

Message from Dr. Nina C. Gray

Weight regain after bariatric surgery



Bariatric surgery is a very effective method of weight loss. However, despite the success of these surgeries, new studies suggest weight regain occurs in as many as 50 percent of patients. The question is why.

To understand the answer, let's review a recent six-year follow-up from the popular TV show "Biggest Loser." Contestants did not have bariatric surgery, but they rapidly lost a significant amount of weight, similar to surgical patients. Fourteen contestants, each having lost more than 100 pounds, were evaluated. Even after continuing to exercise and eat the same as during the show, all but one had regained most of their weight. What happened?

It comes down to resting metabolic rate (RMR)—the minimum energy needed for daily activities. The show's extreme weight loss decreased contestants' RMRs by 400 to 600 kilocalories and caused a metabolic adaptation that resulted in a lower than expected RMR to maintain their new lower weight. In other words, our bodies do not understand "obesity." We function on hormone levels and are biologically designed to prevent starvation. When we stick at one weight, good or bad, the body creates a natural "set point" with the hormone leptin (which regulates fat cells). When weight loss occurs during dieting, leptin levels fall. The body then goes on red alert to decrease energy consumption, reducing its RMR. It also becomes more efficient and increases ghrelin (hunger hormone). The result: We are hungrier, we are burning fewer calories and our brain is making food look tastier!

Now the good news: Metabolic adaptation occurs on a smaller scale after bariatric surgery. On average, the RMR of postsurgical patients only slowed by 260 kcal versus as many as 600 kcal from rapid weight loss without surgery. Furthermore, ghrelin is also reduced with surgery.

Take-home message: Weight regain is NOT inevitable. It can be managed by the postsurgical diet and exercise regimen set by your doctor. Together, long-term success is possible!

Summer tips

We all have our favorite tunes that make us feel happy and energized, but have you made a playlist of your most fantastic, motivating songs and then worked out to it? If not, you could be missing out on one of the fitness industry's most tried-and-true practices for increasing motivation and workout intensity. Researchers have found that when people play their favorite tunes during a workout, their feelings of exertion are reduced (even though they are often working out more intensely) and their sense of being "in the zone" increases when compared to listening to no music at all. This means that putting on a playlist of favorite songs could boost performance and reduce perceived effort during training, allowing you to run faster, walk longer or lift heavier without even noticing the extra effort!

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 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 Meetings **Good Samaritan Hospital** **Fourth Floor Conference Center B and C**

5:30–7 p.m.

Wednesday, August 16

Wednesday, November 15

Wednesday, September 20

Wednesday, December 13

Wednesday, October 18

Information seminars

Visit changeforallifetime.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, Wednesdays and Fridays, noon–1 p.m.

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

Land classes on Tuesdays and Thursdays, 1:30–2:30 p.m.

Registration required. Contact Tracy Littellmann at 513 246 2625 or tracy_littellmann@TriHealth.com.

Light bites

Ham, egg and cheese cups

Nutritional information	
Servings	12 servings
Amount per serving	
Calories	181
Total fat	12.4 g
Cholesterol	46 mg
Sodium	607 mg
Total carbs	1.6 g
Dietary fiber	0.6 g
Protein	15 g

Ingredients

12 1-oz slices reduced-sodium Virginia or black forest ham (choose thick slices of ham with a small diameter instead of thin slices with a large diameter)

1 1/2 cups regular or flavored egg substitute (12 oz)

12 oz 50% less-fat grated cheddar cheese (about 3 cups)

1/4 tsp. black pepper, or to taste

3 tbsp. chopped fresh chives

Directions

Preheat oven to 400 degrees.

Lightly coat a 12-cup muffin tin with nonstick spray.

Gently fit one ham slice into each cup—the edges will stick up.

Pour in the egg substitute. Sprinkle with cheese, then pepper.

Bake for 15 minutes or until set.

Remove from muffin tin, sprinkle with chives and serve.

Source: SparkPeople.com/recipes

Patient spotlight

Sara Bustetter: Weight lost, life gained



Following her gastric bypass surgery, Sara Bustetter lost 100 pounds and said goodbye to her physical and mental weight. At 49, she feels younger, happier and healthier than she has in her entire life.

Bustetter has battled weight issues since she was 12 years old. Throughout high school, she steadily gained weight until her senior year when her health took a turn for the

worse. Bustetter developed an eating disorder. She lost weight rapidly, and both her physical health and mental health were at the lowest they had ever been.

Although she found great happiness in her family life, Bustetter continued to struggle with her health. Over the next 12 years, Bustetter became happily married and had a family that grew to three children. With each child, Bustetter watched the numbers on the scale go up and found it more and more difficult to lose the weight.

By her third and last child, Bustetter was up to 300 pounds. She had high cholesterol, she was prediabetic and she was fighting some major emotional issues.

In an attempt to get control of the situation, Bustetter had a lap band surgery, which placed a band around her stomach. She quickly dropped 40 pounds, but the lap band caused erosion and esophageal issues that set back her improvement. Bustetter found herself back at square one: overweight, unhealthy and depressed.

The wakeup call

Within a few months, Bustetter found herself to be short of breath, regularly tired and unable to exert moderate amounts of energy. She believed it to be bronchitis. What else would explain these symptoms?

It took one scary day at work to expose all that had been going on inside her body. It was a typical day, but when Bustetter walked 10 steps across the room, she felt that she had to immediately sit down. She couldn't breathe and was feeling weak. She was rushed to the emergency room.

The doctors conducted blood tests and an MRI to reach an unsettling diagnosis: Bustetter had pericarditis (inflammation of the pericardium, the two thin layers of sac-like tissue that surround the heart). She had been carrying more than 260 pounds of weight with a failing heart.

As a result of the diagnosis, Bustetter had a defibrillator put in and took medication to help control her heart. "I didn't know if I was going to die young or be really immobile," Bustetter said. "I just did not see myself losing weight. I was so scared I was going to have a heart attack."

Choosing weight-loss surgery

Because of her unsuccessful lap band surgery, Bustetter thought other options were not possible until her primary care physician suggested gastric bypass surgery. Once aware of the option, Bustetter immediately agreed, believing it would change her life for the better.

In the fall of 2015, Dr. Kevin Tymitz removed Bustetter's lap band and performed gastric bypass surgery. Bustetter notes this day as "the start of her life." Immediately, she began losing weight, exercising and feeling great. Her heart rate even started to improve.

Six months after surgery, Bustetter lost 75 pounds. The doctors did an electrocardiogram and ejection fraction. A bit surprisingly, her heart rate and productivity had improved drastically.

Other than the physical aspect of losing 100 pounds, Bustetter said her life is incredibly better. "As the weight was coming off, the emotional and negative inner dialect was going away as well," she said.

Bustetter is still working and spending time with her children. She doesn't think twice about stepping out into crowded public places. With her weight loss, she also lost a lot of negative heaviness that had been holding her back from living her life.

Not only does Bustetter tout the physical benefits of weight loss, but she also advises others to "be prepared to say goodbye to that emotional weight loss. I'm just truly happy. My life began with the surgery, and I'm going to live it to the fullest."