

New You Real You™

A newsletter for friends of the Deaconess Surgical Weight Loss Center

Weight Loss Success Stories

Last year Rhonda Roberts was voted “Teacher of the Year” on the campus where she teaches second grade. She knows that without the help of Dr. Dirk Rodriguez and gastric bypass surgery, that never would have happened. Now 130 pounds lighter, Rhonda has found a new life.

“I was here and I was teaching, but I didn’t have any energy or the motivation that I have now. The other teachers tell me every day how much I’ve changed,” says Rhonda.

Before her surgery (below), Rhonda had pre-diabetes, arthritis, and suffered from polycystic ovarian disease.

Today (left), Rhonda’s professional and family life has changed completely.



Before her surgery in 2004, Rhonda was depressed. She had pre-diabetes, arthritis in her hips and suffered from polycystic ovarian disease. “I was sleeping all the time at home. Now I don’t even have a desire to take a nap.”

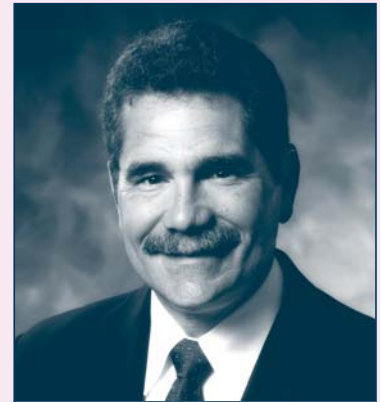
“I was sleeping all the time at home. Now I don’t even have a desire to take a nap.”

- Rhonda Roberts

Rhonda was part of the growing ranks of the obese. A National Health and Nutrition Examination Survey fielded in 2003-04 indicates that an estimated 66 percent of US adults are either overweight or obese. The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity indicates that the cost of obesity in the United States in 2000 was more than \$117 billion — \$61 billion in direct costs and \$56 billion in indirect costs.

Continued on back cover

Dr. Dirk Rodriguez Joins Deaconess Surgical Weight Loss Center



Dirk Rodriguez, M.D.

Dr. Dirk Rodriguez has joined the Deaconess Surgical Weight Loss Center as Medical Director. A skilled laparoscopic bariatric surgeon, Dr. Rodriguez founded the first Bariatric Center of Excellence in Texas and was President of the Texas Bariatric Center, based in Dallas, Texas. Dr. Rodriguez has performed more than 1,000 bariatric procedures and ranked among Dallas Best Doctors in 2005. He is also a general and vascular surgeon.

Dr. Rodriguez is board-certified, a Fellow of the American College of Surgeons and a member of the American Society for Bariatric Surgery. He teaches advanced laparoscopic surgery techniques nationwide. He joins Dr. Trace Curry, founder of the Deaconess Surgical Weight Loss Center, which served 350 patients in 2006, the highest number of bariatric procedures in the Greater Cincinnati area.

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A Little Help from Her Friends

Lisa is mostly a listener. Still, the Deaconess Support Group has been an invaluable tool for her, both before and after the gastric bypass surgery that helped her lose 128 pounds in six months.

"I could look at them and know it was going to get better," Lisa says.

Although she may be a listener in the support group, which meets twice a month, she talks to other participants both before and after the one-hour sessions. Some of them have been "almost like a mentor," Lisa says. She began to attend the support group at Deaconess about six weeks before her surgery.

Lisa says that before surgery, "I knew I needed to do it. But the closer it got, I was just afraid." So she turned to her support group buddies and they were there for her.

"The people in my family couldn't relate to what I was going through," she says. The support group gives her the opportunity to "talk to people who understand." And later, after her surgery, they let her "blow off steam."



She says that there are always people who tell you horror stories but "it's not that way." The support group people know that. The first time she was able to walk from the parking garage to the support group

without her cane, they celebrated with her. Lisa is on track to lose another 100 pounds.

Will she stay with the group now that her surgery is behind her? "Yes, I'd like to think that I can inspire someone else."

Support group members listen to and support each other and celebrate each other's successes.

Upcoming Support Group Meetings

Support Groups Meet on Thursdays

June 14	General Discussion
June 28	Clothing Exchange
July 12	General Discussion
July 26	Restaurant Tips
August 9	General Discussion
August 23	Dinner with the Registered Dietitian
September 13	General Discussion
September 27	Getting Through the Holidays

The Support Group meets in the Goetz Center, 415 Straight Street, next to Deaconess Hospital. Park in the open lot across the street from the Goetz Center or use the hospital parking garage and we will give you a pass. Take the elevator down to B7.

6:00 - 6:30 pm	Weigh in at the clinic (2nd floor of the hospital).
6:30 - 7:00 pm	Post surgery patients meet in the Goetz Center room B7.
7:00 - 8:00 pm	Pre and post surgery patients gather in the Goetz Center room B7.

Remember to check the discussion board for changes: www.newyourealyou.com.

Need a Friend?

The Deaconess Surgical Weight Loss Center website discussion board is available 24/7. Go to

www.newyourealyou.com

Better Health Through Bariatric Surgery

“Now I have to remind myself that I’m not 18. I feel too good,” says Celeste Newman, a gastric bypass patient.

Her life wasn’t always like this. In fact health problems plagued her before she made the decision to have weight loss surgery. Diabetes, hypertension, diverticulitis and asthma — you name it, Celeste had it. And her life was miserable.

Hypertension and Diabetes

The hypertension and diabetes came about one year before her surgery. She was having a rough time anyway. Her mother had just died of Alzheimer’s; Celeste has gone through a troublesome menopause. When her blood pressure went up, she started on blood pressure medication. Her diabetes was discovered by accident when she made one of her frequent trips to the ER for diverticulitis, a health issue that had made her life miserable since her twenties.

The condition was “getting more serious,” says Celeste. “I would be just fine and then suddenly I’d wake up and be in terrible pain.” She had CT scans, MRIs and colonoscopies through the years. In October of 2004, staff ran blood tests during her ER visit. Her blood sugar was over 300. “I just thought, oh, great. I’m here because I can’t stand up straight and you’re telling me that I have diabetes.” She was put on antibiotics, colon relaxants and pain medications for the diverticulitis. But she found herself back in the ER again in November and then again in March of 2005.

Surgery Decisions

During that hospital stay, a surgeon advised her to have a colostomy, saying that a significant length

of her colon was in bad condition because of her continuing diverticulitis. She was considering weight loss surgery at the time and she decided to check with Dr. Trace Curry. By that time, she was desperate and discouraged.

“I just told him, you need to talk to me as if I were your mother or your wife. You need to tell me what I have to do to live.”

Dr. Curry gave her a choice, since he has done colon resections. He would prep her for the colon surgery but if her colon looked all right, he would do a gastric bypass. Either procedure could be done laparoscopically. If she had the bypass, her colon would have three months rest, Dr. Curry said. She could always have a resection down the road if the diverticulitis acted up again.

Resolution of Health Problems

But it hasn’t. In fact, all of Celeste’s health problems were resolved by the gastric bypass. They gave her one shot of insulin in the hospital, but she didn’t need any more. She no longer has diabetes. Her blood pressure became normal “almost right away.” The diverticulitis which had caused pain in her side since she was twenty-five has not been a problem. That nagging pain went away. And her asthma? As a bonus, her pulmonary function improved dramatically and she went from using two inhalers a day plus a third rescue inhaler to one once a day.

“Now, I’m in control,” says Celeste. “I am heavily in control.”

Oh, and yes, she’s lost 98 pounds and has about 28 more to go. Celeste is a member of the Deaconess support group and depends on Rebecca Erdman and the other members to help her achieve the rest of her goal.

Insurance Tips

Q. What are some basic diet requirements from insurance companies?

A. Some insurance companies do require a physician supervised diet. For example, Aetna requires 6 months or 3 months if it’s multidisciplinary. Humana, Amerigroup, BC Illinois, Horizon BC, Highmark BC and Medical Mutual require 6 months. Caresource requires 9 months and Mailhandlers, 3 months.

Q. My friend is covered by my insurance company but that company is telling me that I’m not covered. Why?

A. That is frustrating. The bottom line is, the employers choose the benefits. So you both may have the same insurance company providing your benefits, but your insurance company chooses which benefits to offer employees. Your employer may have excluded weight loss surgery.

Q. How long will it take once I come into the clinic?

A. Every insurance company is different. Some take only 30 days. Others take 6 months. A good average is about 90 days from the date of your seminar.

Questions about insurance? Check with Peggy Kincaid, the Deaconess insurance expert. Go to the discussion board at www.newyourealyou.com

Steps to Insurance Authorization

1. Medical records from your doctor — can be two years up to five years of records
2. Letter from your doctor
3. Psychological evaluation
4. Cardiac and pulmonary clearance
5. Blood tests
6. BMI of 40 or above
7. BMI of 35 to 39.9 with co-morbidities (health problems such as hypertension or diabetes)
8. Diet history

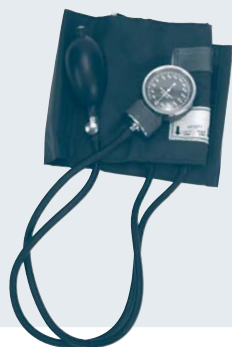
Some insurance companies have certain restrictions. For example, Anthem does not approve the band if your BMI is over 50. Check with your insurance company.

Obesity and Health Complications

If obesity continues unchecked, it can cause several serious health problems:

- high blood pressure
- diabetes
- coronary artery disease
- stroke
- osteoarthritis
- sleep apnea
- cancer
- liver disease
- gallbladder disease

High blood pressure is a common health problem related to obesity.



Eye Problems Rang the Alarm

Her eyes had been bothering her. But when 31 year-old Heather Archbold went for new eyeglasses, she was not at all prepared for what the doctor told her.

"My eye doctor asked me if I had been tested for high blood pressure. I was shocked," says Heather. When she made an appointment with Dr. Jane Blinzler, she learned that, yes, she did have high blood pressure, and it had done permanent damage to her eyes. At the time Heather weighed close to 300 pounds. "Dr. Blinzler sent me to the Deaconess Surgical Weight Loss Center." Since then Heather has lost 92 pounds, along with her high blood pressure and her sleep apnea.

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Heather also has experienced subtle changes in people's attitude toward her. "People look at you differently," she says. "People take you more seriously."

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Heather also has experienced subtle changes in people's attitude toward her. "People look at you differently," she says. "People take you more seriously." She enjoys not having to shop in stores for plus sizes. "Why buy clothes and go out when you know you look horrible?" she says.

Not Bothered by the Heat

The heat doesn't bother her as it did in the past. "When it's 80 degrees outside, I'm not sweating like crazy," Heather says. "Now I find myself cold." And she enjoys it.

"I was an emotional eater," she notes. "I ate when I was happy and I ate when I was sad." Although she loved bread, she doesn't even miss it now. She has better things on her mind, like her new relationship.

Heather is a lap band patient and Dr. Trace Curry performed her surgery. "He's a great surgeon," she says. "You can talk to him any time through the website and he will answer you."

Pregnancy Weight Gain

Like Heather, Cathy Pollard had weight issues growing up. In high school she was a size 14 or 16. Classmates teased her. However, it got worse in adult-

hood after her pregnancies. Already the mother of two adult children, Cathy had a baby in 1998, one in 1999 and another in 2001. It became increasingly hard to shed the baby weight. Cathy became borderline diabetic with her last pregnancy. She'd tried everything to lose weight, from medications and appetite suppressants to the cabbage soup diet.

"There was no long-term fix," she says. Although her husband was not unhappy with her, she says that she wasn't happy with herself.

"Kids are so honest," Cathy says. One day she overheard her five-year-old describe someone as "big like Mommy."

Her husband's niece had researched weight loss surgery and through her, Cathy found Dr. Curry and the Deaconess Surgical Weight Loss Center. "He's great," she says. "He always gets me in right away if I have to see him."

Both Heather and Cathy have learned new eating habits that keep them on the road to good health.



Heather Archbold with Dr. Trace Curry

Self-Esteem and Matters of the Heart

Many patients remark that they had self-esteem issues when they suffered from excess weight. Overweight adults often were tormented since childhood by unkind classmates. Heather Archbold had weight issues since third grade. "Kids can be cruel," she says. "And I lived in a small town."

As an adult, those same issues can limit forming healthy relationships. "When I was overweight, I had trouble finding a decent person to date. I was good at caring for people. I didn't care about my own happiness, I was always asking, 'are you okay?' Men like to be catered to," she says, and she notes that she was willing to do it.

Her family never liked her boyfriends, "never wanted any part of the boys I brought home." Heather was engaged before she began her weight loss journey, but her family "couldn't stand" her boyfriend. When she continued to gain weight, her engagement ended.

Heather made up her mind that she would not date again until she hit 200 pounds. When she weighed about 190 pounds, a friend fixed her up. Today Heather and her blind date are still together. "My family loves my boyfriend. When they call, they would rather talk to him, than me."

Free Seminars!

Want to find out more about the effects of excess weight and the option of a surgical weight loss procedure? Come to a free one-hour seminar!

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Tues., June 19, 6 p.m.

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Wed., June 27, 1 p.m.

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Wed., July 11, 1 p.m.

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Tues., July 17, 6 p.m.

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Tues., July 24, 6 p.m.

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Wed., Aug. 8, 1 p.m.

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Tues., Aug. 21, 6 p.m.

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Wed., Sept. 5, 1 p.m.

Goetz Center, 311 Straight St., Clifton

Reservations:

Visit www.newyourealyou.com or call 513/559-2108.

Dietary Issues

Questions and Answers About Surgical Weight Loss and Your Diet

How long will I have to be on a liquid diet following surgery?

Post-op patients go from a clear liquid diet following surgery to a pureed diet to a soft diet. Depending on the procedure you have, soft diets are usually started 3-4 weeks after surgery.

I read a lot about constipation on the Internet forums. Is this common after surgery and how can I avoid it?

Constipation can be caused by the change in your eating habits and by the pain medications. Some tips? Try increasing your fluids. Carry a small water bottle and sip throughout the day. Exercise! Start walking. Fall back on good old prune juice, half water and half juice. If you are still tied up, talk to your doctor about a stool softener.

My friend says food tastes funny after surgery. Why?

As you lose weight, your body builds up ketones (broken down fat cells). You may develop a sweet taste that eventually will go away. Try adding a little lemon juice in water. Popsicles help reduce the thirst for some patients.

Obesity in the Workplace

Duke University followed 11,728 people over an eight-year period. Results? The obese employees had twice the number of workers' comp claims. Obese workers had 13 times more lost workdays due to work related injuries.

Smoothies — Summer Coolers!



Berry Berry Smoothie

1 scoop vanilla protein powder
1-2 scoops low carb ice cream
1 cup skim milk (or 1% milk)
1/4 cup frozen fruit medley
Mix in blender until smooth

Sunrise Smoothie

1 scoop vanilla protein powder
1 cup orange juice (or orange tang)
1/2 banana (peeled)
2 scoops carb freedom ice cream
4-5 frozen strawberries
Mix in blender until smooth

Strawberry-Lemonade Smoothie

1 scoop vanilla protein powder
1 cup sugar free lemonade kool-aid
4-5 frozen strawberries
4-5 ice cubes
Mix in blender until smooth

Basic Smoothie

....can use with any flavor of protein powder

1/2 frozen banana
about 8 Oz Lite Silk soy milk
1 scoop protein powder
and when you're far enough out, ground flax seed but it's just as good without them.

Have Great Recipes for Reaching the New You?

Post them on the discussion board and vote for the best! On July 13, we'll tally the winners. If we receive 25 total recipes, the prize will be a \$25 gift certificate. 50? \$50 gift certificate. 100 recipes? Yum! \$100, yes, \$100 gift certificate! Plus, all participants get a free copy of the first *Greater Cincinnati New You Real You Bariatric Cookbook*.



What Is the Difference Between a Bariatric Surgeon's Office and a Center?

The center has a team with a dietitian, insurance coordinator and exercise program — all of the necessary components to ensure success.

Clockwise, from back left: Jackie Crawford, Receptionist; Dee Dee Glodd, Medical Assistant; Peggy Kincaid, Insurance Coordinator; Rebecca Erdman, Dietitian; Kelly Parsons, Manager and Nurse Practitioner.

Have you visited our website lately? Check out the new discussion board on www.newyourealyou.com. You may find answers to questions — and contact old friends!

If you would like your name removed from this mailing list, please contact in writing the Privacy Officer, Deaconess Hospital, 311 Straight Street, Cincinnati, OH 45219.

New You, Real You™ is published as an informational resource for past, present and future patients of Deaconess Surgical Weight Loss Center at Deaconess Hospital.

DEACONESS HOSPITAL

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WEIGHT LOSS SUCCESS STORIES, CONTINUED FROM PAGE 1

Today, Rhonda's home life has changed completely. "We play softball together with our church." Mother of two teens, Rhonda says that now she's much more involved. Her husband "loves it."

"Dr. Rod was excellent," says Rhonda. "He lets you know up front that he expects you to conform to the rules. If you do, you'll be successful." He is "firm but caring," says Rhonda, who recently had plastic surgery to remove excess skin following her dramatic weight loss.

Good-bye Seatbelt Extender

Like Rhonda, Kathy Ratcliff has undergone a dramatic weight loss. In fact when she lost 192 pounds, she went from a size 32 to a size 8.

Before, when Kathy traveled, she had to use the seat belt extender. Suffering from diabetes, she was always tired, with no energy. Obesity ran in her family and Kathy feels her sedentary job contributed to her weight gain. Finally she retired after thirty-some years and decided to get healthy.

Kathy had a medical condition that required a gastrectomy. Her doctor told her that when she had that surgery, she should also have a gastric bypass. She began to search and found Dr. Rodriguez. She knew "this is the man." "He's fun," says Kathy. "He always tells me he's proud of me. He cares about his

patients but he doesn't mince words. If you mess up, he will tell you."

At her heaviest, walking to the mailbox made her tired and she had to sit down. Now she power walks five miles every day.

After losing 192 pounds, Kathy power walks five miles every day.

