

Winning with Weight Loss

Fall 2012

Courtesy of
Miami Valley Hospital
Weight Loss Surgery Center
and Premier Metabolic &
Bariatric Associates



Making the Scale Her Friend

Theresa Gasper was always tall but she never really had a weight problem. "I was always a little chubby but mostly I was average. I was definitely always the tallest kid in my class," she said. At five feet, nine inches Theresa could hide excess weight more easily than a shorter person but by the time she approached her late 40s, she couldn't hide or shed the extra pounds that had crept on over the years.

"I'd been thinking about surgery for awhile. One night I was out with friends and another girl friend was discussing bariatric surgery. The name Dr. Maguire came up. My other girl friend, a nurse at Miami Valley Hospital, said he's the best. Then I was with another friend and Dr. Maguire's name came up. I heard his name twice in one week," she recalls.



At 280 pounds, Theresa decided to proceed with the Roux en y weight loss surgery. She also opted to have Dr. Maguire do the surgery. During the psychological testing, Theresa was diagnosed as a binge eater. She knew she needed a tool to help her overcome this. Surgery was that tool. "My blood pressure was high. I had sleep apnea, incontinence and acid reflux. I didn't have too many co-morbidities at that point but I was headed in that direction."

After one night in the hospital, Theresa recovered at home after the laparoscopic surgery that essentially makes the stomach smaller. "I'd say the process went very smoothly. I was diligent about attending the support group and I still attend two years out."

Theresa lost 130 pounds and gained a new life. "I wanted to be able to sit comfortably in a chair, cross my legs, go kayaking." Theresa does those things and more these days. "Part of me says I wish I'd done this sooner but I know I wasn't ready."

Theresa went from a size 22-24 to a size 4. "I'm smaller than my daughter. My son hugs me and says 'where did you go.'" Theresa works out three days a week

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John Maguire, MD
Mujeeb Siddiqui, DO
Donovan D. Teel II, MD

"I'd say the process went very smoothly. I was diligent about attending the support group and I still attend two years out."

and stays very active. Her blood pressure dropped 20 to 30 points. Her cholesterol is down 50 points and she no longer has acid reflux, incontinence or sleep apnea.

"The scale is my friend now. It keeps me in check."

Healthy Protein Recipes



High Protein Strawberry Cheesecake Pancakes

Ingredients:

- | | |
|---------------------------------|---|
| 1/2 cup Low-fat Cottage Cheese | 1 Tablespoon Sugar Free Cheesecake Pudding Mix, dry |
| 1 Large Egg | |
| 3 Tablespoons Whole Wheat Flour | 4 Red Ripe Strawberries, sliced (optional) |

Toppings (if desired):

- 1 Tablespoon Sugar Free Strawberry Jam, warmed

Directions:

1. Blend in mini food processor.
2. Spray pan with non-stick spray.
3. Cook on low till bubbles appear, press a slice of strawberry into each pancake, flip.
4. Cook till done.
5. Serve each pancake with a drizzle of Sugar Free Strawberry Jam that has been warmed in the microwave. Makes 4 small pancakes or 6-8 silver dollar size.

These are very tender pancakes so smaller is better for flipping.

Amount of protein in 2 small pancakes (half of the recipe): 12 grams

Then contact our office to schedule an initial consult with one of our Center of Excellence surgeons. Bring your certificate with you to your first appointment. The webinar is accessible through our website at www.pmba.com under the tab on the left "Our Approach" or go to www.mvh.org/weightloss

RSVP for In-Person Seminar

The task of scheduling a free Weight Loss Surgery Information Seminar has been made easier by providing a single phone number to take care of your needs. To schedule for a live seminar call **(866)-338-7546 (SLIM)**. Informational Seminars are offered at Miami Valley Hospital, Good Samaritan North, Miami Valley Hospital South, Atrium Medical Center and Holiday Inn-Fairborn.

Meet Our Staff

The office Practice Administrator is Scott Sales. He will ensure you receive the excellent service you expect from a Center of Excellence bariatric practice.

The front desk staff; Sue, Cindy and Sarah are the friendly voices on the telephone and the warm smiles that greet you at our offices.

Kim, Carrie, Lori and Shelley are the medical assistants in the office. They are knowledgeable and serve as a great resource before and after surgery.

The Bariatric Patient Specialists are Patty and Jammie. They help with insurance verification and surgery scheduling.

Premier Metabolic & Bariatric Associates



John Maguire, MD



Donovan D. Teel II, MD



Mujeeb Siddiqui, MD

It has been a great 2012 around the office. Our program continues to grow and we're proud of the successes of our patients.

Information Seminar Now Available Online

We have a new online tool for those who want to learn more about weight loss surgery. This tool is wonderful for interested individuals who may not be able to attend a "live" informational seminar. Follow the step by step instructions, complete a comprehensive questionnaire and print your Certificate of Completion.

Satellite Office Hours

Miami Valley Hospital South
Dr. Teel
Friday 8 a.m. to 11:30 a.m.

Good Samaritan North
Dr. Siddiqui
Wednesday 1 p.m. to 5 p.m.

Billing

Should you need assistance with your bill please call **(937) 499-9000**.



Fitness

An increase in physical activity is an important part of your weight management program. While most weight loss occurs because of decreased caloric intake, sustained physical activity helps prevent weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone. Start exercising slowly, and gradually increase the intensity. Trying too hard at first can lead to injury.

Examples of moderate amounts of physical activity:

Common Chores

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Pushing a stroller 1.5 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 minutes per mile)
- Shoveling snow for 15 minutes
- Stairwalking for 15 minutes

Sporting Activities

- Playing volleyball for 45-60 minutes
- Playing touch football for 45 minutes
- Walking 1.75 miles in 35 minutes (20 minutes per mile)
- Basketball (shooting baskets) for 30 minutes
- Basketball (playing game) for 15-20 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1.5 miles in 15 minutes (10 minutes per mile)

Your exercise can be done all at one time or intermittently over the day. Initial activities may be walking or swimming at a slow pace. You can start out by walking 30 minutes for three days a week, and build to 45 minutes of more intense walking at least five days a week. With this regimen, you can burn 100 to 200 calories more per day. Also, try to increase “every day” activity such as taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities.

Activity Progression

For the beginner, activity level can begin at very light and would include an increase in standing activities, special chores like room painting, pushing a wheelchair, yard work, ironing, cooking, and playing a musical instrument.

The next level would be light activity, such as slow walking of 24 minutes per mile, garage work, carpentry, house cleaning, child care, golf, sailing, and recreational table tennis.

The next level would be moderate activity such as walking 15 minutes per mile, weeding and hoeing a garden, carrying a load, cycling, skiing, tennis, and dancing.

High activity would include walking 10 minutes per mile or walking uphill with resistance or added weight, tree felling, heavy manual digging, basketball, climbing, soccer, or kick ball.

*Source: National Heart, Lung and Blood Institute
For more information: <http://www.nhlbi.nih.gov/>*

Support Group Meetings

All meetings are held at the Fredrick C. Smith Conference Rooms on the 6th floor at MVH.

Date	Time
Saturday, September 22	10 to 11:30 a.m.
Tuesday, October 9	6:30 to 8:30 p.m.
Saturday, October 27	10 to 11:30 a.m.
Tuesday, November 13	6:30 to 8:30 p.m.

Free Information Seminars

Date	Location	Time
Wednesday, September 19	Holiday Inn Fairborn	5:30 to 7:30 p.m.
Monday, September 24	MVHS	6:30 to 8:30 p.m.
Monday, October 1	AMC	6:30 to 8:30 p.m.
Wednesday, October 10	GSHN	5:30 to 7:30 p.m.
Thursday, October 18	MVH	1 to 3 p.m.
Wednesday, October 24	Holiday Inn, Fairborn	5:30 to 7:30 p.m.
Monday, October 29	MVHS	6:30 to 8:30 p.m.

Please call CareFinders toll free at **(866) 608-FIND (3463)** or the surgeons' office at **(866) 338-SLIM (7546)** to register for a **FREE** seminar.

