



## Central Valley Bariatrics

1205 Garces Hwy Suite 303  
Delano, CA 93215



September/October 2001

# Central Valley Bariatrics Newsletter

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 **Delano Regional Medical Center**

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Issue 12

### Calendar of Group Meetings:

**Delano:** Delano Regional Medical Center  
Zacharias Conference Center  
1401 Garces Hwy.

September 11 & October 9 6:00 pm  
*(Second Tuesday of every month)*

At the September meeting we will discuss  
nutrition and healthy eating habits.

**Paso Robles:**  
September 20 & October 18 6:30 pm  
*(Third Thursday of every month)*

September's group meeting will be at  
Centennial Park 606 Nickerson Dr. October

& November group meetings will be at the  
Paso Robles Library 1000 Spring St.

**Fresno:**  
September 5 & October 3 6:00 pm  
*(First Wednesday of every month)*

Chamlian Building on the corner of Ventura  
and P Street (616 P Street) meeting entrance  
at 621 Santa Fe

**Ukiah:** Ukiah Valley Medical Center  
275 Hospital Dr.  
September 7 6:30 pm  
*(First Friday of every month)*

The September guest speaker will be Tammy  
Scott, a 16 month postoperative patient. She  
will discuss her experience & life changes.  
October 5: contact Ruth Lorain for further  
information at letstalk@iwon.com.

**Bishop:**  
September 17 & October 15 6:30 pm  
*(the third Monday of every month)*  
at the Partridge Building Northern Inyo  
Hospital. Contact Corrine Shuey at  
cshue2@jcpenny.com or Sherrie Prem.

### Bariatric surgery and relationships

By Ronald M. Bale, PhD,  
**Clinical Psychology**  
260 Maple Court, Suite 130  
Ventura, Ca 93003/(805) 642-8600

The goal of bariatric surgery is to  
reverse what for many is a life long pattern  
of frustration and failure. It is designed to  
modify, for the better, one's physical and  
emotional well being. Change, especially  
that involving something as significant as  
one's appearance and self-concept, does  
not occur in a vacuum. Its impact extends  
well beyond the individual to the person's  
environment. This includes those with  
whom he/she interacts on all levels.

The most obvious change associated  
with bariatric surgery is weight loss, often  
resulting in a radical alteration in  
appearance. Humans are very visually  
oriented. Every day we make hundreds if  
not thousands of decisions based on our  
visual assessment. For example, most  
people wouldn't hesitate to converse with a  
neatly groomed, appropriately attired lady  
asking directions at a heavily populated  
shopping mall. However, the same  
situation but with an unkempt, disheveled,  
man would likely result in an avoidance  
response. The difference is due to  
attributions we make based on appearance.

Unfortunately, attributions associated  
with obesity, with the exception of being

"jolly", tend to be negative and unflattering.  
As suggested above, how we behave is  
strongly influenced by attributions we make.  
Thus, more often than not people tend to  
respond differently and more negatively to  
obese individuals than to those who are  
normal weight. Many studies have  
demonstrated that people considered  
physically attractive are thought to be more  
intelligent and more successful. In our  
culture, obesity is not considered physically  
attractive. Thus, it is safe to assume that  
attributions regarding obese people tend to  
be unflattering. Given this state of affairs, it  
is easy to see how those who struggle with  
weight, are likely treated differently than  
"normal weights". This treatment, over many  
years and possibly a lifetime, influences  
one's self-perception.

One's self-perception is also effected by  
how people experience their own  
capabilities. A common theme among obese  
people is the sense of failure derived from  
the multiple unsuccessful attempts to lose  
weight and maintain the result. This can  
evolve into a pattern of helplessness  
culminating in depression.

The combination of differential response  
and treatment by others along with the  
repeated failure experience often result in a  
poor self-concept. This can spill over into

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### Heartfelt Thanks!

A BIG THANK YOU goes to Ruth  
Lorain, Kathy Davidson and Tammy Scott  
for their hard work and time in putting  
together all the aspects of the first Ukiah  
Group Meeting! WOW! What a success!  
There were over 80 people in attendance  
with nearly standing room only! Thank you  
to everyone who joined us and participated  
in the newest group meeting! What a great  
support for the community and each other! It  
was great to meet and see everyone!

Thank you also to Dr. Ronald Bale for  
his article in this issue of our newsletter and  
for his continued support of bariatric surgery  
and the patients. . He is an asset to his field  
and a kind soul.

### Patient Referral List:

Dee Tinkle	661-725-4847
tinkled@gr-ds.com	
Ketty Chamlian	559-495-3200 ext 113
kettyc@alistarinsurance.com	
Ken Couch	949-859-6130
Paulette Kizer	209-838-3348
Dpkbear@aol.com	
Mark & Regina Johnson	209-830-0591
reginahj@goldrush.com	
Stacy Anderson-Couch	949-859-6130
andersta@gateway.com	

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### **Bariatric surgery and relationships**

relationships in that low self-esteem may lead to sub-assertive, passive, behavior and a deferential, "one down" position. This "works" as long as the status quo remains intact. However, infusing substantial weight loss, maintaining that loss, along with others beginning to respond more favorably, can positively change one's self perception, disrupt the status quo, and thus alter the basis of the relationship. Simply stated, the person with improved self-esteem is less likely to be passive and submissive. This invariably will change how the other(s) perceive and respond to that person, not always for the better.

Described above is the logic explaining how change associated with bariatric surgery can effect how people respond to each other. There is another factor that influences relationships with someone who has had bariatric surgery. Whenever someone makes a major life change they become a powerful stimulus for others who may be conflicted about issues in their own life. The person who made the change can become an inspiration for the one who is struggling or a reminder of what they feel unable to do. Either way it will impact (for better or worse) the relationship.

A common theme with bariatric surgery patients is concern about how their weight loss will effect their spouse. Obviously this will depend on many factors; the most important of which is the strength of the relationship before surgery. Clearly, as one partner loses weight they may, for the first time in years, find themselves being considered attractive to others. They may experience a type of attention they've never had before or at least not for many years. This is not lost on the spouse.

Above are just a few of the more commonly seen factors impacting relationships of bariatric surgery patients. There are probably as many other possibilities as there are people and relationships. The important question is how do you handle the inevitable changes people will experience? The typical psychologist answer is, "it depends". It depends on who is involved, their pre-surgical history, the context of the relationship (e.g., marital, work, casual), and how the change effects all parties.

Having said, "it depends" on many things, including the few listed above; there are some basics to consider.

1. Accept the fact that even though you are

the same person inside, as before surgery, others will perceive you differently and thus are likely to respond differently.

2. Most people will see it as positive, respect you for it and your relationship will either stay the same or get better. Some will not be able to get beyond how it troubles them, may "blame" you for their discomfort, and the relationship will suffer.
3. For those close to you, give them an opportunity to discuss how they feel and how the "new you" effects them. They may be fearful of losing you. Reassurance, where appropriate may help.
4. Resentment of the newfound attention from people who previously didn't acknowledge your existence is normal. Remember that they are products of their culture and learning. Unless these people are obnoxious or otherwise inappropriate, cut them some slack and enjoy the attention.
5. Finally, be aware of how you are perceived by others as well as how you see yourself. It will be different and occasionally uncomfortable. Embrace the challenge and grow as a person.

### **Tips for Hair Loss**

Unfortunately hair loss is a very real side effect of surgery. It happens because the hair grows in a cyclical manner. It takes several months for a hair follicle to grow. The shock of surgery, lower calorie and protein intake, and anesthesia cause the hair follicle to stop growing. Because this may happen any where in the growth cycle you often don't see the hair loss right after surgery but a few months after surgery.

- Protein intake is extremely important for healing, hair growth and to prevent muscle wasting. After surgery you need 50 gm or more of protein every day. Again while you are going through the weight loss period your

body do not care if it loses fat mass or muscle mass. The best way to enhance fat mass loss and prevent muscle loss is to get 50 gm or more of protein daily and to exercise daily.

- Multivitamins with minerals every day are also an important supplement because if you are defiant in vitamins and minerals then your body takes the essential vitamins for the general running of your body and doesn't give the unessential things like hair and nails what they need.
- Nioxin shampoo has been traditionally used by cancer and chemo patients but some GRDS patients have had good luck with it also.

- Biotin tablets or powder are great for healthy hair, skin, and nails. 600-1000 mcg daily and can be found at most health food, vitamin or beauty supply store. They also assist the body in turning fat mass into usable energy.
- Folicure tablets and shampoo can also help. They can be found at Sally's Beauty Supply.
- Zinc 50mg tablets every other day for no more than a month. Zinc blood levels can get too high after this period of time. Zinc can interfere with iron absorption at higher levels. Zinc helps with protein synthesis and collagen formation. Inactivity can lower the bodies levels of zinc another reason why exercise is important.

### **Run Walks:**

#### **September 8<sup>th</sup> 20th Annual Run Through the Roses, 7:30 a.m. 5K, 10K, and Fun Walk**

Mail Entry by August 30, 2001 to: Wasco Junior Woman's Club, P.O. Box 404, Wasco, CA 93280

Enclose \$15.00 for the 5K or 10K entry Fee or Enclose \$10.00 for the "Fun Walk" entry Fee

**For More Information you can Call: Wasco Festival of Roses @ 758-2616 or Finish Line @ 833-6268**

**September 24<sup>th</sup> - Newport Beach/Fashion Island:** Susan B. Koman Race for the Cure, 10K, 5K, 1M\*

**October** 20<sup>th</sup> Delano Regional Medical Center's Annual Health Fair and 5K run/walk. Come out and join us! Food, Fun for all ages, Free Health Screenings and Prizes! Central Valley Bariatrics will have a booth and we would like to see all our patients come out and have their pictures taken! Contact Kathie Wright (661) 725-4800 for further information.

**November:** 10<sup>th</sup> - Seal Beach: Seal Beach Navel Weapons Station 5K R/W, 10K R  
11<sup>th</sup> - Porterville: Veteran's Day 10K R, 5K R/W \*

### **Nutritional Information for the issue: The B Vitamin Complexes**

Here is a great website to help you keep track of your daily exercise, weight goals, nutritional needs and diet: [www.fitday.com](http://www.fitday.com)

#### **Vitamin B1 (Thiamin) B Complex Factor**

- *Benefits These Body Functions:* Heart and cardiovascular system, growth, nervous system, energy production, digestion.
- *RDA and Best Food Sources:* 1.5 mg - cereals, fish, lean meat, liver, poultry, milk, and pork.
- *Synergetic Nutrients (Works With):* B-complex, B12, C.
- *Deficiency Symptoms:* Fatigue, poor appetite, pins and needles in legs, depression.
- *Negative Interactions:* Alcohol, coffee, excessive sugar, tobacco. Physical and mental stress depletes this nutrient.

#### **Vitamin B2 (Riboflavin) B Complex Factor**

- *Benefits These Body Functions:* Healthy skin. Tissue repair. Antibody and red blood cell formation.
- *RDA and Best Food Sources:* 1.7 mg - cereals, yeast, milk, eggs, leafy green vegetables, and lean meat.
- *Synergetic Nutrients (Works With):* Vitamin A, niacin, B-complex, B1.
- *Deficiency Symptoms:* Cracks at mouth corners, sore tongue, light sensitivity to eyes.
- *Negative Interactions:* Alcohol, coffee, sugar, tobacco. Physical and mental stress depletes this nutrient.

#### **Vitamin B3 (Niacin or Niacinamide) B Complex Factor**

- *Benefits These Body Functions:* Healthy skin, nervous system, cell metabolism. Converts food to energy.
- *RDA and Best Food Sources:* 18 mg - cereals, yeast, lean meat, liver, eggs.
- *Synergetic Nutrients (Works With):* B-complex, B1, B2, B6, tryptophan.
- *Deficiency Symptoms:* Weakness, skin rash, memory loss, irritability, insomnia.
- *Negative Interactions:* Alcohol, coffee, sugar, antibiotics. Physical and mental stress depletes this nutrient.

#### **Vitamin B5 (Pantothenic Acid) B Complex Factor**

- *Benefits These Body Functions:* Helps convert proteins, carbohydrates, and fats into energy. Immune system.
- *RDA and Best Food Sources:* 7.0 mg - most plants and animal food.
- *Synergetic Nutrients (Works With):* Folic acid, biotin, B-complex.
- *Deficiency Symptoms:* Weakness, depression, decreased resistance to infection.
- *Negative Interactions:* Alcohol, coffee. Physical and mental stress depletes this nutrient.

#### **Choline - B Complex Factor**

- *Benefits These Body Functions:* Nerve transmission. Regulates liver and gallbladder. Cell membrane structure.
- *RDA and Best Food Sources:* Yeast, eggs, fish, lecithin, w**Vitamin B6 (Pyridoxine) B Complex Factor**
- *Benefits These Body Functions:* Healthy red blood cells, gums, teeth, blood vessels, and nervous system.
- *RDA and Best Food Sources:* 2.0 mg - cereals, wheat germ, yeast, meat, bananas, and vegetables.
- *Synergetic Nutrients (Works With):* Vitamin C, biotin, pantothenic acid, niacin, magnesium.
- *Deficiency Symptoms:* Fatigue, anemia, nerve dysfunction, irritability.
- *Negative Interactions:* Alcohol, coffee, tobacco, birth control pills. Physical and mental stress depletes this nutrient.

#### **Vitamin B12 (Cyanocobalamin) B Complex Factor**

- *Benefits These Body Functions:* Development of red blood cells, growth, nervous system maintenance.
- *RDA and Best Food Sources:* 3.0 mcg - fish, lean meat, liver, milk.
- *Synergetic Nutrients (Works With):* Folic acid, A, B1, B6, niacin, biotin, pantothenic acid.
- *Deficiency Symptoms:* Anemia, weakness, fatigue, red-sore tongue, nerve degeneration.
- *Negative Interactions:* Alcohol, coffee, tobacco, calcium deficiency.

#### **Folic Acid (Folacin, Folate) B Complex Factor**

- *Benefits These Body Functions:*

Production red blood cells, tissue cells. Normal growth. Healthy intestinal tract.

- *RDA and Best Food Sources:* 400 mcg - yeast, leafy green vegetables, and meats.
- *Synergetic Nutrients (Works With):* Vitamin C, B6, B12, niacin.
- *Deficiency Symptoms:* Anemia, intestinal problems, pale tongue.
- *Negative Interactions:* Alcohol, oral contraceptives, tobacco, sulfa drugs. Physical and mental stress depletes this nutrient.
- Wheat germ, organ meats, soy.
- *Synergetic Nutrients (Works With):* Vitamin A, B-complex, inositol, folic acid.
- *Deficiency Symptoms:* Growth problems, impaired liver and kidney function.
- *Negative Interactions:* Alcohol, coffee, sugar.

#### **Inositol - B Complex Factor**

- *Benefits These Body Functions:* Fat and cholesterol metabolism. Nerve function.
- *RDA and Best Food Sources:* Molasses, yeast, lecithin, fruits, meat, milk, nuts.
- *Synergetic Nutrients (Works With):* Choline, B-complex, and B12.
- *Deficiency Symptoms:* Hair loss, constipation, eye abnormalities, high cholesterol.
- *Negative Interactions:* Alcohol, coffee.

#### **Para-Aminobenzoic Acid (PABA) B Complex Factor**

- *Benefits These Body Functions:* Blood cell formation, pigmentation of skin and may help restore color to gray hair.
- *RDA and Best Food Sources:* Molasses, eggs, liver, milk, rice, yeast, wheat germ, bran.
- *Synergetic Nutrients (Works With):* B-complex, folic acid, C.
- *Deficiency Symptoms:* Constipation, depression, fatigue headaches, irritability.
- *Negative Interactions:* Alcohol, coffee, sulfa drugs.