

## Message from Dr. Katherine M. Meister

### Bariatric surgery: It is more than weight loss



The term "bariatric" comes from the Greek word "baros" meaning weight. Generally, bariatric surgery refers to a set of surgical procedures designed to help a patient lose

weight. We know, however, that the benefits of bariatric surgery extend far beyond the pounds that are shed after surgery.

Obesity is linked to a number of major risk factors for heart disease, including high blood pressure, high cholesterol and diabetes. Having surgery significantly improves these conditions and can even cure diabetes.

Multiple randomized controlled trials have demonstrated that surgery outperforms medications for the treatment of diabetes, even in patients with Class 1 obesity. These studies consistently show that patients undergoing surgery have better control of their diabetes and are able to discontinue more of their diabetic medications than patients who do not have surgery. Interestingly, the benefits of surgery on diabetes control can be seen immediately after surgery, sometimes independent of weight loss. Because of the improvements or the reduction in cardiovascular risk factors, patients who undergo bariatric surgery have longer lives than patients who do not.

The decision to have bariatric surgery is about so much more than losing weight and improving obesity-related medical conditions. Perhaps most importantly, this surgery is about getting patients back to the things they love. Whether it's walking the dog, hiking through parks, traveling or playing with their children (or grandchildren), patients undergoing surgery see significant improvements in their quality of life.

## New season, new attitude

By Michael Roth, intern, TriHealth Fitness & Health Pavilion

As the seasons change, so can our attitudes toward exercise. For some people, just as the seasons change, so do their views of exercise. Anyone can improve, including you! Consider these tips:

1. **Positive perspective.** Each workout is an opportunity, not an obligation. Every workout presents a chance for you to become the best version of yourself! Your hard work pays off—and you know you'll love the results.
2. **Exercise opportunities are always there.** Ever have a bad day at work? The one thing that is always available to you is exercise. Exercise combats stress, depression and sickness. What could be better than a natural, healthy high? You can walk out of the gym after any level of exercise, finish a routine at home or activities outside knowing that you improved.
3. **Infinite benefits.** There is always room for improvement. Just like trees giving their leaves to the earth, you give your effort to physical activity. And because the trees give their leaves, they eventually blossom into more vibrant, colorful and lively versions of themselves as a result. The same goes for you. By giving effort to some form of physical activity, you become a more vibrant, lively and healthy version of yourself.

## 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** **Fourth Floor Conference Center B and C**

5:30–7 p.m.

Wednesday, January 17, 2018

Wednesday, February 21, 2018

### Information seminars

Visit [TriHealth.com/weight](http://TriHealth.com/weight) 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](mailto:tracy_littellmann@TriHealth.com).

## Light bites

### Broiled Tilapia Parmesan

Nutritional information	
Servings	4 servings
Amount per serving	
Calories	177.1
Total Fat	10.5 g
Cholesterol	63.4 mg
Sodium	232.6 mg
Total Carbs	1.2 g
Protein	19.6 g



#### Ingredients

- 1/4 cup Parmesan cheese
- 2 tablespoons butter, softened
- 1 tablespoon and 1-1/2 teaspoons reduced-fat mayonnaise
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon dried basil
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon celery seed
- 1 pound tilapia fillets

#### Directions

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to overcook the fish.

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

## Patient spotlight

### Lorraine Bragg



High blood pressure. High cholesterol. Diabetes. Sore hips and knees. Poor sleep from snoring and sleep apnea. Lorraine Bragg doesn't miss the life she led at 223 pounds. Since having gastric bypass surgery through TriHealth in spring 2016, Lorraine, 54, says, "The biggest change has been in my medicine cabinet. I went off my diabetes medicine the day after surgery! I no longer use blood pressure and cholesterol medicines and don't need a CPAP breathing machine to keep my

airway open at night.

"I feel so much better as a whole," she continued. "Exercising is so much easier, and I don't get short of breath easily."

#### The perils of a desk job

Lorraine's weight hadn't always plagued her. "When I was in high school, I ate anything I wanted," she said. The transition to a desk job and high-powered career in her mid-20s was the beginning of her weight gain. "I'd get a single with cheese for lunch and eat a bag of chips from the vending machine as a snack."

When she was pregnant with her daughter at age 38, she gained 50 pounds and never lost it. After a divorce in 2010, she pretty much gave up cooking in favor of fast food.

Her growing health problems and her brother's heart attack when he was 48 made her start looking at her own life. She tried diet plans, exercise and then prescription medication but didn't have much success.

"I did everything short of having surgery first," Lorraine said. She had seen both successes and failures with weight loss surgery. One success, in particular, caught her attention.

"I had a co-worker who went through gastric bypass surgery at TriHealth. When he came back to work, I was floored by how good he looked. He explained how the program went step by step." She thought it over and called for an appointment.

#### The commitment to lose

At that point, Lorraine not only had health problems, but she also had given up a lot of pleasures she formerly enjoyed—horseback riding, walking trails in the woods, wearing dresses, even going out with friends.

She met with TriHealth Weight Management's psychologist, dietitian and exercise specialist. She also joined the program's closed Facebook page and attended some support group meetings, where pre- and post-surgical patients share information and support.

Bariatric surgeon Kevin Tymitz, MD, described the surgical options to her, and Lorraine selected a [Roux-en-Y procedure](#), which involves stapling off a part of the stomach and repositioning the small intestine to receive food from the smaller stomach pouch.

She knew that option would keep her on course. "A 100 percent commitment is needed to be successful. I didn't want to be the one who had the surgery and failed."

#### A new life

Following a successful surgery and smooth recovery, Lorraine began losing weight immediately. "I couldn't be happier with my decision," Lorraine said. In addition to getting her diabetes, high blood pressure and high cholesterol under control, "I feel so much better. I can live again," she said. "I can go to Gatlinburg and hike my favorite trails. I've gone horseback riding. I bought a new sweater and skirt and wore it to a concert. I don't count myself out of anything these days!" Lorraine expressed her gratitude this way: "'Thank you' doesn't seem like enough, but I thank all of them at TriHealth from the bottom of my heart. This has been a journey that has changed my life forever, and the journey doesn't end once you've reached your goal weight. It just keeps getting better."