not buying an extra seat.”

This fall, they’ve promised themselves a celebratory trip to Aruba. Kim says the most fundamental change is, “I’m not living to eat. I’m eating to live. Food is fuel. Protein is feeding my muscles. In my mind, I want pancakes. I want French toast, but I’ve had to learn how to reconstruct food in my life.”

She concludes, “The weight is still coming off and I’m feeling better. With the weight we’ve both lost, it’s like an extra person has moved out of our bedroom!”

“Weight loss surgery has improved my self-esteem,” she adds. “Before, I didn’t want to be seen. Now, I know who I am and what I stand for.”

## Patient Spotlight: Couple Shares Rewards of Weight Loss Surgery

### Quest for Kidney Transplant Motivates Husband’s Weight Loss



Ten years ago, Paris Jackson’s kidney function had dropped to 18 percent. He went on dialysis to save his life. His doctor told Paris – who was then 39 – that his best long-term option would be to get on the list for a kidney transplant. But he’d have to lose significant weight first.

Once carrying 385 pounds on his 6-foot-3-inch frame, Paris says, “They wouldn’t do a transplant until I was down under 230 pounds.”

He and his wife, Kim, who had reached 318 pounds, tried dieting, Weight Watchers and exercising. In the end, Paris couldn’t give up his desire to eat.

He began exploring bariatric surgery, but he’d never had any type of surgery and the thought of it scared him. He went to orientation programs for weight loss surgery and backed out at least a dozen times. What ultimately convinced him to attempt surgery as a pathway to a kidney transplant was that “I found out my daughter was pregnant, and I knew I wanted to be there for my grandson.”

### Choosing Weight Loss Surgery

After exploring different programs, Paris and Kim finally chose George Kerlakian, MD, with TriHealth Weight Management.

They talked with him on the recommendation of Paris’ nephrologist. Kim, a nurse with the Cincinnati Health Department, found in Dr. Kerlakian someone she could trust for her husband’s care. “He explained everything to us, and we connected,” she says. Paris chose the **sleeve gastrectomy procedure**, which Dr. Kerlakian performed on him in November 2016 at TriHealth’s Good Samaritan Hospital.

“The weight came off pretty fast,” Paris says. I was down 50 pounds in four months.” By March 2018, he achieved his goal of reaching 230 pounds and went on the transplant list. While waiting for Paris to get a kidney, Kim began to pay more attention to her own health. She was tired a lot and often short of breath. “I was overwhelmed with homework and school, maybe getting a little sleep apnea. I was getting stress incontinence, and my blood pressure was creeping up. Diabetes, hypertension and cardiovascular disease were in my family. I wasn’t willing to take that chance.”

Kim had attended Paris’ classes with TriHealth Weight Management, so she knew what to expect. She went back to Dr. Kerlakian because she trusted him and his staff. She had her gastric sleeve procedure in June 2018. Today, she’s nearly 100 pounds lighter and is amazed at the difference in her life.

“I’m not tired when I wake up,” she says. “The apnea is gone. I can wear heels and go up and down steps at work. I’m at size 16 and knocking at the 14 door. My walking pace has increased. It’s almost like a power jog.”

Kim needed her new-found energy when Paris got the call Nov. 7, 2018, that a kidney was available. The kidney was flown to Cincinnati, and he had successful kidney transplant surgery Nov. 8.