

Message from Dr. Kevin Tymitz

Update on surgical weight-loss options



When thinking about surgical weight loss, there are many procedures to consider.

1. The procedure most performed in our practice is the **Roux-en-Y gastric bypass surgery** (RNY).

The RNY works in two distinct ways—by restricting the amount of food that can pass through and by hindering the gastrointestinal tract from absorbing nutrient materials. It also alters gut hormones, which play a huge role in long-term weight loss and reduction of comorbid (other medical) conditions, especially type 2 diabetes.

2. The **sleeve gastrectomy** also provides two mechanisms of action: restriction (by making the stomach into a tube or sleeve) and gut hormone alteration (hindering the hormone ghrelin, which stimulates hunger).

3. The **adjustable gastric band** is found to be only a restrictive procedure without alteration in gut hormones. For this reason, many patients will regain their weight and not see positive effects on diabetes or high blood pressure. For these reasons, the band has not been a procedure performed by our surgeons in the past two and a half years.

4. The **intra-gastric balloon** also works strictly through restriction. The balloon currently is approved by the FDA only for patients with a body mass index (BMI) ranging from 30 to 40. It is not covered by insurance at this time.

Meeting with a bariatric surgeon is a critical component to help decide which weight-loss procedure is right for you. Remember that any procedure is just a tool for long-term success. Following up with your providers helps to support you in your success.

Find the perfect cold-weather fitness partner

By Rebecca Wyma, TriHealth Fitness & Health Pavilion Intern

In autumn and winter, the motivation to go outside decreases. The warm sun is what inspires most of us to go out and live active lives during the summer season. A new inspiration is needed to push us to continue to work out while the temperature drops. The people in our lives make for the best motivators, and it's a great idea to use them as workout partners when the drive to be active is low. Unfortunately, not every person makes for a great fitness partner. What should you look for in a workout partner to make sure that you have a successful workout season?

1. Share the same goals and schedules. The first step to finding that perfect partner is finding someone who has the same fitness goals as you. If you want to lose weight but your partner wants to regularly take up yoga, the pairing isn't going to work. You both need to be willing to do the same exercises and activities so you can be each other's constant support. Schedules are important as well. If both of you can't manage to work out at the same time on the same days, the motivation you give each other to reach these fitness goals will be lost.

2. Good attitude. Nothing is more enjoyable than having a workout partner who is positive and encouraging. This type of person can make even the hardest exercises feel like fun. Find someone who will make going to the gym something you look forward to, and it will be easier for you to reach your fitness goals.

3. Commitment. A 6 a.m. workout isn't for everyone, but if that's the time you and your fitness partner choose, it's best to have a partner you can trust to show up that early. This type of committed partner will prevent you from bailing on the workouts too. As you keep each other more accountable, there's a greater chance for success in both your fitness lifestyles.

Enjoy the season with your ideal fitness partner!

News you can use

Bariatric support group meetings

Patients are required to attend at least one meeting prior to surgery. Feedback from patients indicates that support group meetings are tremendously valuable to them, both for the information and for the fellowship offered. The meetings provide valuable information regarding nutrition, behavioral health, exercise and insights from physicians. When time allows, the second half of the meeting involves networking among 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!

TriHealth Fitness & Health Pavilion offerings taught by Arthritis Foundation instructors

\$15 per class or \$40 for four classes

Registration required:

Contact Tracy Littellmann, 513 246 2625 or
tracy_littellmann@TriHealth.com

Warm Water Workout

Full range of motion/movement and an endurance segment to improve activities of daily living

Arthritis Land Workout

Gentle activities to help improve range of motion, strength and joint flexibility

Bariatric Support Group Meetings

Good Samaritan Hospital

4th Floor Conference Center B and C

Wednesday, January 18, 5:30–7 p.m.

Wednesday, February 15, 5:30–7 p.m.

Wednesday, March 15, 5:30–7 p.m.

Light bites

Bella's bariatric chicken meatballs

Nutritional information	
Servings	4 servings
Amount per serving	
Calories	260.9
Total Fat	16.7 g
Cholesterol	172.2 mg
Sodium	179.5 mg
Total Carbs	1.5 g
Protein	26.9 g

Ingredients

16 oz. ground chicken

¼ cup grated Parmesan cheese

1 tsp. garlic powder

1 tbsp. oregano (or Italian blend seasoning)

Directions

Mix ground chicken, Parmesan cheese and seasonings.

Measure and shape into 1 ½ oz. balls.

(Makes 13 1 ½ oz. meatballs; 3 per serving.)

Bake at 400 degrees for 20 minutes.

Broil tops for 1 to 2 minutes, if you like them browned.

Serve with low-sugar marinara sauce.

Source: SparkPeople.com

Cooking demonstrations at the TriHealth Fitness & Health Pavilion

Pavilion members free, nonmembers \$10 per class

Healthy holiday appetizers and desserts

Learn how to make lower-carb and lower-fat holiday appetizers and desserts without losing any flavor.

Wednesday, December 14, 12:30 and 6 p.m.

Heart-healthy recipe substitutions

Learn how to make your favorite recipes using substitutions that cut down on saturated fats, trans fats, cholesterol and calories with little or no difference in taste!

Wednesday, February 8, 6 p.m.

Patient spotlight

Carolyn Williamson

For Carolyn Williamson, gastric surgery has been a "life-changer"



Persistence. Dedication. Determination. They're all traits Carolyn Williamson needed to survive the past 10 years. Nine years ago, she experienced both joy and hardship in giving birth to twins Olivia and Anthony and caring for the newborns and her then-12-year-old daughter.

Carolyn had battled weight problems after her first daughter was born. During her second pregnancy, her weight climbed to 310 pounds.

"I had played sports in high school, and I worked out every morning after my first daughter was born," Carolyn said. "During my pregnancy with the twins, everything went downhill. I could barely walk by the eighth month."

She joined weight-loss programs after her delivery but soon gained back what she'd lost.

Difficulties mounted as Anthony was diagnosed with autism at age 2 1/2, and her husband walked out and divorced Carolyn. Unable to find a job that would cover child care and basic living expenses, she scraped by with child support checks and food stamps.

As she lay in bed at night, her mind raced, and her now 353-pound body felt like it was suffocating her. Her feet and knees ached, her breathing was labored and she felt depressed.

A turning point came as she and the twins climbed onto a ride at Kings Island two years ago—Carolyn was too large to get the security bar to snap shut. The ride attendant asked her to get off the ride.

"After Kings Island, I started researching weight-loss surgery," she said. "I contacted Good Samaritan and went through the orientation class." Her insurance plan denied the surgery twice. She gave up initially but then wrote a letter pleading for a chance to change her body and her life.

She received approval and attended TriHealth Weight Management's nutritional classes and psychological counseling for several months.

Carolyn elected to have her surgeon, Dr. George Kerlakian, perform a sleeve gastrectomy to reduce her stomach to the size of a banana.

"He's a wonderful, supportive doctor, and I put my trust in him," Carolyn said. "I called the office all the time after surgery with questions. Anything I needed to know, they were there for me."

"This has been a life-changer," Carolyn said. "I'm much happier. I still have to work hard to maintain the weight loss, but it's something I can do as long as I put forth the effort."

She does a cardio hip-hop class, walks and jogs, and eats smart. She has transformed her body from a size 28 to size 9/10. She sleeps better, and the aches and pains have disappeared.

Carolyn now has a full-time job at a property management company in accounting and human resources, and she's a few semesters away from completing a licensed practical nursing degree. Most importantly, she can fully engage with her children and their school and sports activities. Anthony, who once communicated through sign language and pictures, now chatters constantly and plays on the football team.

"My kids are my strength and biggest motivator," she said.

And Carolyn is pleased to get on any ride they choose at Kings Island.