

Weight Regain After Surgery

By Marc Bessler, MD

Many patients ask and/or worry about weight regain after weight loss surgery. Often, part of this fear results from past diets which may have resulted in weight regain. Actually, it is common for diets to result in weight regain. Studies in adults 100 pounds or more overweight show that almost 97% of patients who lose weight with diets will regain all that lost weight over time. Weight loss surgery has a much better track record but it is not perfect. The modern weight loss operations all have failure rates and even successful patients can regain weight over time.

What are the causes of weight regain and what can you do to prevent it? Unfortunately we do not have all the answers but here is what we believe.

First of all, *exercise is a key component of any weight loss strategy* and patients who exercise have greater success in maintenance over the long term. The more exercise the better. The recommendation is at least 30 minutes of exercise on most days of the week. Your exercise regimen should include 2 days of strength training (e.g. weights) in addition to aerobic exercise (e.g.

walking, swimming and/or jogging). The goal is to get your heart rate to between 60% and 80% of 220 minus your age, for at least 20 minutes with a warm up before and cool down after.

Follow up is associated with better weight loss than not following up. The support you get and the dietary changes suggested can help maximize weight loss and maintain it. Overeating and stretching the pouch or the opening of the pouch to the intestine can cause weight regain.

Early on, the gastric bypass is tight and restrictive of volume. However, over time and especially with *large portion sizes, stretching can result in the ability to eat normal portion sizes which makes weight regain possible, especially for those not exercising.*

Food choices are also an important issue, more so perhaps with Lap-Band® but also important for gastric bypass. *Sweets, fatty foods and liquid calories can all defeat Lap-Band® and patients must avoid these foods despite the fact that the band will not cause avoidance. These same foods can cause weight gain after gastric bypass.* The Dumping that causes avoidance of sweets after gastric bypass may not be experienced

by some patients and others lose it over time.

Perhaps *one of the most significant problems is "emotional eating" which is when patients eat out of depression, stress, boredom, etc and not because they are hungry.* Psychological support to more constructively deal with the emotions may help and regular follow up with our team can help as well. Frequent snacking or "grazing" is a sure way to defeat any weight loss operation and must be avoided. Our team can help you control this behavior but only if you see us regularly. All this is in addition to checking labs and maintaining your general health.

For those who have not followed our advice, have not had success and/or maintained their weight loss, we offer revisional procedures. It is rare that there is a technical reason for weight loss failure in
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Walk from Obesity

By Robyn Kessler, RPA-C

The American Society for Bariatric Surgery is sponsoring their national **Walk from Obesity** walk-a-thon to help raise money for obesity awareness and research. This year our weight loss team is more active than ever in getting the public aware of the serious risks involved in being obese. We gladly invite and encourage you to get involved by helping raise money to help make this world a healthier and thinner place! This national Walk from Obesity also benefits you now. Every day we are making advancements in Bariatric surgery. In order to continue making advancements we need your help.

The Walk from Obesity is a 2 mile long walk on September 18, 2004 in Riverside Park, New York City. This location encompasses all the major hospitals in the New York City area. Money is raised by walkers obtaining sponsors, donations, raffles, door prizes, and national sponsors.

This is the second national Walk from Obesity. Come meet others that have gone through the same experiences as you and help raise money for a great cause that may be affecting your loved ones. To find out more please check out www.walkfromobesity.com.

You can join the Walk without raising funds for a \$25 registration fee.

We look forward to seeing you at the WALK! ○

Volunteers are needed for the following:

We are seeking volunteers for a research study on hormones that affect appetite and metabolism, and for a study that examines the effects of weight loss surgery on body fat distribution. Participants will have undergone either gastric bypass or gastric banding between 15 months to 5 years prior to the study, and need to be of stable weight over a period of 3 months. If you have diabetes, you are not eligible to participate in this study. The hormone study involves drawing blood over a 3 hour period and drinking a chocolate-flavored meal. The body composition study involves scanning your body in a MRI machine to determine your percent body fat, muscle and fat distribution. If you participate in both studies, compensation is \$150 or \$75 for participation in one. For those patients who have already participated in the hormone study, you may also be eligible to participate in the MRI study if your BMI is less than 36-37. If you would like more information, please call LJ Cirilo at (212) 342-0281.

The Staff at the Center for Obesity Surgery

By Nancy Restuccia, MS, RD

Our staff has increased dramatically over the past couple of years so we thought that it was time for an updated introduction. More detailed biographies of the professional staff can be obtained on our website, www.ObesityMD.org.

At NewYork-Presbyterian Hospital/Columbia:

Marc Bessler, MD is the originator and Director of the Center. He is also the Director of Laparoscopic Surgery at Columbia. Dr. Bessler maintains national exposure with his research presentations at the annual meetings of the American Society of Bariatric Surgeons and his TV appearances. He was designated as one of "New York's Top 100 Minimally Invasive Surgeons" by New York Magazine and as one of the "Top Doctors in the New York Metro Area" by the Castle Connolly Guide. He holds a patent on the "gastrointestinal endoscopic stapler".

William B. Inabnet, MD is Assistant Professor of Surgery and Chief of Endocrine Surgery. He joined us in 10/03. Dr. Inabnet co-edited a textbook entitled *Laparoscopic Bariatric Surgery* that will be released in 10/04.

Beth Schrope, MD, PhD is Assistant Professor of Surgery. She performs general GI surgery in addition to weight loss surgery.

Amna Daud, MD, MPH is the research coordinator for the Center. She is responsible for all of the research having to do with weight loss surgery.

Lorraine Olivero-Rivera, MS, CS, FNP is the Medical Director of the Center. Lorraine evaluates patients preoperatively, decides

the testing that is required before surgery and reviews all test results for her patients. She monitors patients medically after surgery.

Lorraine has a strong background in nutrition and exercise physiology. She teaches classes in CORE-do, her own combination of yoga and pilates, out of her husband's martial arts studio in Rockland County.

Janice Blok, RPA-C assists our surgeons in surgery. She also monitors patients during their stay in the hospital and does LapBand® adjustments as well as some follow-up after surgery.

Nancy Restuccia, MS, RD is a dietitian with the Center. She started working with Dr. Bessler about 2 months after he started the Center. In addition to seeing patients, she manages the post-op support group, new patient seminars and newsletter publication.

Meredith Urban-Skuro, MS, RD is a dietitian with the Center. She came to us from the weight loss surgery group at Mt. Sinai in 11/03. In addition to seeing patients in the office, Meredith is the friendly face that visits you in the hospital and reminds you about the dietary protocol that you need to follow post-op. She also discusses lab results with all of Dr. Inabnet's patients.

Maria Mandino is the office manager and Dr. Bessler's administrative assistant. She codes and prepares all of his paperwork for surgeries and manages it through the Columbia system. In addition, she schedules surgeries for Dr. Bessler, and the pre-operative testing and the first two follow-up visits for Drs. Bessler and Schrope. Most importantly, she assists Dr. Bessler with his business related activities (e.g. travel, meetings) and helps to keep him on track.

Bonnie Badenchini is Dr. Inabnet's administrative assistant. She also manages the Thyroid Center and coordinates patient billing with the finance department. Bonnie is currently on extended maternity leave. Joan Winters is assuming her responsibilities until she returns.

Nancy Colgan is the patient coordinator for Drs. Bessler and Schrope. She assists patients regarding their pre-surgical testing, clearances and letters as well as setting-up special tests for patients, scheduling appointments, collecting fees and

coordinating billing with the finance department.

Rodelyn Zapanta, MA is the patient coordinator for Dr. Inabnet. She performs the same functions as Nancy Colgan. In addition, she pre-certifies all of Dr. Inabnet's surgeries, schedules surgeries, pre-operative testing and the first two follow-up visits, receives patients and assists Dr. Inabnet during small medical procedures.

Jasmin Valerio is not only our receptionist and main appointment scheduler and confirmer, but is in charge of keeping our lives in order via charts and patient arrivals.

Ibelize (Ivy) Roman, MA pre-certifies all of Dr. Bessler's surgeries (bariatric and general). She also backs-up Jasmine for reception, patient appointments and answering phone calls as well as keeping our office supplies stocked.

Roxanne Guzman is Dr. Schrope's administrative assistant. She pre-certifies all of Dr. Schrope's surgeries, codes and prepares all of her paperwork for surgeries and manages it through the Columbia system. She also answers phones and makes appointments for Dr. Schrope.

Sadly, **Robyn Kessler, PA** left us on 8/2/04 to be closer to her boyfriend and to pursue another career in Delaware.

At Lawrence Hospital:

Daniel G. Davis, DO is the Surgical Director of the Center at Lawrence. He came to us from the weight loss surgery group at Hackensack Hospital in 4/03.

Dorothy (Dory) Roedel Ferraro, MS, CS, ANP is the Medical Director of the Center at Lawrence. She evaluates patients preoperatively, assists Dr. Davis with surgeries and monitors patients after surgery. In addition, she manages their new patient seminars and the post-op support groups. Dory also has an office on Long Island where she specializes in the care of the obese patient.

Jackie Mendez is the administrative assistant responsible for all support functions for the Center at Lawrence. She answers phones, schedules appointments and seminars, receives patients, pre-certifies surgeries, schedules surgeries, collects fees, etc.○

Announcement! We are now able to see patients in our Long Island office for consultation, band adjustments and follow-up visits.

Hopefully, this will be more convenient for patients living on the Island. The office is located at: 650 Wantagh Ave in Levittown, a 1/4 mile north of the Southern State Pkwy, Exit 28. Please call Dory Ferraro, ANP at her Long Island office to schedule an appointment. The number is 516-579-0094.

MIND-BODY FITNESS REGIMENS

By Lorraine-Olivero-Rivera, MS,CS,FNP

As I tell all of my patients, “weight loss surgery is only a tool to help jumpstart your journey”. Commitment to making a lifestyle change, in the sense of proper nutrition, exercise, and self-discipline, is the key to lifelong weight loss maintenance.

With over 14 years experience as a Fitness and Obesity expert, I have found that engaging both mind and body in a fitness regimen has helped people develop the additional tools needed to maintain their new lifestyle commitment.

Here is an overview of the two most popular mind-body fitness approaches to wellness as well as a new fusion of both you might want to try:

Yoga

Yoga was developed in India about 5,000 years ago. It is the union of our individual self (mind, body and heart) with our universal self (spirit). In practicing yoga, you can deeply connect to your innermost self through mindful exercise involving postures (“asanas”), controlled breathing (“pranayama”) and meditation (usually with a repetitive “mantra”).

Yoga is about feeling centered, emotionally and spiritually. The postures strengthen the body, the meditation sharpens one’s focus, and the breath calms the mind and heals the body. When the three are in harmony, the result is improved fitness, flexibility, stress management, relaxation skills, mental clarity, and overall well-being.

Classes are usually performed barefoot on a non-slip yoga mat in comfortable, fitness wear. There are many styles of yoga. If you are new to yoga, it is best to begin with Hatha yoga, the basic form and the foundation for all the other styles of yoga.

Pilates

Pilates is a non-impact, non-weight bearing system of physical conditioning that focuses on body placement and increased mindful body awareness. Introduced to the United States in the late 1920’s, this system of exercise, developed by Joseph H. Pilates, focuses on strengthening the deep muscles of the abdomen and back while working muscles in a lengthened as well as contracted position. Pilates exercises changes bodies and make people more aware of their bodies. The results are

flattened abdominal muscles as it turns the abdomen, lower back, and hips, into a firm central support system that increases efficiency of movement and improvement in breathing and alignment. It slims the muscles and makes them longer and stronger, resulting in sleekness as opposed to bulk. Exercises rely on your own individual level of strength, allowing you to grow in difficulty when ready.

Classes are usually performed on a mat or with specialized equipment in comfortable, fitness wear. If you are new to Pilates, it is recommended that you first have a private session with a certified instructor who can properly access your postural alignment in order to develop a program that will be corrective in nature for your particular body.

CORE-do’

CORE-do’, which is literally translated to mean “the way of the core”, is a body conditioning system that I created that blends both Eastern and Western exercise disciplines utilizing contemporary Pilates principles (as the foundation) with yoga (spiritual) and do (pronounced as “doe”, a Japanese word meaning “the way”) traditions.

CORE-do’ is centered on the abdominal core and muscles of the torso, and executed with a focus on mindful body awareness, breath and detailed positioning. Movements are isotonic and isokinetic, with a focus on suspension within the movement, teaching awareness, centering, flexibility and mobility. Additional benefits of this system are: flatter abdominals; improved circulation and focus; stress reduction through active meditation; reduction of injury; improved physical fitness performance; longer, leaner and stronger muscles; and, improved posture, balance and coordination.

CORE-do’ is a linked series of exercises which relies on your own level of strength and flexibility, which will increase in intensity and constantly re-define itself as your body develops heightened mindful body awareness and control. Due to the individual personalized nature of this system, an assessment of physical conditioning, postural alignment, and basic theory of the system is required for every student prior to entry into a class.

Classes are performed on a mat, in comfortable fitness wear, with no more than 7 students at a time in order to insure that

proper attention to alignment, breath, and engagement of the core is constantly maintained. Aromatherapy, in the form of essential oils, is used during class in order to help train the mind and body, thus enhancing spiritual connection and mindful body awareness.

As you can see, each of these mind-body fitness regimens can bring balance into your life. When you have balance in your life, you are in harmony with yourself. This harmony will lead to the ability to maintain a lifestyle change that will empower you to continue your journey to weight loss and maintenance and ultimate self-discovery.○

We are trying to determine what psychological factors, if any, are predictive of successful weight loss after gastric restrictive surgery. We believe that some patients with depressive illness eat when they are blue or sad, which may counteract the effects of the bariatric surgery. This is not a research study but it does represent a wonderful opportunity for our patients. They would undergo a **free** initial psychological evaluation that would last for approximately 30 minutes and then would receive free psychological counseling for six months. Medication may also be prescribed. Selected participants would be experiencing poor weight loss after surgery (less than expected) or would be regaining their lost weight. Dr. Fred Quitkin will see patients in our office on Tuesdays from 1:00 PM to 4:30 PM starting on September 14, 2004. Please call our office at 212-305-4000 to make your first appointment. Tell the receptionist that you want to make an appointment with Dr. Quitkin.

The Center’s Fun Committee is planning a 70’s Theme Karaoke Party on Saturday, 10/23/04, at the Rockville Centre Holiday Inn, 173 Sunrise Hwy, Rockville Centre, NY. It will run from 8:30 PM to 12:30 PM. The cost is \$45 per person. Purchase tickets from Heidi at 516-659-2190 or via Paypal at WLSFunCommittee@aol.com. 10/18/04 is the purchase deadline.

The Facts About Flax

By Meredith Urban-Skuro, MS, RD

What about flax...

Flaxseed has been consumed for its nutrients and health benefits. Flax is rich in alpha-linolenic acid (an omega-3 fatty acid), is a good source of dietary fiber, and contains plant chemicals called lignans. Research indicates that these components play a role in the maintenance and improvement of our health.

Good fat...

More than half the fat in flaxseed is alpha-linolenic acid which has been known to help prevent against heart disease and stroke.

Fiber advantages...

Flaxseed contains high quantities of both soluble and insoluble fiber. Soluble fiber reduces blood cholesterol levels, while insoluble fiber is helpful for regulating bowel movements and preventing constipation. One tablespoon of whole flaxseed has 3.3 grams of fiber. Breads and cereals made with flaxseed can have as many as 5 to 7 grams of fiber per serving.

The best source of lignans...

Researchers believe that ground or whole flaxseed contain a large amount of lignans that assist in the prevention of breast, colon and prostate cancer.

If you want to give flax a try...

Flaxseeds have a nutty flavor and taste good too! Sprinkle or add ground flaxseed to ground meat, yogurt, salad or salad dressing, and cereal. Flaxseed, which have a tough outer coating, *must be ground* in order for their potential health benefits to kick in. Otherwise, they will pass through the gastrointestinal tract whole, with their healthful substances still inside. Flaxseed should remain in the refrigerator to prolong freshness. Ground flaxseed can be stored in the fridge for up to 90 days, although for optimum freshness, it is best to grind it as you need it. Flaxseed oil, while high in omega-3's, does not contain lignans nor does it contain any fiber. It also *burns easily* so it should **not** be used as a cooking oil, and it *does not stay fresh for very long*, even if stored in the refrigerator. You can find whole flaxseed and flaxseed oil at health food stores, natural food stores and some supermarkets.○

Meat Loaf Recipe

2 lbs Lean ground beef or turkey breast
1 tsp Black pepper
1 cup Fat-free milk
1 tsp Garlic powder
1/2 cup Ground flaxseed
1 tsp Dry mustard
1/2 cup Dry bread crumbs
1/2 tsp Celery salt
1/2 cup Chopped onion
1/4 tsp Ground thyme
1 Egg, beaten
1/4 cup Ketchup
1 tbs Worcestershire sauce

In a large bowl, combine beef, milk, ground flax, bread crumbs, onion, egg, Worcestershire sauce, pepper, garlic, mustard, celery salt and thyme. Mix well. Add mixture to a 9 x 5 x 3 loaf pan. Spread ketchup over top of loaf. Bake at 350° F for 1 to 1 1/2 hours, until no pink remains. Remove from oven and let stand 5 minutes.

Yields: 8 servings

Serving Size: 1 slice

Per Serving Nutrient Values: 375 calories

27.6 g protein, 2.9 f fiber, 15.5 g carbohydrates, 22.3 g fat

(3.9 polyunsaturated, 8.5 monounsaturated, 7.2 g saturated)

Recipe from *Family Favourites Flax*. **Find useful facts about flaxseed on www.flaxcouncil.ca**

Support group meetings for post-op patients are held at:

Weill Cornell on the last Wednesday of the month (usually!) from 6 PM to 7 PM (or later) in the Uris Faculty Room #A-126. Enter the hospital at E69th Street and York Avenue. Walk down the corridor to the end; make a left and room A-126 will be down the hall on the right.

Lawrence Hospital on the first Wednesday of the month at 7 PM in the Administrative Board Room on the 6th floor. Lawrence Hospital is located at 55 Palmer Avenue in Bronxville. The number of the Center for Obesity Surgery at Lawrence is 914-787-4000.

Lawrence Hospital for only pre and post-surgery **LAP-BAND®** patients on the 3rd Wednesday of every month from 7 PM to 8:30 PM. Call the Center for Obesity Surgery at Lawrence at 914-787-4000 for location as it varies each month.

Check out the recent publication titled *Eating Well After Weight Loss Surgery* by Patt Levine and Michele Bontempo-Saray. Forewords were written by one of our surgeons Dr. William B. Inabnet and one of our dietitians Meredith Urban-Skuro, MS, RD. This cookbook consists of high protein, low-fat, delicious recipes that are easy to make. It is available at Barnes and Noble or www.barnesandnoble.com.

Mark Reiff has started a weekly or bi-weekly walking club in the Westchester/Rockland area. If you are interested, please email him at Tazmark65@aol.com.

If you have changed your address, place of business, insurance and/or telephone number(s), please advise the office staff by calling 212-305-4000 if you are a patient at Columbia Hospital or 914-787-4000 if you are a patient at Lawrence Hospital.

Join the on-line support group by emailing DrBesslersPatientsNYC-Subscribe@YahooGroups.com

Follow-up visits are very important. If you are due for a check-up, please call the office at 212-305-4000 to make an appointment. If finances are a concern, please advise and we will work with you.

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our patients. If this is the case, repairing the problem is usually indicated. For those with a dilated pouch or stoma after gastric bypass, we are offering the addition of an adjustable band (Lap-Band®) and have encouraging results in our initial patients. This is likely the safest revisional option. For patients who fail with their initial Lap-Band® we are offering gastric bypass beneath the band which we believe is a safer revision than removing the band before the bypass. This has the advantage of preventing the pouch from stretching and making the stoma size adjustable. Any patient who still has a BMI of 40 and above or between 35 and 40 but still has significant obesity related medical problems after completing weight loss (usually beyond 1-2 years) should be evaluated. We start with re-education and dietary evaluation/change and also evaluate the anatomy with an Upper GI series. If appropriate, meeting a surgeon to discuss revisional surgery is recommended. The best bet is to work with us and your operation from the beginning to avoid needing revision. ○