



Y ^{B a r i a t r i c s} Weight?

September, 2006

Catholic Health Initiatives

St. Joseph's Area Health Services

The mission of the Y Weight gastric bypass support group is to provide a supportive learning environment for pre- and post-surgical patients and their families and friends. We exist to help, with kindness and compassion, those who have completed or are contemplating gastric bypass surgery (GBPS).

Knowing that GBPS is a life-changing operation, Y Weight promotes lifestyle changes which enhance the holistic health of its members. Through meetings where education, affirmation, inspiration and socialization occur, the following personal growth tools are provided:

- ▶ Open forum discussion
- ▶ Supportive relationships
- ▶ Special guest lectures
- ▶ Success celebrations
- ▶ Small group discussion



St. Joseph's Area Health Services
600 Pleasant Ave.
Park Rapids, MN 56470

Research convinces patient to opt for the Roux-en Y

By Brinn

I began thinking about weight loss surgery four years ago as I watched others who had the procedure done with curiosity.

I asked lots of questions and mulled over their responses. I had a loving husband and two small daughters at home, and I was terrified that I would leave them growing up alone if something happened to me as a result of having surgery.

In the midst of my fear about the risks associated with the surgery, another nagging thought kept creeping into my mind and into my heart: What if I did die? What if I died not due to a life-changing surgery, but because I didn't have the courage to change my life?

I stayed up for hours researching the different types of surgery; side effects of each, benefits of each, and risks of each. I realized that my family had a strong history of heart related diseases, Type II diabetes, high blood pressure, and health risks that are directly related to obesity.

My research told me that weight loss surgery has a higher percentage of excess weight lost and having it kept off when compared to non-surgical techniques. I wanted to have the best chance at living to an old age, to watch my children grow up, go to school choir concerts, and help plan their weddings. I wanted to see it all.

"I wanted to have the best chance at living to an old age... I wanted to see it all."

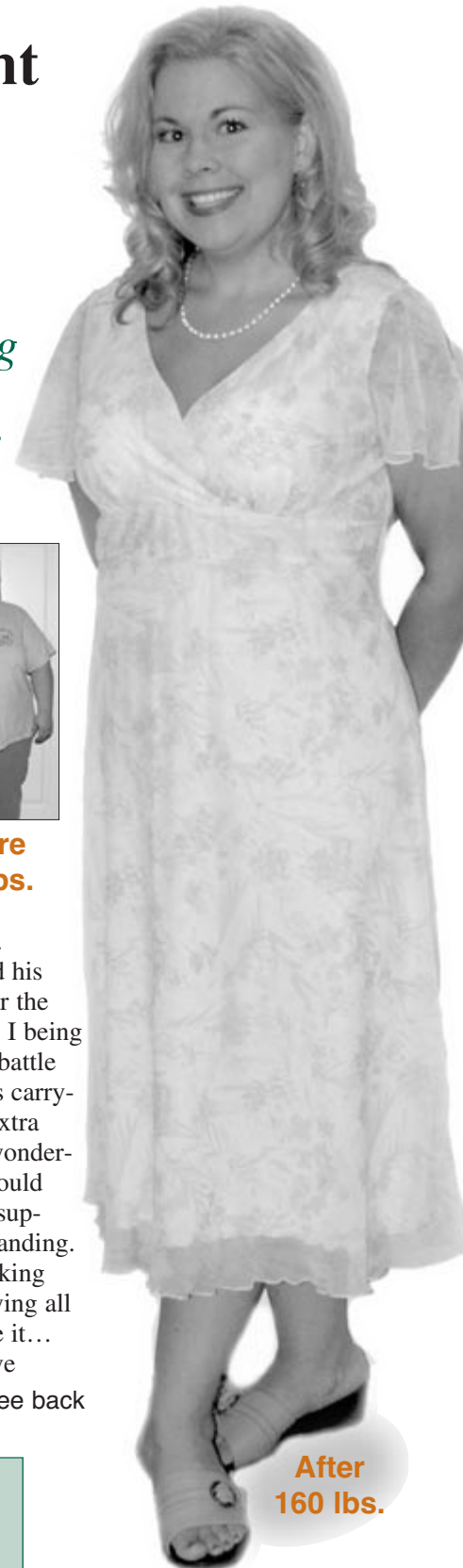
Finally I made my choice. I wanted to not just *be* here for my kids and my husband, I wanted to *enjoy life* with them in a healthier body.

A year ago I underwent Roux-en Y gastric bypass surgery at St. Joseph's with Dr. Smith and his *awesome staff*. It was by far the scariest day of my life. Was I being selfish or brave? The inner battle was almost as exhausting as carrying around 150 pounds of extra weight. Dr. Smith and his wonderful staff were more than I could have expected. They were supportive, caring, and understanding. After all those years of thinking about it, researching it, praying all would go well... I had done it... now it was up to me to strive

See back



Before
307 lbs.



After
160 lbs.



Walk the walk Sept. 30

Find out the many ways you can participate. See complete details inside.





Center for Weight Management to host second annual Walk From Obesity Sept. 30

For the second consecutive year, The Center for Weight Management of Park Rapids will host the "Walk From Obesity" on Saturday, Sept. 30.

Park Rapids is the only place in Minnesota you can walk the "Walk" which is sponsored by the American Society of Bariatric Surgery.

Obesity sufferers and survivors together will be joining forces and walking to raise money for research, education, and the prevention and treatment of the life-threatening disease of obesity. Many will be walking on behalf of those unable to do so because obesity has stolen their mobility, dignity, and hope.



Schedule of Events
10 a.m. - Speaker Bo McCoy
11 a.m. - Walk From Obesity
Noon - Reunion/Success Walk

The event will take place at the Park Rapids Area Century School, beginning

at 10 a.m. with keynote speaker, Bo McCoy, sharing words of hope and inspiration.

At 11 a.m. it will be time to get your walking shoes on and get moving for the "Walk From Obesity." Vendors, informational booths, healthy food, and music will be available for walkers' enjoyment.

A reunion of bariatric patients and Success Walk featuring weight loss surgery patients will begin at noon (see story below).

To participate in the walk, go to www.walkfromobesity.com to register. Or, contact Leah Walters at 218-237-5705 or leahwalters@catholichealth.net

Featured speaker

Bo McCoy will be sharing his personal journey at the Walk From Obesity Sept. 30



Reunion and Success Walk to coincide with Walk From Obesity event

Post-surgery weight loss patients and their guests are invited to a reunion of all individuals who have had weight loss surgery.

The event will be held from 12 to 1 p.m. Saturday, Sept. 30 in the Park Rapids Area Century School cafeteria. Reunion events include a video presentation, Success Walk, and drawings for door prizes.

The Success Walk and video presentation will feature post-surgery patients who would like to celebrate their weight loss success with the group.

Participation is voluntary and individuals attending the reunion are under no obligation to participate in the Success Walk.

Those wanting to participate in the Success Walk are asked to complete the regis-

tration form (at left) and send a pre-surgery picture to Arlysh Hess, St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470, or e-mail the information to arlyshess@catholichealth.net by Sept. 22.

By sending a picture, participants are consenting to walk across a stage while the information on the registration form is being read to the audience and the "before-surgery" picture is being shown on a large video screen.

If participants would like to take part in the Success Walk but do not have a "before" picture to share, they are welcome to hold or wear "before" clothing as they take their walk of success on stage.

Again, participation is voluntary.

Success Walk registration form

Name _____

City/State _____

- I will be taking part in the Success Walk.
- My picture is enclosed.
- My picture has been e-mailed.
- I will be holding or modeling "before" clothing.
- I will be walking across the stage without a picture or any props.

Surgery Date: _____

Pounds Lost (optional): _____

Significant benefit of surgery:



From the Outside In

By
Cheryl Mickunas



Journey set to verse tells story/struggles

I should have known then when I popped on the scene,
That the stares from my folks meant I must not be lean.
But I waddled through "kidhood" with my psyche serene,
'Til I went off to school where the kids became mean.

Even teachers and nurses would add to the mess
On that one day a year when our weights they'd profess,
Over the heads of my classmates who weighed so much less.
They pointed and whispered and increased my stress.

High school gave relief 'cause I lost weight on drugs,
And I dated some boys and got lots of hugs.
After college I married while weight gain gave tugs,
Then when three kids came along it pulled out all the rugs.

I mushroomed, so humongous, I lost sight of my feet
And lost who I am because I had to act sweet.
I dreaded all the new people whom I had to meet,
Because, when clothed in plus sizes, it's so hard to be neat.

Weight Watchers and TOPS were all part of the plan
To Curves, yoga, and aerobics I eagerly ran.
I tried to disguise me by getting a great tan,
The convertible had to go, and we ordered a van.

It was then that I learned of a group called Y-Weight
Which promoted a plan that might make me feel great.
Seemed gastric bypass surgery might be part of my fate,
So I called up the clinic and set up a date.

The rest is all history I've recorded in rhyme,
Though to manage my weight loss is one steady climb.
I can gaze out at life with a look now sublime,
'Cause my feet are still there after such a long time!

Nutrition Nugget

Chicken Parmigiana

This dish is great served on whole wheat angel hair pasta. The chicken is moist and easy to eat once you discover the secret of tenderizing the cutlets with an aluminum meat mallet. (4 oz. portion: Calories 207, fat 9 grams, protein 25 grams)

- 1 large egg, beaten
- 4 boneless chicken breast halves
- 1 cup Italian flavored bread crumbs
- 1/4 cup olive oil
- 2 cups prepared Italian pasta sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup grated parmesan

Preheat oven to 350 degrees. Place bread crumbs in a shallow dish or bowl. Place each chicken piece between two plastic sandwich bags and pound to an even 1/2-inch thickness. Dip cutlet into egg, then lightly coat with bread crumbs. Heat olive oil in a large non-stick skillet over medium-high heat and sauté chicken until lightly browned on both sides (about 2 minutes per side).

Transfer to shallow baking dish. Top each chicken cutlet with sauce and sprinkle with mozzarella and parmesan cheese. Bake until cheese has melted and chicken is cooked through (about 15 minutes).

We appreciate your input

Y Weight invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlysh 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. Her e-mail address is arlyshess@catholichealth.net

If you choose to no longer receive this newsletter, please call 218-237-5711 or 1-800-566-3311 ext. 588 and ask to have your name removed from the mailing list. Thank you.



The Center for Weight Management

A service of St. Joseph's Area Health Services
600 Pleasant Avenue
Phone: (218) 732-3311

Park Rapids, MN 56470
Fax: (218) 732-1368



For more information about bariatric services call

The Center for Weight Management

at 1-800-566-3311 or 218-237-5757.

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Weight?

B a r i a t r i c s

Back on Track

The next six-week Back on Track session is scheduled for Thursday evenings, 5:30 p.m. to 7 p.m., Oct. 5 through Nov. 9.

The group will meet in the Basement Conference Room at St. Joseph's Area Health Services. Please note that the class size is limited to 12 participants, so register early by calling Ilene Maples, RN, at 218-237-5447.

'Suddenly, I feel as though I'm floating'

Testimony / from cover
toward my goals.

I was always heavy. I was the "girl with a pretty face."

Now 11 months after surgery and 147 pounds lighter, people say I'm a pretty girl... they don't add the "face" part.

As much as I love looking good, I'm reminded daily by how I *feel* that losing weight is *not* a vanity issue (though I adore my size 10 clothing), it's a living issue. Suddenly, I feel as though I'm floating... from the ease of walking, to the way I fit into clothing, cars, airplane seats, chairs... even my husband's arms.

It's unreal how different life is when you are "normal" sized.

Weight loss surgery has been a blessing, it's been the life changing surgery that I finally mustered up the courage to embrace.

I'll add that it's also been hard work. I've

become rigorous about my vitamin schedule, exercise, and protein consumption.

I'm careful about not drinking with meals, no carbonation, and no caffeine... these rules I once researched have now become my habits.

I'm 20 pounds from my goal weight, but, if I don't lose another ounce, I'll still be overjoyed with my results.

My girls love to sit on my lap, because I have one now!

My husband even carries me around occasionally... and I like it, scratch that, I love it.

I sometimes watch those who are fighting with morbid obesity and feel their sadness. Their daily struggles are very real to me. I'd like to grab each and every one and share my story. Thanks for letting me share with you.