

MESSAGE FROM DR. KERLAKIAN



There were many recent reports in peer review journals about the cost of covering bariatric surgery. Many employers and payers hesitate to cover the costs. Their argument in justifying their reluctance to cover costs is that it takes several years to recover their (employers/payers) initial and upfront costs paid on behalf of their employees.

Why don't we have the same parameters that one might have when considering a joint replacement or a spine repair, just to mention a few? Bariatric surgery has been shown to improve the quality of life and increase life expectancy. Just some food for thought. Talk to your representatives and employers.

News You Can Use:



TriHealth Weight Management Welcomes New Team Member

Brandy Osborne has joined Group Health and TriHealth Weight Management as Dr. Tymitz's nurse. A recent graduate of Galen College of Nursing, Brandy is specially trained in care for diabetic patients and is certified in wound care. Outside of work, Brandy is married with three children, two dogs, and a cat. She enjoys reading, listening to music, going to the movies, and spending time with her children. **Welcome, Brandy!**

Change of the Season—Change Your Workout

By Tracy Littellmann, MS, ATC

Spring is here! It's a new season, a time to ditch the heavy winter jackets and scarves, put away the snow shovels and get out and enjoy the warmer temperatures and sunshine. It's also time to try a new workout. Changing up your routine gives you a way to see the benefits of exercise and puts more swing in your spring step. Why not explore outside, look into new fitness classes, switch from using free weights to doing band workouts, or sign up for an upcoming walk or get a group to start a walking club? The possibilities are endless. Make spring the time you find fun ways to get in a workout and enjoy the benefits of exercise.



Eat "Green" This Spring

By Teresa Burger, Dietetic Intern



If you're looking for healthy, tasty side dishes this spring, think green! Two great options are spinach and kale—leafy greens that provide vitamin A, vitamin C, and calcium. They also contain the antioxidant lutein, which promotes eye health. Like potato chips? Try kale chips. Just add a small amount of olive oil and salt to torn kale leaves and put them in a 350° F oven for about 10 minutes, just long enough for them to crisp. Broccoli is another great springtime vegetable. The florets can be cooked with a small amount of water in the microwave while covered for 3 to 4 minutes or until desired tenderness. You can grow all of these vegetables at home, if you like. Raising your own fresh produce can make it easy to get your vegetable and fruit servings for the day. It's also a great way to get some physical exercise. Activities like breaking up soil and planting seeds take a good effort. When it is time to harvest, you can be proud of your efforts and have great-tasting, healthy food that you and your family can enjoy!



Light Bites

Baked Balsamic Chicken

Nutritional Information	
Servings	4
Amount per Serving	
Calories	170.2
Total Fat	10.1 g
Total Carbs	3.1 g
Protein	15.2 g

Ingredients

4 chicken breast halves, bone in
¼ cup balsamic vinegar
1 Tbsp. olive oil
1½ tsp. dried oregano
1 tsp. kosher salt
½ tsp. fresh ground black pepper

Directions

Preheat oven to 400° F. Arrange the chicken bone side down in a 9-by-13 inch glass or ceramic baking dish. Pour the vinegar over the chicken breasts and sprinkle evenly with the oil, oregano, salt, and pepper. Bake 20 minutes and baste with the vinegar juices. Bake 20 minutes more (depending on the size of the breasts), or until juices run clear. Serve chicken breasts with juices spooned over them.

Courtesy of Food.com

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Patient Spotlight

Bonnie Fauver



In October 2008, 58-year-old Bonnie Fauver walked into a TriHealth Weight Management informational seminar to do research as a sales representative for TriHealth Imaging.

She participated in the seminar as if she were an actual bariatric surgery candidate. She filled out the paperwork; she sent her health history information to three of her doctors.

Days later, the phone rang—and she nearly gasped at what the voice on the other end revealed: “All three doctors signed papers saying I was a good candidate! I didn’t think I was,” she recalls. “You can imagine how shocked I was.”

Bonnie was happy with the way she looked, but had high cholesterol, was bordering on diabetes and was hypertensive, so she decided to schedule an appointment with George Kerlakian, MD, who suggested that Bonnie have Roux-en-Y gastric bypass surgery.

Bonnie, however, was resistant. She wanted laparoscopic adjustable gastric banding (LAP-BAND) surgery because it was less invasive and she had a terrible history of acid reflux. Dr. Kerlakian cautioned Bonnie that LAP-BAND would make her acid reflux worse, but she was convinced otherwise: “I said, ‘there’s no way it could be any worse!’”

Bonnie decided to move forward with LAP-BAND surgery. She lost 35 pounds almost immediately, and within a year shed nearly 60 pounds. But, the weight loss came at a cost: her acid reflux got worse and the band slipped. “Word of advice: if a doctor tells you to do something, just do it,” Bonnie laughs. “Dr. Kerlakian knew what he was talking about with my reflux...I wish I would have listened to him!”

On October 31, 2010, Bonnie went in for a modified gastric bariatric surgery, performed by both Kevin Tymitz, MD, and Dr. Kerlakian, to remove the band and reconstruct her stomach. If Bonnie could describe her experience interacting with both doctors throughout the process, it would be with one word: “wonderful,” she says.

The same goes for working with her dietitian, Maria Adkins, RD, LD. “Thank goodness for Maria,” she gushes. “She’s the person I see, coaching me through my nutrition.” Maria’s been on Bonnie’s weight-loss team since day one, instructing her on how to get the proper nutrients and the appropriate calories to continue safely losing weight.

Bonnie isn’t at her target weight just yet, but she’s getting there. She’s down eight sizes—and her confidence is at an all-time high. Plus, she says it makes her a better employee. “I do a lot of travel for my job. I go to physician offices and different sites, so getting in and out of my car with the back pain, I couldn’t have done that! It lets me work longer,” she explains.

As a grandmother to seven, ranging from ages 7 to 27, she appreciates how her healthier figure makes it easier to get around and simply enjoy life. “If I stay like this the rest of my life, I’m happy, because 235 pounds (her starting weight) is an unbelievable amount to be carrying around,” she says. “Even with the complications, I’d do it all over again.”