

Y Weight?

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SUMMER 2012

Help others
take that
first step

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reverse type
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Surgery for weight loss induces metabolic benefits beyond a lower number on the scale



By Leah Walters, Center for Weight Management Manager, RD, LD, CDE

“People who need treatment are not getting the help they need,” says Walters.

“We need to educate others about the truth of obesity and the complex metabolic and endocrine systems that scientists continue to study.”

If you’ve had weight loss surgery, congratulations! You are among a very small group of individuals who have taken a huge step towards being healthy for the rest of your life, regardless of having met or not met your ultimate weight goal.

Nearly every day we hear amazing stories from you, our patients: “I no longer need my high blood pressure medications.”

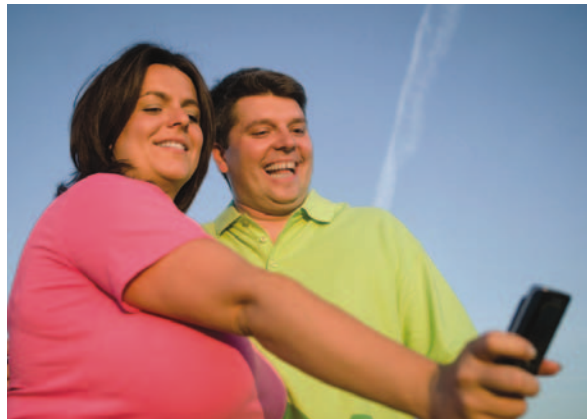
“I don’t need insulin to manage my diabetes!”

“I can ride the roller coasters at Valley Fair with my kids!”

Unfortunately, 67 percent of adults in our country are overweight or obese. People who need treatment are not getting the help they need. We need to educate others about the truth of obesity and the complex metabolic and endocrine systems that scientists continue to study. We need to stay vigilant against the prejudices in our society related to obesity and people struggling with weight.

If you know someone who could benefit from the multiple benefits of weight loss, share the good news with them! Let them know that weight loss surgery provides many health benefits in addition to weight loss. (*Resolution of Health Conditions: Buchwald, JAMA, 2004*)

- Diabetes: Improved in 86% of patients, remission in 77% of patients
- High blood pressure: Improved in 78% of patients, cured in 62% of patients
- High cholesterol: Improved in more than 70% of patients
- Obstructive Sleep Apnea: Cured in 86% of patients
- Premature Death: 5-year mortality decreased by 89%
- Arthritis: Significantly less pain and increased mobility
- Asthma: Improved or resolved in 82% of patients
- Infertility: Improved or resolved



“Our patients are in the best position to help others get the treatment they need to **LIVE!**”

-Leah Walters, Center for Weight Management Bariatric Coordinator

- Heart failure (obesity-related): Improved or resolved
- Cardiovascular Disease: Risk reduced by 82%
- Migraines: Resolved in 57% of patients
- GERD: Resolved in over 72% of patients
- Gout: Resolved in 77% of patients
- Stress Urinary Incontinence: Resolved in 44 - 88% of patients
- Metabolic Syndrome: Resolved in 80% of patients
- Non-Alcoholic Fatty Liver Disease: Improved or resolved

Another important item to share with them is our number, 218-237-5757, or invite them to our 6th Annual Weekend in the Pines. (See next page.) We’re here to answer questions and to get your loved one on the road to improved health!



St. Joseph’s Area Health Services
CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue Park Rapids, MN 56470
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www.weightmanagementmn.com



Essentia Health

705 Pleasant Ave., Park Rapids, MN 56470
www.essentiahealth.org



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

Only one mailing is sent per household. If you would like additional copies, please specify. If you choose to no longer receive this newsletter, please call 218-237-5588 or 1-800-566-3311 ext. 5588 & 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.

Weekend retreat set Oct. 5 & 6

Discover a renewed sense of self, growth, and healing at this year's Center for Weight Management annual retreat.

A Weekend in the Pines event will be held at the Smoky Hills Wilderness Retreat & Conference Center on Friday and Saturday, Oct. 5 & 6.

It's a time to pamper your body, heal your soul, and refresh your personal health game plan.

This event is open to any Center for Weight Management patient or group participant as well as anyone who is interested in learning about weight-loss options available.

In this edition of *Y Weight?*, Leah Walters, RD, LD, CDE, says not enough people who need treatment are receiving the care they need. This event is an ideal



opportunity to help a friend take a step forward to create a new life for themselves. Please invite them to join you.

On Friday, look forward to hot tubbing, manicures, pedicures, paraffin dips, dance, and a geocaching scavenger hunt in association

with the Walk From Obesity. Massages are also available by appointment at an additional fee. Dinner, entertainment, a motivational speaker, group sessions, and camp fires round out Day 1.

Saturday, wake up your body with opportunities for movement. Learn new menu possibilities from the experts, ask our Center for Weight Management "Dream Team" anything that's on your mind, and hear more motivational messages from our guest speaker.

Dr. Daniel Smith, bariatric surgeon, has news for you in the afternoon, followed by an expert who will share the benefits of a good night's sleep. Day 2 closes with mentor group sessions.

A personal invite and registration form will be delivered to your mailbox soon!

Look for **A Weekend in the Pines** brochure and registration form coming to your mailbox soon.

Register early and take advantage of discounted rates.

We can send additional forms. Please call Arlys at 218-237-5588 or write her at arlyshess@catholichealth.net

Weight-loss surgery 'superior' to traditional medical treatment for diabetes/obesity

For anyone struggling from the dual epidemic of type 2 diabetes and obesity, clinical research has shown weight-loss surgery to be "superior to medical treatment producing remission, even before weight loss."

This, according to the American Society for Metabolic and Bariatric Surgery (ASMBS).

The ASMBS posted a "Special Alert" on their website when clinical studies comparing weight-loss surgery to conventional medical therapy were recently published in the *New England Journal of Medicine (NEJM)*.

The studies conclude weight-loss surgery "is the most effective treatment for type 2 diabetes in obese patients and surgery should be considered sooner and more often" for patients battling diabetes and obesity, according to the ASMBS report.

NEJM findings have since saturated national media attention including major network news and leading newspapers. Even celebrity physicians are talking about weight-loss surgery as treatment to "reverse" symptoms of diabetes.

None of this comes as a surprise to Dr. Daniel Smith, Essentia Health surgeon, who has specialized in weight-loss surgeries since the St. Joseph's Center for Weight Management program began in 2000.

"Surgeries such as gastric bypass and sleeve gastrectomies create hormonal changes immediately after surgery, such that type 2 diabetes is immediately improved – even before there has been any weight loss," Dr. Smith says.



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705 Pleasant Avenue, Park Rapids, MN 56470
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Bariatric calendar of events

Y Weight? Support Group

Aug. 23: Game Night:
"Concentration!"

Sept. 13: Discussion: "Baby Steps"

Sept. 27: Professional
Guest: "Lab Work Follow-up Appointments, Q&A"

Oct. 11: Discussion: "It Begins at Birth!"

Oct. 25: Game Night:
"Pictionary"

Nov. 8: Healthy Holiday Hors d'oeuvres: Demonstration

Dec. 13: "Celebrating Success" slide show. Send a photo of the new you to arlyshess@catholichealth.net by Dec. 10.

Y Weight? support meetings are held at 4:30 p.m. on the 2nd & 4th Thursdays of the month in St. Joseph's Lower Level Conference Rooms (LLCR) B & C.

Re-think, re-LEARN

If you are struggling to maintain healthy lifestyle changes, there is a new group for you.

From noon to 1 p.m. every other Thursday, this group meets in St. Joseph's LLCR C. Start any time.

This group is for those who have been LEARN participants or have had weight-loss surgery and need additional support. Call 218-255-3051 or 218-237-5705 to join. Cost can be billed to insurance, plus a \$50 materials fee is required.

Dates to remember

Sept. 17, Nov. 19, Jan. 14:

Free, weight-loss info session Fargo, ND, from 6-8 p.m. Mondays at the Ramada Plaza Suites. Call Stacey at 218-732-2837 to register.

Diabetes/Obesity from 3

Researchers are learning more about stomach hormones and endocrine mechanisms that are affected when a large portion of the stomach is closed off or removed during weight-loss surgery. A dramatic resolution or improvement in controlling type 2 diabetes conditions occurs.

"Almost every week we discharge a diabetic patient after gastric bypass surgery who no longer needs oral medications or insulin to manage their diabetes," says Smith, "even though they are only about three days out from surgery and haven't lost any weight yet."

This is in addition to a scope of other health benefits including a reduction or reversal in other life threatening, chronic conditions such as high blood pressure, high cholesterol, sleep apnea and more.

In his presentations, Dr. Smith cites medical studies that show weight-loss surgeries save lives, improve quality of life for patients and are cost effective.

The NEJM studies are the first of their kind to compare bariatric surgery to medical therapy.

The ASMBS site notes these studies will have "major impact" on diabetes treatment in the future as data and implications from these studies are absorbed by clinicians, insurers and the public.

The real winners, they say, will be patients who will now have "greater access to safe, proven treatment that has been denied too long to too many."

For more information, please call 218-237-5757.

For more information about our bariatric services call 1-800-566-3311 or 218-237-5757.