



Weight?

September 2010

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Bariatric surgeons offer Sleeve Gastrectomy as option for weight-loss surgery patients

Patients at St. Joseph's Center for Weight Management and Innovis Health will have more weight-loss surgery options now that bariatrics surgeons, Dr. Daniel Smith and Dr. Robert Wroblewski, are offering Sleeve Gastrectomies.

The gastric bypass procedure is still considered the "tried and true," gold standard for gastric surgery in the bariatric industry, according to Dr. Smith, but promising results and studies indicate Sleeve Gastrectomies can also be an effective treatment for obesity.

The laparoscopic Sleeve Gastrectomy procedure involves the removal of approximately two-thirds of a patient's stomach, creating a new "sleeve" about the size of an adult ring finger. The new, smaller stomach restricts food intake, and patients benefit from a decreased appetite because their stomach is smaller and because fewer hormonal signals send hunger pangs to the brain. There is no rerouting or bypass to the small intestine such as with gastric bypass surgery.

Over time, weight loss and reversal of co-morbidities make this and other weight-loss surgeries a "life-saving procedure,"



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Dr. Daniel Smith



Dr. Robert Wroblewski



Advantages of the Sleeve Gastrectomy

- 1) Malabsorption is rarely an issue. Patients have less chance to develop vitamin deficiencies.
- 2) No foreign bodies implanted such as with gastric banding.
- 3) The procedure decreases the size of the stomach and the amount of Ghrelin (the hormone associated with the desire to eat) released into the body.
- 4) Because there is no re-routing or bypass of the small intestine, there are less associated complications (scar adhesions, hernias) and other risk factors. As with any surgery, there are risks. Please consult your surgeon about concerns you may have.

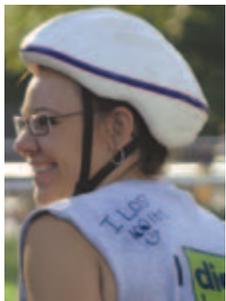
Dr. Smith says.

Being able to give patients treatment choices motivates Dr. Wroblewski. "The Sleeve Gastrectomy is another option to help patients achieve weight-loss success." That success, he notes, takes a combination of efforts.

As with any weight-loss surgery, patients who use their gastrectomy as a tool to make healthy lifestyle choices (diet,

exercise, follow-up care) have the best chance for long-term success.

The Center's weight-loss options include gastric bypass, adjustable banding, and non-surgical solutions. Our surgeons will be happy to talk about the surgery that best suits you. Ask your regular physician for a referral or call 218-237-5757 for more information.



On the cover...

Judging from Janell Bruggeman's winning smile, it was a great day for a 14-mile ride at the Northwoods Triathlon in August. Check out more photos from the event on Page 5.



St. Joseph's Area Health Services
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We want to hear from you...

Y Weight invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlys Hess, social worker, at 218-237-5588. Address correspondence to her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or e-mail: arlyshess@catholichealth.net

If you choose to no longer receive this newsletter, please call 218-237-5588 or 1-800-566-3311 ext. 588 & ask to have your name removed from the mailing list. Drop us a line if you have a change of address you would like us to know about. Thank you.

Betty Larsen, PA-C, joins surgical team at Center for Weight Management

Betty Larsen's experience and training makes her well-suited for bariatric medicine at the Center for Weight Management.

After 18 years working as a Registered Dietitian with Altru Hospital in Grand Forks, ND, Larsen was looking for new challenges.

That's when she turned her studies and skills down a new path that led to her certification as a physician assistant (PA-C) in general surgery.

Larsen joined the general surgery team at St. Joseph's Area Health Services and Innovis Health Park Rapids July 21.

Her new role in Park Rapids was a good fit in that her family had been vacationing to Long Lake (now home) for the past five years. Larsen completed a month in surgical rotation under Dr. Daniel Smith, and she mentored under Dr. John Lageson for a year and a half as part of her schooling.

"The Center for Weight Management team is absolutely awesome," Larsen says, flashing a great big smile. "It's a pleasure to work with a team that has been here a while. They are so good at what they do."

Her impression is that bariatric patients, even those who are initially hesitant to come from an urban area to Park Rapids for surgery, have expressed appreciation for the treatment they received.

"There is a smaller hospital advantage," Larsen says, in regard to what makes the Center of Weight Management special.

"Staff knows what is expected of them, they do their jobs well, and they have a good work ethic -



Betty Larsen, PA-C

"Bariatric surgery is about so much more than weight loss. It is such a positive change for those who have improved health."

Betty Larsen, PA-C
General Surgery

- and I'm not just saying that. Bottom line is patient outcomes and the fact that there are surgeons onboard experienced in the volume of bariatric surgeries

performed.

Larsen's husband, Mark, is a financial advisor who plans to split his time between Grand Forks and Long Lake. Their daughter is pursuing a career in prosthetics and gave her prosthetic creation, a leg, to her mother as a birthday gift. Their son is a restaurant manager. Grandson, Jonathan, brings smiles to them all.

After hours, it wouldn't be a surprise to catch Larsen in her kayak, paddling through the waters of Long Lake - that is, if she isn't busy quilting with friends.

It's not too late to sign up for our fall retreat Oct. 1-2

Set aside some “me” time by signing up for the Center for Weight Management’s Weekend in the Pines event and retreat coming Friday and Saturday, Oct. 1-2.

Whether you have had weight-loss surgery, are a LEARN participant, or are considering weight-loss options, the retreat is a great chance to get inspired, receive support from a multi-disciplinary team of professionals, make friends, and more, all in a gorgeous fall setting. The Smokey Hills Wilderness Retreat and Conference Center in Osage, MN (10 miles west of Park Rapids) is an ideal setting to inspire mind, body, and spirit.

Guest speaker, Barbara Thompson, will be making a return visit to Park Rapids. Her inspiring and informative journey brings hope to the dangerously obese and stresses the right for personal dignity at any weight. Her book, *Weight Loss Surgery: Finding the Thin Person Hiding Inside You*, is a bariatric patient “must read,” practical handbook.

Hear from Dr. Daniel Smith and Dr. Robert Wroblewski along with other experts who will conduct workshops on plastic



Barbara
Thompson

surgery, sleep, relationships, personal insight, nutrition, and more.

Friday evening let our “servers” (hospital staff you may recognize) pamper you as you dine. Then we will celebrate your successes. Define what success is for you. We invite you to share your stories and possibly a photo to be a part of this segment of the program. Please contact Arlys Hess at 218-237-5588 or write her at arlyshess@catholichealth.net to have your success included. Some have submitted “before and after” photos, others may choose to focus on achievements.

Saturday’s annual Walk From Obesity raises money and awareness for the prevention, education, research, and treatment of obesity. You can register to walk and/or give on behalf of the event at www.walkfromobesity.com or call Missy Lindow at 218-237-5584 to learn more.

Weekend in the Pines guests get a bonus offer this year to stay an extra night for only \$25 (does not include meals) so you can enjoy the wooded paradise and vivid fall colors on your own.

If you lost your registration form, download one at www.weightmanagementmn.com or call 218-237-5588 to get a new one complete with agenda highlights.

Editor’s note:

In April, we asked readers to share their weight-loss stories as a way to inspire others. Judy’s submission appears here, and she received a complementary pass to the Weekend in the Pines Oct. 1-2 for having taken the time. Thanks, Judy!

“I have high hopes to get to hold my great-great grandchildren some day.”

-- Judy Anderson, Great grandmother

Judy Anderson found her walking shoes

I had my weight-loss surgery (Roux-en Y) Dec. 22, 2008. It was one of the best things I ever did for myself.

I fought a losing battle with weight my entire adult life. I weighed 250 pounds six weeks before surgery and have lost 100 pounds to date.

Today I have my health back. My diabetes is gone, blood pressure is normal, resting heart rate is 46, and cholesterol improved. The numbers are great but best of all is how good I feel.

I started exercising Feb. 1, 2009 for 30 minutes, three times a week with an older group at a gym in north Fargo. Eight months later I moved up to a more advanced group that met for an hour, three times a week. I also joined the nutrition class at the gym for an 8 week challenge over the Thanksgiving/Christmas season.

In January 2010, I read about



Judy Anderson held her great granddaughter in 2009. Now that she’s discovered better health, she’s hoping to hold her great-great grandchildren as well.

barefoot running in the local newspaper. I have had shin splints, knee pain, and back pain every time I have tried to walk faster than three miles an hour since my 30s. I didn’t expect this to work, but a few days later I decided to kick off my walking shoes and try it out. Surprisingly, I could not only walk faster, but I could jog without pain. I run out of breath,

but can build that up.

I bought my first pair of barefoot running/walking shoes in March and just love them. They look funny but my feet and legs love them. I wear them all day.

On my 68th birthday, I walked my first 5K with a group in Florida. My 9-year-old granddaughter and I finished in the middle of the pack with the fast walkers. More grandchildren joined me for another 5K in Hillsboro, ND, in June.

In May, there I was in my barefoot shoes participating in the Fargo half-marathon. Several other Center for Weight Management patients were also there.

Pictured here is me holding my day-old great granddaughter in October 2009. Because I had weight-loss surgery and have continued to exercise and eat right, I have high hopes to get to hold my great-great grandchildren some day.

Northwoods Tri tradition continues

Teams Center for Weight Management weigh in



Gail Haller hits the 5K trail.



Rob Freelove starts off his quarter-mile swim in freestyle.



Catherine Koltjes makes the transition from the water to the bike station.



Bariatric surgeon, Dr. Robert Wroblewski, and his tri-teammate Rob Freelove make up the first Center for Weight Management's all-male team. Dr. Wroblewski was impressed by the efforts and determination of competitors. He ran the 5K portion of the race with Freelove taking on the swim and bike ride. Dr. Wroblewski wiped his share of sweat from his brow as he pushed through the finish line. "We (The Center) would run to the ends of the earth for these people," he said.



The fun continues at the finish line.



Missy Lindow (right), Lifestyle Counselor, congratulates Sue "Phelps" Zinniel on a great swim.



Ron Carnell beat his ride time from 2009.

In the Winners' Circle...

In April, we invited readers to share their feats of success at this summer's race line-ups for any sporting events. We heard from Jennifer Rise of Fargo who had a busy summer indeed.

Rise had gastric bypass surgery June 16, 2009, and lost more than 160 pounds in a year.

"I want to share my story and testify to the importance of exercise in achieving the maximum benefit from my surgery," she says. "I remember walking the halls of St. Joseph's Area Health Services after surgery. Each step seemed easier as the weight already started to melt off." After surgery she walked twice daily until she felt the

urge to pick up the pace. By September 2009, she was running and set her sights on the Fargo half marathon.

"I completed several races this year," Rise says. "It has been so fulfilling to set goals and continue to achieve them." She hopes to set new personal bests in the Twin Cities Medtronic 10-Mile run and the Fargo Mini Marathon in October. Her races/times include:

- Fargo half marathon:** 1:54:53
- Perham TurtleFest 10K:** 50:59:42
- Northwest Water Carnival 10-Mile:** 1:24:47
- Frazer Turkey Trot 5K:** 24:50:00
- Scheels 5K:** 23:40:00



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'POWER' CAMP

The Center for Weight Management is always looking for new ways to help you get back on track with your weight-loss goals. We are currently looking at a "boot camp" style of support course to help you stay successful.

Your valued opinions could help us design this program especially for your interests. Please take the following survey at www.surveymonkey.com/s/CWYSGP6 to let us know what kind of "boot camp" best suits you.



Take Note

► **Y Weight? Support Group** schedule:

Sept. 23: "Changes in Relationships after Weight-Loss Surgery," with Joel Kirchner, Psychologist.

Oct. 14: "Attitude of Gratitude," Support group survey.

Oct. 28: "Body Composition Using the Tanita Scale - Part II. How'd You Do?" with Amy Erickson, Exercise Physiologist.

Nov. 11: Holiday Hors d'oeuvres: cooking demonstration with a dietary intern. Please bring a favorite, healthy holiday recipe.

Dec. 9: "Spotlight on the New You!" with a before & after slide show. Send a "before" surgery picture to Arlysh Hess by Dec. 6 at arlyshess@catholichealth.net or St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470.

Meetings are held at 4:30 p.m. on the second and fourth Thursdays of the month in Lower Level B & C. Check out our website at www.weightmanagementmn.com for updated support group information or to find a support group in your community.

Follow-up patients now seen in Fargo-Moorhead area

For patient convenience, members of the Center for Weight Management's surgical and bariatric team travel to Innovis Health Moorhead the first and third Tuesday of every month to see

weight-loss patients for follow-up exams.

Patients of Dr. Robert Wroblewski's may be seen post-operatively at Innovis Health Fargo. Please call 218-732-2915 for more information.