

## Message from Dr. George Kerlakian



In November 2012, the department of surgery at Good Samaritan Hospital instituted a new program known as the Enhanced Recovery Protocol, or ERP. This program involves

coordinating multidisciplinary perioperative care in order to reduce complications and to facilitate earlier discharge and faster recovery of patients undergoing complex, elective surgery. ERP's goal is to reduce the body's negative response following surgery. When used in other larger centers, it has been associated with significant decreases in surgical infections and length of hospital stay.

TriHealth Weight Management patients will be among the groups who take part in ERP. Our patients who are undergoing bariatric surgery will be asked to boost their nutrition and hydration in the few days preceding surgery. Additionally, they will be asked to take medication on the morning of surgery that will blunt the response to pain and inflammation. We strongly believe that all these measures will result in better outcomes and greater patient satisfaction.

You can learn more about ERP at [TriHealth.com](http://TriHealth.com). Just follow this path: Hospitals and Practices > Good Samaritan Hospital > Services > Surgery.



**Center of Excellence**  
BARIATRIC SURGERY

## News You Can Use: Exercising During the Holidays

The period between Thanksgiving Day and New Year's Day often is characterized by merriment—and, unfortunately, usually by stress and weight gain as well. Exercising may help reduce your holiday stress and keep your weight in check when surrounded by lots of holiday treats. Take time to develop a strategy for exercising during the holidays so you don't get completely derailed from your efforts.

For example, you can add these exercises to your holiday to-do list:

- Park a distance from the mall entrance and jog or walk briskly to the doors.
- Walk the mall at a fast pace and use the stairs rather than the elevator or escalator. This allows you to cross off two items from your list.
- Whenever you're standing in line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes.
- Make fitness a priority and don't let your workouts fall to the wayside.
- Schedule your workouts like an appointment. You don't miss work, a doctor's appointment or important meeting to do holiday activities. Add your workout to your schedule.

Also, instead of focusing on food, plan an active holiday gathering for your family or friends. It makes your holiday event stand out as something different from the usual food-centered parties. If the conditions are right, you can snowshoe, cross-country ski, ice skate, make a snowman, go sledding, or walk the neighborhood and view the holiday lights. If not, consider fun indoor activities like dancing, bowling, laser tag, foosball, billiards, and interactive games (such as Wii, Xbox, PS3).

Fortunately, with just a bit of creativity, you can find ways to stay in shape during the holiday season.

Source collaboration from: Sparkpeople, USDA MyPlate, LIVESTRONG, WebMD

## Healthy Inspiration

Provided by Chaplain Debbie Knight

Christmas gift suggestions:

- To your enemy, **Forgiveness**.
- To an opponent, **Tolerance**.
- To a friend, **Your Heart**.
- To a customer, **Service**.
- To all, **Charity**.
- To yourself, **Respect**.

And remember:

- **Faith** makes all things possible.
- **Hope** makes all things work.
- **Love** makes all things beautiful.

May you have all three of these for this Christmas and always.



## Light Bites

### Sugar-Free Pumpkin Custard

Nutritional Information	
Servings	8
Amount per Serving	
Calories	83.5
Total Fat	20% of calories
Total Carbs	11.7 g
Protein	5.7 g

#### Ingredients

1 can (15 oz.) 100% Pure Pumpkin  
 3/4 cup Splenda granulated  
 1 tsp. ground cinnamon  
 1/2 tsp. ground ginger  
 1/4 tsp. ground cloves  
 1/2 tsp. salt  
 3 large eggs  
 1 can (12 fl. oz.) Carnation fat-free evaporated milk  
 Whipped cream (optional)

#### Directions

Mix pumpkin, Splenda, cinnamon, salt, ginger and cloves in large bowl. Beat in eggs. Gradually stir in evaporated milk. Pour into glass pie plate or shallow casserole dish. Bake in preheated 325° oven; bake for 35 to 40 minutes or until knife inserted near center comes out clean. Cool on wire rack. Serve warm or chilled. Top with whipped cream before serving.

## Patient Spotlight

### Marienne Bolton

While the country commemorated its independence on July 4, 2011, Marienne Bolton was preparing for gastric bypass surgery the following day. That day would be her own personal independence day: The day that, after a lifelong struggle, she would finally free herself from obesity.

It was the culmination of a long journey for Marienne. By 2007, she had reached her highest weight of 289 pounds—"at least that's the highest I was willing to know," she laughs. She was wearing the upper limits of clothing sizes and it was becoming increasingly uncomfortable to travel for her job. She also began to experience symptoms of prediabetes, which served as a reality check. "My dad struggled with his weight and had diabetes, and I saw how it caused complications with his health," Marienne explains. "I thought, 'I can't continue this way.'" That's when she began to seriously consider weight loss surgery. Marienne knew that she wanted to come to George Kerlakian, MD, and TriHealth Weight Management for her surgery. She had witnessed how they helped a friend, and, after further researching the program, decided it was the best option for her. "I really liked the idea of the holistic approach they took to weight loss surgery," she says. Marienne began the process and immediately felt comfortable with her decision to turn to Dr. Kerlakian and the Weight Management team. "I thought, 'This is my team'" she reflects.

Unfortunately, however, weight loss surgery was not covered by Marienne's insurance at the time, and she had to put her plans on hold. It was only when she changed jobs (and insurance plans) in 2010 that she could finally restart the process. When she did, she was pleased to know that the team she grew fond of three years earlier was still there for her—and they've been with her ever since. With a lot of hard work and help from TriHealth Weight Management, Marienne has lost more than 100 pounds to date. Though she hasn't quite reached her goal weight, she sees that it is within reach. She has stopped taking diabetes medication and is able to do her job better. She also has become more engaged with yoga, which she took up before surgery. "How I do poses feels so different than before," she explains. "I can feel muscles I've never felt before!" Recognizing how influential yoga has been throughout her weight loss process—both physically and mentally—Marienne has even become a certified yoga instructor so she can help others who struggle with weight experience its benefits. "I want to be an example that yoga can be for everybody, regardless of your size or shape," she says.



Marienne Bolton

Marienne is also "paying it forward" by regularly attending Weight Management support groups and offering encouragement for those who are considering weight loss surgery for themselves. Her words of advice: "Always do your research. Educate yourself and find a group who you feel comfortable with." And, she adds, "If you can use the TriHealth team, do it! They're on your side for the long term to make sure you succeed."