



Weight Management Center

Y Weight?

Support for Surgical & Medical Weight Management Solutions

A CHI
St. Joseph's
Health
Weight
Management
Center
Newsletter

Spring 2018

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1.800.566.3311





Where's the Motivation?

Alicia Reardon, Exercise Physiologist
CHI St. Joseph's Health Weight Management Center

**But who has time for all
that exercise?
YOU TRULY DO!**

Starting and sticking with an exercise routine can be very rewarding. Exercise brings a sense of accomplishment and provides many health benefits, too. Finding the motivation to begin exercising and keep exercising can be challenging. What gets in the way of continuing with an active lifestyle? Probably past failed experiences, injuries, work, kids, family, lack of time and motivation, lack of instant results, etc.

A well-rounded physical activity regimen consists of meeting the American College of Sports Medicine's physical activity recommendation for healthy adults: 30 minutes of moderate to vigorous exercise five days a week. The exercise should be aerobic most days. Think: walking, bicycling, stair climbing, rowing, and swimming. Consider adding strength training 2 days a week. Strength training builds muscle and strength and fights fat mass and a slow metabolism! This routine can contribute 20 minutes to your regimen.

Here are a few ways to increase

your motivation and find time to exercise and be healthy!

1. Know the benefits! Results are not instantaneous—but track your progress, whether you track weight lost, increased resistance used, increased mental clarity and reduced stress, looser fitting clothes, better sleep, or reduced blood pressure medication use. All matter!

2. Prioritize! If your health is one of your top priorities, do something about it! We just went through a list of health benefits a few sentences ago and if you answered yes to any of those, keep going! People generally make time for things that are important to them and sometimes just reframing your thoughts can help. For example, instead of saying "I have to do..." and dreading the activity, instead say "I get to do..." Exercise and moving is a privilege—some don't have that ability to do what you get to do.

3. Plan ahead. Find some time at lunch or plan to get up 30 minutes earlier a few days a week and treat exercise like any other appointment. Or find opportunities

to be active such as: exercising in short bursts of 5 minutes here and there—they add up! Waiting for the kids to finish up practice? Take a lap or two around the field or hallways! Sitting at your desk all day? Keep a resistance band or dumbbells and a list of exercises to perform at your desk. When you have the chance, stand instead of sit. "Sitting is the new smoking!" And keep it fun and mix it up! Don't let yourself fall into a rut—get kids involved, coworkers, siblings, parents, friends, try exercising to new music, or use a fitness app to track progress!

4. Embrace your success! Don't think about your failures, celebrate your successes! Instead of feeling sad that you didn't exercise 5 days a week, celebrate that you managed to exercise 3 days a week! Any kind of activity pays off!

5. And last but not least, MOVE! If you need extra motivation and a challenge, check out the MOVE! class in the hospital gym.

- **Alicia Reardon**, 218.237.5757
AliciaReardon@CatholicHealth.net





Be in the Know

Vitamin B₁₂ (Cobalamin)

Amy Luther, MS, RDN, LD
CHI St. Joseph's Health
Weight Management Center

People who have had bariatric surgery are at high risk for vitamin B₁₂ deficiency. The stomach plays several roles in the digestion and absorption of B₁₂. Supplements are often necessary if part or all of the stomach is removed.

Function

Vitamin B₁₂ plays an important role in metabolism. It is needed to make energy from dietary fats and proteins. B₁₂ works with folate to help your body make new cells.

Deficiency

Vitamin B₁₂ is stored in the liver,

kidneys, and other tissues. It can take 5 to 6 years before a deficiency develops. This is why long-term follow-up is so important.

Early Signs and Symptoms

- Yellow coloring of skin
- "Beefy red" tongue
- Low energy
- Loss of appetite
- Diarrhea
- Light-headedness
- Dizziness
- Numbness in hands and feet
- Poor muscle coordination
- Changes in reflexes
- Ringing in ears
- Rapid pulse

Advanced Signs and Symptoms

- Symptoms of heart failure
- Altered mental status (mild irritability and forgetfulness to severe dementia)

Recommendations

All bariatric surgery patients should take a vitamin B₁₂ supplement. We recommend taking a daily supplement. It should be sublingual (dissolves under tongue) and contain at least 1000 micrograms. B₁₂ levels are checked at follow-up appointments.

Meet Our Dietitians

Amy Luther, MS, RDN, LD and Danielle Tretbar, RDN, LD



Eat well. Live well.

As Registered Dietitian Nutritionists at CHI St. Joseph's Health Weight Management Center, we are passionate about nutrition and helping YOU meet your wellness goals.

We are here to provide you with the guidance and tools you need to shop, cook and eat healthy.

Have a food or nutrition question? Simply email us at DanielleTretbar@CatholicHealth.net to have your question answered.

Weight Management Center Lifestyle Navigator & Program



Aaron Majors is CHI St. Joseph's Health Weight Management Center's new Lifestyle Navigator. Married and father of four children, one son, age 15 and three daughters, ages 11, 4, and 2, Aaron says, "I believe I bring a unique set of skills that enhances the already impeccable level of care provided to our patients and clients." He attributes his passion for helping others, community involvement, and commitment to education to his

20 years of military experience serving as a leader in diverse, dynamic working environments and situations. He holds an Associates of Applied Science, Bachelor of Arts Degree in Applied Behavioral Science, and is currently working on a Masters of Social Work Degree.

As CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator, Aaron Majors collaborates with many community programs including the Park Rapids Century School Afterschool Adventures Program and the Lake Country Associates ARMHS LEARN Program. Both are examples of serving diverse age groups with diverse needs. The Lifestyle Navigator serves as a link to area health services and is part of the multi-disciplinary team approach to helping all patients, including our underserved populations, achieve their weight management goals and realize better health.

The Lifestyle Navigator service is funded by a 3-year grant from PrimeWest Health's Community Reinvestment Grant Program. The grant allows CHI St. Joseph's Health to partner with area healthcare providers and enhances the current weight management resources in our community. "I look forward to working in collaboration with mental health and clinical partners, schools, senior centers, and others to benefit our patients and the community," says Majors. CHI St. Joseph's Health Lifestyle Navigator assists patients in building a healthy lifestyle and connecting to beneficial programs and services to support better health.

To connect with the Lifestyle Navigator, please call **218.255.7527**.



We created MOVE! to give you tailored exercise training that is motivational, fun and challenging for anyone of any fitness level.

MOVE! is a medically-supervised exercise program helping you build strength and cardiovascular endurance. For your safety, exercises are modified to your fitness level as determined by our experts. All you need is a good pair of shoes and comfortable clothing, then catch the MOVE! spirit when you enter our gym. Each 45-minute MOVE! session consists of: warm up, stretches, cardio exercises, strength training, core training and balance training twice weekly, Monday-Thursday.

Please call, **218.616.3000** for more information.



E.N.E.R.G.Y.

to help reduce opioid pain medication required after surgery

(L) Tia Kocka, BSN, RN, CDE

(R) Karie Lindow, RN

Certified Bariatric Nurses, CHI St. Joseph's Health Weight Management Center

Employing New Enhanced Recovery Goals for Bariatric Surgery

CHI St. Joseph's Health in collaboration with the American College of Surgeons implemented the E.N.E.R.G.Y. protocol to improve the surgical experience and quality care for our bariatric patients before, during, and after surgery. Enhanced Recovery is a care pathway that is designed to decrease nausea, pain, and stress after surgery and decrease the amount

of narcotic pain medicine required, also known as opioids.

Since the project's implementation July 1, 2017, our patients length of stay has decreased, pain medication usage has significantly been reduced, and we have received positive feedback on how patients feel after surgery.

Meet The Face With The Voice



The first point of contact for all medical and surgical weight management patients when they call **218.732.2915** at Essentia Health Weight Management Center is Terry Henderson.

Terry answers calls from all over Minnesota and North Dakota for self-referrals and provider referrals. She answers patient questions, schedules consultations and procedures, and secures pre-authorizations for bariatric surgery.

In addition to working with the Weight Management Center, Terry is also a bariatric patient herself. Terry had bariatric surgery on December 31, 2015 and has lost 130 pounds.

Because of her own personal experience with bariatric surgery, Terry is an empathetic advocate who understands and connects with our weight management center patients in a meaningful way about their individual journey to better health.

"I had no idea how much better I would feel and how it would change my life. I feel great plus I have the energy to keep up with my grandchildren!" - Terry Henderson



Practicing Self-Care

*Kasye Sherva, Social Worker
CHI St. Joseph's Health*



***Kites rise highest against
the wind - not with it.***

-Winston Churchill

I am so excited to be a part of the CHI St. Joseph's Health Weight Management Center team. Originally from Oregon, I attended Minnesota State University Moorhead to receive a degree in Social Work. I have worked with many populations finding in-home supports for individuals who had barriers that were preventing them from living fully and independently. At CHI St. Joseph's Health I work part time with the Weight Management Center and part time with Hospice Care.

When I was a little girl my grandma said "take time and smell the roses." As a little girl I did not understand the wisdom and insight my grandma was trying to instill in me. In today's world it seems the faster the better.

When do we take the time to reboot and take time out of the hustle and bustle to smell the roses and practice self-care?

It seems that there is always something that needs our

immediate attention and so we go full speed ahead until we cannot go any faster and then we crash. Our body and soul are not meant to be constantly stimulated.

How do we take that time to smell those amazing roses?

One has to make the conscious choice to do so. It is a necessity to practice self-care for your body and soul so you can keep up in this fast paced way of life.

So what can one do to care for the soul? Here are a few ideas to help you.

1. Do something that energizes your body...yoga, swimming, a nice brisk walk!
2. Dance like no one is watching! What is your favorite jam? Turn up the song and dance until you are feeling happy and energized.
3. Create a gratitude list. Focus on and celebrate all the positives in your life.
4. Take a long, warm bath! This is a time away from everything,

relax and lay back, light a candle and listen to some relaxing music.

5. Go to your happy place. Mine is the ocean. Since I am not always able to visit my favorite place easily, I use a shell that I put to my ear. Hearing the ocean helps me relax and center.

6. Watch your favorite movie. There is nothing that makes me feel like I can conquer the world like 'Rocky' can.

7. Read a book and be swept up and carried off to a new world.

There are many ways one can feed the soul and reboot. I look forward to this new journey with each and every one of you and hearing some other creative ways you have practiced self-care.

- **Kasye Sherva**, 218.616.3377
KasyeSherva@CatholicHealth.net

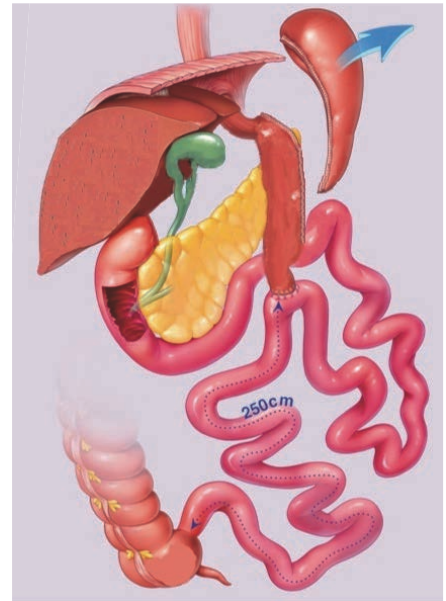
Single Anastomosis Duodenal Switch

The Single Anastomosis Duodenal Switch is a new, promising weight loss surgical procedure. A large portion of the stomach about 60-80% is permanently removed. This limits how much a person can eat at a time. Absorption of food is also altered with this surgery. The amount of food that can be absorbed is limited due to bypass of part of the small intestines. Less food intake and reduced absorption leads to long-term weight loss.

The Single Anastomosis Duodenal Switch provides the most durable weight loss and

the best reduction of disease. Patients can expect to lose an average of 80-90% excess weight loss at 5 years. This is the highest weight loss out of all weight loss procedures. In addition, improvement or remission has been seen in patients with high blood pressure, heartburn, diabetes and high cholesterol.

Weight loss and avoiding nutritional deficiencies is based on the patient's commitment to long-term diet and lifestyle changes. Patients are advised to take lifelong vitamin and mineral supplements and have frequent monitoring due to reduced



intake and absorption. Overall, the procedure has seen high patient satisfaction with improvement in both quality of life and health in patients with severe obesity.

Follow-Up Care

Because **your health** is important to us!



Scheduling and keeping follow-up appointments after bariatric surgery is extremely important. Whether you have had gastric bypass, sleeve gastrectomy, or adjustable band placement, follow-up care is essential. You should also continue to see your primary care provider for other health problems and any specialists you are seeing for chronic illnesses.

Several nutritional problems such as B12 or iron deficiency can occur following certain bariatric procedures. These and other mineral and vitamin issues require screening so that in the event they begin to occur, they can be treated as needed. Left undiagnosed, they can result in severe and irreversible problems.

Issues such as vomiting and dumping syndrome, can be easily recognized and treated, but other long-term problems such as changes in bone metabolism require monitoring as well.

If you have had bariatric surgery and have any of the following symptoms, please contact us at 218.732.2892 to schedule an appointment or to discuss your concerns with a nurse.

- Difficulty swallowing
- Intermittent abdominal pain
- Hair loss, fatigue
- Changes in bowel habits
- Nausea or vomiting
- Bone pain
- Difficulty seeing at night
- Bruising easily
- Numbness and tingling in hands & feet

If some long-term issues are not addressed in a timely matter, effective treatment becomes much more difficult. Patients who have undergone bariatric surgery require medical follow-up for reasons specific to the type of surgical procedure performed.

Your health matters to us, so please call us today for a bariatric follow-up appointment at **218.732.2892**.

Experience better health.



Weight Management Center

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Vitamin Reminder

Please bring all of your vitamins and supplements to your follow-up appointments so we can review what you are taking. This is very helpful because we make individual recommendations based on your lab work. Remember, taking your vitamins daily is a commitment for the rest of your life!



Outreach Near You

Y Weight? Support Group

Y Weight? support meetings are held at 5:00 pm on the 2nd Thursday of the month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. Please call Alicia at **218.237.5757** for more information.

Detroit Lakes Support Group

If you're looking for encouragement on your weight loss journey, we have a support group for you. The group meets the third Monday of every month at Essentia Health Detroit Lakes in the St. Benedict Conference Room at 6:00 pm. Please call Kasye at **218.616.3377** for more information.



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CHI St. Joseph's Health Weight Management Center
Essentia Health
Y Weight? is published by CHI St. Joseph's Health.
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