



## Central Valley Bariatrics

1205 Garces Hwy Suite 303  
Delano, CA 93215

April/May 2005

Issue 33

# Central Valley Bariatrics Newsletter

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(661) 725-4847 (800) 816-6647

www.dssurgery.com

NEW WEBSITE ADDRESS!



## Calendar of Group Meetings:

All group meeting information can also be found on the website [www.gr-ds.com](http://www.gr-ds.com) under the group meeting icon or e-mail [dawn.keshishian@dssurgery.com](mailto:dawn.keshishian@dssurgery.com)

### Delano:

April 12 & May 10 6:00 PM  
(Second Tuesday of every month)  
Delano Regional Medical Center  
Zacharias Conference Center 1401  
Garces Hwy. Tom Philips will be  
speaking at the May group meeting.

### Paso Robles:

April 21 & May 19 6:30 PM  
(Third Thursday of every month)  
Centennial Park 6000 Nickerson in  
the Live Oak room.

### Ukiah:

April 1 & May 6 6:00 PM  
(First Friday of every month)  
April 1 meeting to be held at Wright  
Stuff Pizza Parlor, 720 N. State St.  
Ukiah, CA Future dates will be  
announced at a later time as we are  
still looking for a site for the  
meetings. **Dr. Keshishian will be  
speaking at the May meeting.**  
Please contact Ruth Lorain regarding  
meeting at [letstalk@iwon.com](mailto:letstalk@iwon.com).

### Bishop:

April 18 & May 16 6:30 PM  
(Third Monday of every month)  
The Partridge Building, Northern  
Inyo Hospital. **Looking for someone  
to lead this group.**

### Red Bluff:

April 7 & May 5 6:00 PM  
(First Thursday of every month.)  
McCauley/Ward room in the Coyne  
Educational Center in the modular  
building. 2550 Sister Columbia Dr.,  
Red Bluff. **Dr. Keshishian will be  
speaking at the February meeting.**

### Eureka:

April 4 & May 2 6:00 PM  
(First Monday of every month)  
St. Joseph Hospital Conference Room  
C-1, 2700 Dolbeer Ave. Eureka, CA  
95501 Contact me at  
[dawn.keshishian@dssurgery.com](mailto:dawn.keshishian@dssurgery.com) for  
further information. **Dr. Keshishian  
will be speaking at the May  
meeting.**

### Las Vegas:

April 18 & May 16 6:00 PM  
(Third Monday of every month)  
Sunrise Hospital, 3186 S. Maryland  
Pwky. Usually in the Auditorium or  
in the Rendezvous Room.

### Sacramento:

April 1 & May 6 6:00 PM  
(The Friday before San Jose)  
Mercy General Hospital Campus 4001  
J. Street in the Conference Room #2.

### San Jose:

April & May 10:00 AM  
(First Saturday of every month)  
Regional Medical Center of San Jose in  
the Peppertree C Room, 225 N. Jackson,  
San Jose, CA. 95116. **This meeting  
place is still available if we can find  
someone to lead this meeting.**  
**Anyone interested, please contact  
Dawn.**

## Please Note:

New Website & E-mail  
addresses!

[www.dssurgery.com](http://www.dssurgery.com)

E-mail addresses:

[Firstname.lastname@dssurgery.com](mailto:Firstname.lastname@dssurgery.com)  
Please e-mail us your e-mail address

## Calling all Post-op Patients

Please send me your stories! We  
would love to hear how your lives have  
changed and how things are going!

We would like to feature one post-op  
patient in each of edition of the  
newsletter. If you are interested in  
being a featured post-op patient and  
would like to share your story with us,  
please e-mail a one page story to me at  
[dawn.keshishian@dssurgery.com](mailto:dawn.keshishian@dssurgery.com) in  
Word format. Any pictures (in Jpeg  
format) you may also want to share of  
yourself pre and post-op.

## Walk/Runs California

Find other walk/runs on <http://www.villagerunnerracing.com/calendar/>

5/7/05 Saturday 9:00 am 12th Annual Revlon Run 5K Run/Walk for Women (men's & women's 5K) 310/393-6344  
or 310/395-6779 Los Angeles Coliseum Los Angeles, CA Join the many thousands in the fight against breast & ovarian  
cancer. Website: [www.revlonrunwalk.com](http://www.revlonrunwalk.com)

5/7/05 Saturday 8:00 am 14th Annual SO. Cal Hillsea Footrace- A 7.57 Mi Run over hill & dale, up & down the  
"StairMonster" & up & down the "DipSea Switchback Trail". The Finish Line International 714/841-5417 Central Park  
west, Huntington Beach, CA. Located between Goldenwest/Edwards, Ellis/Slater Streets. See Thom Bros. OC Map, Pg. 857, G3. Proceeds  
benefit Orange County Youth Associations. Website: [www.nealand.com/finishline](http://www.nealand.com/finishline)

5/14/05 Saturday 7:00 am The Palos Verdes Marathon, Half Marathon & 5K Run W2 Promotions 310/828-4123 [W2Promo@aol.com](mailto:W2Promo@aol.com) Along  
the beautiful coastline of the Palos Verdes Peninsula .Very scenic and rolling ocean view course. Finishers receive special finishers shirt &  
medal; awards 3 deep all age groups and live music with food & drink galore. Benefits local charities supported by the Rolling Hills Kiwanis  
Club. Website: [www.W2promotions.com](http://www.W2promotions.com)

4/3/05 Sunday 8:30 am The Achievable 5K Walk/Run, Dog Walk, & special Kids Fun Run W2 Promotions 310/828-4123  
[W2Promo@aol.com](mailto:W2Promo@aol.com) Century City, CA Flat, fast course with giant sports/fitness expo, food & drink galore at finish. Proceeds benefit the  
Achievable Foundation. Register on-line at: [www.W2promotions.com](http://www.W2promotions.com)

4/8/05 Fri-Sat April 8 & 9 Angel's Run -24-hour Run/Walk & for Angels Charity. Health & Info Fair on Saturday Doug Hansen 949-650-  
2757 [www.angelsrun.com](http://www.angelsrun.com) [info@angelsrun.com](mailto:info@angelsrun.com) Newport Harbor High School Track & Field, 600 Irvine Ave., Newport Beach, CA 92663 Angels  
Charity is a 501c3 non profit that is raising money to help children that were born with multiple birth defects. [www.angelsrun.com](http://www.angelsrun.com)

4/9/05 Saturday 7:45 am 11th Annual Derby Day 5K Run/Walk at Santa Anita Park and Kid's Four-Furlong Race W2 Promotions 310/828-  
4123 [W2promo@aol.com](mailto:W2promo@aol.com) Santa Anita Park, Arcadia, CA (finish on the Santa Anita racetrack!) . Race with the ponies at Santa Anita Park! Run  
through beautiful LA County Botanic Garden & other city landmarks to finish on the track! Party in the infield w/live music, beer garden, giant  
runners expo. All registered receive free parking & entrance into Santa Anita Park for a day of racing. [www.W2Promotions.com](http://www.W2Promotions.com)

4/9/05 Saturday 7:45 am 31st Annual Seal Beach 5K/10K Run, 5K Walk & Kids 1K Fun Run Elizabeth Kane [sealbeachrace@hotmail.com](mailto:sealbeachrace@hotmail.com)  
Marina Community Center, 151 Marina Dr., SealBeach, CA 90740. (corner of First St. & Marina Dr.) Come celebrate our 31st Anniversary of  
one of the most scenic & organized events in So. CA. For more info, see website at: [www.sealbeachrun.com](http://www.sealbeachrun.com)



## Patient Profile

By  
Tom Phillips

In March of 1997 I found out that I had Melanoma (skin cancer). I was sent to the UCLA Medical Center where I received a life-saving operation followed by a year of Interferon injections. As a result of the operation I now have a condition called Lymphedema, which causes swelling and pain on my left side where the lymph nodes were removed. Those were some of the happiest years of my life, spent with my two daughters and my oldest one getting married.

After the Interferon treatments I gradually gained weight. I had three of my doctors tell me that I needed to have a weight loss operation after trying various diets and eating plans without success. I was insulted because I didn't realize how out of control my weight was until the time that I went to see a specialist for my Lymphedema. Because I weighed more than their scale would measure, they transported me in an ambulance



to a rest home and weighed me in a wheel chair using a special scale for disabled people.

Then I was faced with the problem of figuring out which operation to get, and by whom. This took me over two years, but with my daughter Cindy's help, she got on the internet and found Dr. Keshishian in Delano. I made my appointment, and went in and learned about the Duodenal Switch operation.

I was very impressed with Dr. Keshishian and his staff; I felt that this was the best operation for me and my lifestyle, and I had no reservations. After making my decision, I had to wait approximately five months to get on the schedule, and my operation was on February 12, 2003.

My surgery was very successful, and I went home after only four days. Since the initial operation I've lost over two hundred pounds. After the weight loss, I had a lot of excess skin, and, personally, I didn't want to lose all of that weight and not remove the excess skin. I did not want to be a

**Tom Phillips**  
**Duodenal Switch**  
2/12/03  
**Pre-Op (center)**  
12/25/02  
387 lbs.  
BMI - 51.7  
**One Year Post-Op**  
**(right)**  
2/12/04  
215 lbs.  
BMI - 28.7  
**Two Years Post-Op**  
**(left)**  
1/27/05  
179.5 lbs.  
BMI - 24.0

bathing suit model, but wanted this to finish off the total picture for my own self-esteem and comfort.

In addition to the duodenal switch, I've had two ventral hernia repairs, a brachioplasty (arm lift), a medial thigh lift, a reduction mammoplasty with nipple transposition (breast reduction), a belt lipectomy (lower body contouring), and a panniculectomy (tummy tuck).

One of the first questions that people ask me is: "Well, do you feel better?" And, "Would you recommend it for somebody else?" My answer to that is, if you can lose the weight without surgery, that is the way to go, but for me it was a life saver and has improved my health tremendously. Not to mention the fact that I am now able to go to the gym and work with my personal trainer, Jeremy Tingle, regularly, to tighten up any loose skin and build muscle.

If I were to give advice to someone who is going through with this surgery, I would recommend that they take a good "before" picture and take measurements of their body to be able to see a difference even when the weight itself may not be shed quickly.

After the operations, one of my doctors said to me: "Congratulations, you just bought yourself another twenty years." Having the operation isn't going to guarantee you another twenty years, and it isn't going to solve all of your problems. None of the procedures were without some difficulty and expense, but, for me personally, it has all been well worth it. Without the support of my family and friends, I wouldn't have been able to get through it all, and I still have a few more cosmetic procedures in my future.

**Congratulations Tom!**

## Topic of the Issue

### Dehydration

Now that the weather is warming, it is important to remember that after Gastric Reduction Duodenal Switch (GRDS) or any type of Weight Loss Surgery (WLS) it is extremely easy to become dehydrated. (Our bodies are about two thirds water). In fact after any weight loss surgery dehydration is a common problem, not only immediately after surgery but long term as well.

Due to the smaller stomach size weight loss surgery patients cannot take in enough fluids at one time to catch them up on their hydration. Before surgery at the first sign of thirst people can drink an 8-ounce glass of water or other beverage without difficulty. Thirst is a relatively late sign of lowering hydration, so in a GRDS or WLS patient after that point it is difficult to catch up if a patient is not diligent in maintaining their hydration. It is important to remember to continually think about frequent small doses of hydration throughout the day.

In the warmer months and any time there is physical activity, the body is losing fluids through perspiration. As a patient you need to increase fluid intake to make up for that loss. When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade or someplace cool and drink water. It may only take an hour outside while you are doing light physical activity for you to develop the early signs of dehydration. This may mean

increasing fluid intake for a day or two by at least 8-16 ounces. It may take more than one day for a GRDS patient to make up for a large fluid loss.

If you're participating in sports or strenuous activities, you should drink some fluids before the activity begins. You should also drink at regular intervals (every 20 minutes or so) during the course of the activity and after the activity ends. The best time to train or play sports is in the early morning or late afternoon to avoid the hottest part of the day. Do not forget to take your water bottle with you!

If you become ill with diarrhea, vomiting, flu, food poisoning, or high fever these illnesses may increase your chance of becoming dehydrated. These types of illnesses increase fluid loss and put you at a higher risk of dehydration. These illnesses are also much harder for a GRDS or WLS patient to maintain their hydration. Therefore, if you develop these illnesses you must increase your fluid intake the entire length of your illness; at any time you could become dehydrated.

If you are going to be exercising, losing fluids or are ill it is important to stay away from caffeine in coffee, sodas, and tea to help you avoid dehydration. Caffeine is a diuretic (it makes you urinate more frequently than you usually need to). Avoid carbonated beverages because the carbonation may cause bloating or a feeling of fullness and prevent adequate consumption of fluids

There are some distinctive and subtle signs and symptoms of dehydration. If you have any of these signs or symptoms, please call our office immediately. It is always

easier to deal with any problem when it is first happening verses extreme dehydration that also develops into an electrolyte imbalance.

- \* Dizziness
- \* Dark colored urine
- \* Dry lips or other mucous membranes
- \* Nausea
- \* Vomiting
- \* Diarrhea
- \* Altered thought process
- \* Hoarse voice
- \* Muscle cramping
- \* Lack of energy
- \* Lethargy

If you become dehydrated, depending on your symptoms, we will recommend that you increase fluid intake for several days.

Unfortunately, once a patient reaches a certain level of dehydrated the only way for re-hydration to be effectively achieved is by intravenous infusion of fluids. This can be done in an emergency room, hospital, some

clinics and physicians' offices. Please remember that not all physicians' offices have the capability of giving intravenous fluids. Our office does provide intravenous re-hydration to our patients. Please call us at the earliest sign of dehydration.

### **Important Notice:** **Follow up**

Please do your follow up with our office. There are issues that are coming up that may not be caught if you do not follow up in our office. Your blood work is extremely important in maintaining health, follow up and we also use your blood work result for research to improve patient care and make GRDS available and safe for more patients. Please FOLLOW UP with us.

