

January/February 2001

# Central Valley Bariatrics Newsletter

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## Calendar

Issue 8

### Delano:

January 9 6:00 pm Zacharias Conference Center at DRMC Stacy Anderson-Couch a five month post op patient and lawyer will be our guest speaker.

February 13 6:00 pm Zacharias Conference Center Krista Saba, MPT will be our guest speaker. She is a physical therapist at DRMC and will be speaking on the importance of exercise.

### Paso Robles:

January 18 in Paso Robles 6:30 pm at the Paso Robles Library, Story Hour Room

February 15 in Paso Robles 6:30 pm

### Fresno: To Be Announced

**Bishop:** We will be starting a group meeting in Bishop soon! Look in upcoming newsletters or on the website for information. Gina Hall will be assisting us with coordinating the Bishop meetings. Thank you Gina!

### Patient Referral List:

Dee Tinkle 661-725-0929  
dtinkle@aol.com

Ketty Chamlian 559-495-3200 ext 113  
kettyc@alistarinsurance.com

Teresa DeLaMater 661-725-6952  
tarvizu@Juno.com

Jim DeLaMater 661-725-6952  
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Paulette Kizer 209-838-3348  
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Rick Sparks 661-792-6422

Sandy Morgan 209-838-1945  
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Stacy Anderson-Couch  
949-859-6130  
andersta@gateway.com

**Announcements: CVB T-shirts:** We are having a contest to design our t-shirts for Central Valley Bariatrics. Please send in your ideas, drawings, or comments to help us come up with a great t-shirt!

**November Walk/Run:** November in Porterville we had a great turn out and want to give accolades to the pre and post op patients that participated. Dee, Holly, Michelle, Sonyia, and Stacy. Barbara even surprised them by showing up!

**Upcoming Events for Walk/Runs:** Call the Chamber of Commerce for information. We hope to have a good showing in Porterville for the Sweetheart Run/Walk! Let's get out there and increase our muscle mass, decrease fat mass, keep our bones healthy and strong and keep us in the best possible shape!

January 13 - Huntington Beach, The Paramount

January 28 - Redondo Beach, Redondo Beach Superbowl Sunday

February 10 - Porterville Sweetheart Run/Walk

February 10 - Huntington Beach, The Great American

## 2001 THANK YOU'S!

**Thank you to Jim DeLaMater,** Theresa DeLaMater's husband, coach, and support person through her surgery. He gave insight to the upcoming patients and their support people of the realistic expectations after surgery. He has been a great help to all of us by sharing his experiences with dealing with the low times, the weight plateaus, and the joy of watching the changes that are taking place daily with Theresa. Thank you Jim for your loving and insightful story.

Ketty Chamlian also spoke in November. She was our first patient at Central Valley Bariatrics and is one year post-op. She showed us that dramatic change she has gone through in one short year. She told us the hidden secrets of being morbidly obese and shared her

shame in those secrets. She still has moments when her mind hasn't caught up with her body when she shops for clothing. She is exercising 4-5 days a week and is increasing her muscle mass by working out with weights as well as aerobic exercise. **Thank you Ketty** for your inspiring success!

Dr. Kathryn Smith spoke to us in December about emotional eating, which at this time of year can be hard to deal with. Dr. Smith is one of the psychologists that we work with in Bakersfield and she specializes in eating disorders and has a weight loss support group. She gave us great tips avoiding emotional eating at this busy and sometimes difficult time of year and gave us permission to not eat everything on our plates! Thank You Dr. Smith!

We also want to **thanks all the post-op**

**patients and staff** for the wonderful and touching presentation to Dr. Keshishian. A special thank you to Alfred and Dee for spear heading the presentation. It was very special and sweet and touched everyone in the room. Thank you for all your kind words and hard work. It means a great deal. Dr. Keshishian immediately hung the plaque in his office for all to see!

Central Valley Bariatrics Anniversary Party was great fun and a testament to the closeness we feel to our patients. It felt like a family reunion! We want to thank all of the post-operative patients, DRMC staff, physicians, and new patients that attended. It is so exciting to see all the success that all of you are having!

We would like to give a special **Thank you to Sonyia Portillo and Kathie Wright** for all their hard work in getting the newsletters out every other month!

## Recipe of the issue: Spinach Dip

Try this delicious low fat, high protein alternative.

Submitted by Connie Rosales



- 1 package tofu
- 1 package Knorr's vegetable soup mix
- 1 package frozen chopped spinach squeeze out all water
- 3 Chopped radishes or water chestnuts
- ¼ C chopped purple onion

Put tofu in blender or food processor and process until just smooth. In a bowl mix rest of ingredients and stir in tofu. You can also add garlic powder to taste if you would like. Refrigerate for 1-2 hours. Serve with bread for crackers.

Thank you Connie!

## Topic of the Issue: Calcium

If you attended the group meetings in December you might have noticed the skeleton that we had on display. We brought our friend out to help get your attention and remind everyone to take his or her calcium...1500mg every day for the rest of your life!

Calcium has many important functions and with the limited absorption we need to make certain that we are getting enough. Over 75% of women in the United States are not getting enough calcium on a daily basis. After GRDS it becomes all the more important for both men and women to maintain calcium intake. If you do not maintain your calcium intake you can put yourself at risk for osteoporosis and kidney stones formation.

Kidney stones can form in patients who have undergone weight loss surgery due to the lack of Calcium to bind with oxalate. Oxalate is a chemical formed by the break down of oxaloacetic acid in the Krebs cycle to make energy at the cellular level. Oxalate then bonds to Calcium and can be released in the urine. However, when there is not enough Calcium the Oxalate can then form stones in the kidneys. Calcium is needed to prevent these types of kidney stones found in patients of weight loss surgery.

We also can't forget about osteoporosis which is wide spread in the general population and because of the limited absorption component of GRDS can put you at increased risk if you do not maintain your calcium intake. Both of these problems can be avoided by taking your calcium daily. You also want to make sure you get your yearly lab work and may even want to get bi-yearly bone density scans

to monitor your bones. Here is some general information on Calcium:

### About Calcium...

The mineral calcium accounts for 40% of the weight of the human skeleton and, along with another mineral, phosphorus, gives bone its structure. Almost all (99%) of the calcium in the body is found in bone and teeth.

While sufficient calcium is important for bone health, it's currently being studied extensively to determine its role in a variety of other life-sustaining metabolic processes. For example, emerging evidence suggests that calcium is involved in the regulation of blood pressure and may also play a role in reducing the risk of colon cancer as well as lessening the effects of premenstrual syndrome (PMS).

### Bone...A Living Tissue

Like our skin and our internal organs; bone is actually a living tissue. It continuously undergoes a cycle of being broken down and rebuilt. The breaking down phase of this cycle is known as "resorption," while the rebuilding phase is called "formation." As this cycle continues throughout life, consumption of sufficient calcium is necessary in order for the bone to remain strong and healthy as it's being rebuilt.

### The Bone-Forming Years...

While girls and young women are still growing, their bones are still growing, too. It's during these bone-forming years that their bodies are most capable of absorbing the calcium consumed from their diets. This is when they can come closest to achieving their genetic potential for building bone

mass -- kind of a calcium bank or calcium reserve to help offset possible losses in the future.

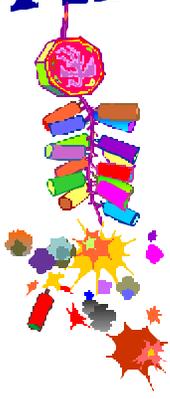
### Adulthood...The Bone-Maintaining Years

Even though bone mass cannot be increased once a woman's bones have stopped growing, sufficient dietary calcium remains important for maintaining bone strength and bone health throughout life. This is because bone tissue continues to be broken down and rebuilt for as long as you live. Sufficient dietary calcium is necessary to make sure enough calcium is available to the body during the rebuilding phase of this cycle.

With the onset of menopause, the changes that occur in a woman's body make getting enough calcium even more important. During this time, a woman's ovaries stop producing the hormone estrogen, which plays an important role in calcium balance. One consequence of this change is that bone mass begins to be broken down faster than it is being rebuilt. Getting adequate dietary calcium is an important step toward avoiding the acceleration of this process.

Although a net loss of bone mass is an irreversible part of normal aging, it doesn't automatically mean that a woman is destined to have weak bones or osteoporosis. To the contrary, bone health and bone strength can be supported throughout life. Whatever their age, women can make an investment in the health and strength of their bones by making sure they're achieving recommended intakes of calcium.

# FIRST ANNIVERSARY CELEBRATION



Our first year success stories!



The celebration was enjoyed by all who attended from patients and family to community and physicians!

