

Message from Dr. Katherine Meister



It is estimated that up to 15 million Americans suffer from severe obesity, defined as a body mass index >35 kg/m². There are several other conditions associated with obesity that contribute to early death including type 2 diabetes, high cholesterol, and high blood pressure, all of which increase your risk of developing heart disease. But, did you know that obesity is also linked to the development of cancer? Cancer affects more than half a million lives per year in the United States. It is estimated that obesity may cause up to 90,000 cancer deaths per year. As body mass index increases, the risk of cancer development increases and the risk of death from cancer also increases.

Obesity has been associated as a risk factor for at least 13 types of cancer including breast, colorectal, cervical, endometrial, esophageal, pancreatic, lymphoma, leukemia and others. Amidst all of these negative statistics, however, there is good news! A variety of studies have demonstrated a reduction in cancer risk in patients who undergo bariatric surgery. One such study (Schauer 2017) found that patients undergoing bariatric surgery had a 33% lower risk of developing any cancer compared to patients with obesity who did not undergo surgery.

The greatest benefit was seen in obesity-associated cancers, such as a 42% decrease in post-menopausal breast cancer, 50% decrease in endometrial cancer, 41% decrease in colorectal cancer and 54% decrease in pancreatic cancer. Undergoing bariatric surgery can reduce your risk of developing cancer and is another added benefit to making a change for a lifetime.

Vitamin and Mineral Supplements

By Gina Feldkamp, RD, LD, and Jo Schenkel, RD, LD, Registered Dietitians

Weight loss surgery requires the lifelong use of vitamin and mineral supplements. For those who have not had their surgery yet, we recommend you take a complete multivitamin and a calcium citrate supplement daily.

After surgery, the vitamin routine involves a bit more planning. You will need to increase the dosages and amount of vitamins you are taking daily in order to meet all of your nutrient needs and to stay healthy. Chewable vitamins will be necessary for at least the first few months after your surgery as you will not be able to swallow large tablets or capsules. There are a variety of bariatric vitamin supplements as well as supplements that can be purchased over the counter in grocery or drug stores. There are also some drink mixes that are vitamin and mineral supplements you mix with water. Some websites to check out are BariatricChoice.com for a variety of bariatric products, Amazon.com, BariatricEating.com (Inspire protein shakes and Journey 3+3 vitamins) and BariatricFusion.com for all Fusion products.

Take a complete chewable Multivitamin supplement such as Centrum Silver or a bariatric brand, twice per day, a chewable calcium citrate supplement (400-500mg) three times per day, 1000 mcg Vitamin B12 once per day—sublingual (under the tongue) or dissolvable. Some patients may need additional Vitamin D or iron as determined by the dietician and/or surgeon. The Clifton location of Group Health Pharmacy (Good Samaritan Hospital), carries a soft chew type calcium that many patients prefer over the chalky versions as well as several brands of bariatric protein shakes, vitamins, calcium, B12 and iron. Due to nutrients not being absorbed adequately, we recommend using a multivitamin patch. Many patients prefer it. Please feel free to contact our office if you need more information or have questions related to vitamins or nutrition.

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 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. 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
5:30–7 p.m.

Wednesday, November 7, 2018
No December meeting
Wednesday, January 16, 2019

Changing Your Relationship with Food—Presented by Laurie Little, Psy.D.

Good Samaritan Hospital | Cranley Conference Room

Every Monday, for 6 weeks, starting January 28, 2019 last class March 4, 2019

Class size is limited call 513 862 4957 to ensure enrollment. It is important to commit to the six-week course; attendance at each class required.



Light Bites

Black Bean Soup

Three ingredients, 10 minutes and dinner is ready!

Nutritional information	
Servings	6 servings
Amount per serving	
Calories	122.7
Total Fat	0.6 g
Protein	9.0 g
Total Carbs	25.0 g
Cholesterol	0.0 mg
Sodium	782 mg
Dietary Fiber	7.0 g

Ingredients

2 cans black beans
 2 cups chicken broth
 1 cup salsa
 Can also add sautéed onion, carrots and celery and some garlic

Preparation

Heat all ingredients in a large pot on stove until heated through. Transfer to a blender or use an immersion blender to puree into a “creamy” black bean soup.

Garnish with fresh cilantro or other herbs.

Source: *SparkRecipes*

Patient Spotlight

After the Loss of His Brother, Juan Decides It’s Time to Change

Pre-diabetes. Sleep apnea. Hypertension. Joint pain. These are just a few of the complications life was throwing at Juan. At nearly 400 pounds and with a body mass index of 49, Juan knew he needed to make a change. The sudden death of his brother pushed him to make that change.

“I got the call on Monday at work that my brother had passed away.. Immediately I bought a ticket home and was on a flight to the Dominican Republic the next day. Diabetes and high blood pressure run in my family and I just kept thinking, every time I would visit my brother he would beg me to get healthy,” Juan explains.

During his visit home he went to the beach with his family. The family picture from that beach trip shook Juan to his core.

“My sister pulled me aside and said ‘it’s time for you to take care of yourself.’ The realization just hit me like a ton of bricks. I knew it was time,” Juan says.



The Decision to Finally Take Action

Within two week of his brother’s death, Juan had an appointment with George Kerlakian, MD, of TriHealth Weight Management, where he decided to have gastric bypass surgery.

“I was completely honest with Dr. Kerlakian about my struggles and I was willing to commit to the program,” Juan says.

Juan was in the program for a year and a half before having weight loss surgery. During this period, he met with a team of specialists with TriHealth Weight Management to prepare him for surgery and help him develop a healthier lifestyle to increase his chances for long-term success.

“You need this time to adjust. You need the counseling to help you sort through your emotions and to figure out your relationship with food,” Juan says.

Since his surgery in May 2018, Juan has lost 115 pounds. And, not only does he feel better as a whole since losing the weight, but the complications that once threatened to lead to greater health problems are now gone.

“Dr. Kerlakian saved my life. I was looking at having a stroke or heart attack and now my life has completely changed,” Juan says.

Paying it Forward

Juan’s only regret is that he didn’t have this surgery 10 years ago. But he’s taking a positive approach to his lifestyle moving forward.

“Now I’m encouraged to eat healthy and am conscious of what I put in my mouth,” he says. “Your body just becomes in tune with your healthy lifestyle—I now appreciate the flavors of food.”

To help him sustain his healthier lifestyle, Juan attends monthly weight management support group meetings at the TriHealth Fitness & Health Pavilion.

“These meetings really helped me in the beginning because it made me not feel isolated. This was the first surgery I ever had and I was nervous particularly for the anesthesia. At these meetings I was able to hear and see people’s real-life success stories,” Juan says.

When he attends weight management meetings, Juan is appreciative of the support and guidance he received early in the process. That is one reason why he is willing to share his success with others and provide encouragement to people who are facing the decision about surgery that he once had to make.

“My advice to someone considering this surgery is you should do it. All those worries I had before surgery went completely away after I had the surgery. It’s the little things that matter now. My clothes fit. I can fit in the seats at baseball games. I can stand at work all day and not be in pain. These little things are like a domino effect with your happiness. To be able to achieve something you have fought for, for so many years is an unbelievable feeling.”