

# CCWL News

January/February 2006

Volume 4, Issue 1

CENTER FOR  
COMPREHENSIVE  
WEIGHT LOSS

## Centennial Celebration

The Center for Comprehensive Weight Loss at St. John Oakland celebrates its 100th bariatric surgery

On Monday, January 9, 2006, The Center for Comprehensive Weight Loss (CCWL) at St. John Oakland Hospital in Madison Heights celebrated its 100<sup>th</sup> surgical weight loss procedure by hosting a Centennial Celebration. Staff and administration of the hospital, as well as post-operative patients and their families, attended the event which took place in the hospital cafeteria.

Many special guests were on hand for the celebration including the master of ceremonies, St. John Oakland Hospital President Robert Deputat, Center for Comprehensive Weight Loss Program Director Janet Richards, Bariatric Surgeons Gary Katz, DO, Mustafa Hares, MD, and David Siegel, DO. "Congratulations to all of you on your success," said Dr. Gary Katz. Dr. Siegel and Dr. Hares both thanked all of the patients for attending the event, and congratulated them on their progress.



David Siegel, DO



Mustafa Hares, MD



Gary Katz, DO

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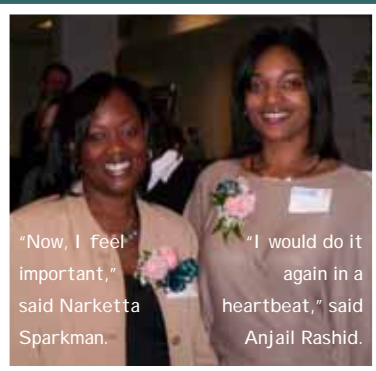
# Celebration, cont.

Kim Adams, reporter for Local 4 WDIV, featured the Centennial Celebration in her segment titled *Kim's Good Health*, which aired on WDIV later that evening. Kim interviewed several CCWL patients including Aundrea Lauzon, who had gastric bypass surgery one year ago and has lost 165 pounds. Responding to why she chose to have weight loss surgery, Aundrea said, "I wanted to be able to run with my children. I wanted to be around to see my children."

"Wow, I can't believe I did this, I'm so proud of myself," stated Carlisa Bellia, who had gastric bypass surgery in June of 2005 and has already lost 82 pounds. "It's the best thing I ever did. I am so happy," Carlisa told the WDIV reporter through tears of joy.

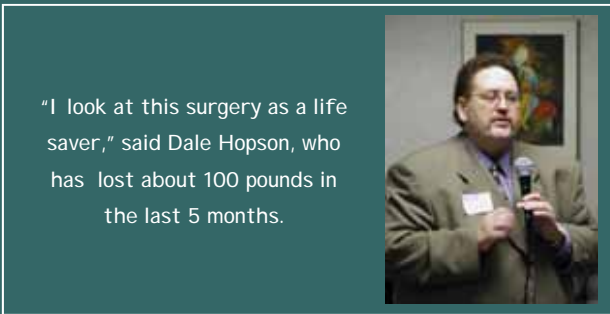
Tawnya Detherage, CCWL Bariatric Assistant and Support Group Facilitator, introduced patients, read testimonials, and handed out certificates to patients who are at least one year post-operative. Anjail Rashid, who has lost 100 pounds since her surgery in April said that having the surgery was the best thing she could have ever done. Before having weight loss surgery, people always told her

## Patients attend the Centennial Celebration at St. John



"Now, I feel important," said Narketta Sparkman.

"I would do it again in a heartbeat," said Anjail Rashid.



"I look at this surgery as a life saver," said Dale Hopson, who has lost about 100 pounds in the last 5 months.



"I am so proud of myself," said Carlisa.

Clockwise from top: Brenda Krajewski, Lisa Pawczuk, Aundrea Lauzon, Phyllis Martindale, Narketta Sparkman.



Aundrea has gone from a size 32 to a size 12/14!



Michelle Martin had surgery in July with Dr. Siegel.



World's First Bariatric  
Chef, Dave Fouts.

Chef Dave  
prepares  
Chicken  
Valencia  
and  
Tomato  
Basil Yellow  
Rice.



Guests at the Centennial Celebration  
sample bariatric friendly food.



that she had such a pretty face and would be such a knockout if she lost weight. "Having surgery gave me a piece of my life back that I should have always had," said Anjail.

"I have discovered me again," Brenda Krajewski said to her fellow gastric bypass patients. Brenda had surgery in April at the Center for Comprehensive Weight Loss and has lost over 155 pounds. Brenda was interviewed while at the Centennial Celebration by the Oakland Daily Tribune Newspaper and was featured in an article. She stated, "I feel wonderful. Life has opened up again."

Phyllis Martindale, who was also featured in the Daily Tribune, had surgery in June and has lost almost 150 pounds. "My most precious issue was having four beautiful boys and not going to any school functions because I didn't want their feelings to be hurt," Phyllis said. "Now," she said, "I can go to school functions without feeling uncomfortable for my children or me!" Phyllis says she has gained a part of her life back that she thought she'd lost forever.

The Center for Comprehensive Weight Loss was pleased to welcome the World's First Bariatric Chef, Dave Fouts, to be part of the festivities. Chef Dave is the author of *Culinary Classics: Essential Cooking for the Gastric Bypass Patient*, exclusive chef for *WLS Lifestyles* magazine, and contributor to *Weight Loss Sur-*

*gery for Dummies.* Chef Dave had bariatric surgery in 2002 and was shocked to find that there was no place to turn when it came to bariatric meal planning and recipes. Chef Dave teaches gastric bypass patients how to reach their weight-loss goals while still enjoying food.

Chef Dave spoke on the importance of proper nutrition and eating habits after bariatric surgery. He demonstrated healthy cooking techniques and prepared bariatric-friendly food samples for everyone in attendance. The recipes Chef Dave prepared, which can be found to the right, included Chicken Valencia and Tomato Basil Yellow Rice.

The Center for Comprehensive Weight Loss staff also held an informational meeting for new patients interested in bariatric surgery. Dr. Gary Katz gave an in-depth explanation of bariatric surgery to those beginning the process. Post-operative patients were in attendance and spoke about how the surgery has changed their lives. Chef Dave presented another cooking demonstration for the pre and post-operative patients.

Chef Dave, speaking on the difficulty of eating after bariatric surgery said, “the first year after surgery is just a dress rehearsal. Then, you have to go on stage and perform.” Look for articles from Chef Dave in upcoming editions of the *CCWL News*.

## Chicken Valencia

8 boneless chicken breasts, cut in half  
 1 tsp salt and pepper      2 tomatoes, peeled & chopped  
 1/4 cup flour      1/2 cup fresh mushrooms, sliced  
 1/4 cup olive oil      1 clove fresh garlic, chopped  
 1/2 cup white wine      1/2 cup chicken stock  
 1/2 cup scallions, chopped

### Directions

First, salt and pepper chicken breast. Next, lightly coat with flour. Then, place olive oil in large sauté pan on med-high heat. Once olive oil is heated, add coated chicken breasts and sauté until chicken is golden brown. When chicken is browned on both sides, add white wine to deglaze the pan. Then, add tomatoes, mushrooms, scallions, garlic, and chicken stock to pan. Let chicken dish simmer for 10 minutes or until chicken is cooked. The stock will become thickened while cooking. Serves 8.

Per serving: 354 calories, 7g fat, 32g protein, 3g carbohydrate, 1g dietary fiber, 132 mg cholesterol, 471mg sodium.

These two recipes were created by Chef David Fouts, the World's First Bariatric Chef, and shared with guests at the Centennial Celebration.

## Tomato Basil Yellow Rice

5 oz Spanish rice mix      2 Tbsp olive oil  
 1/2 cup scallions      2 cloves garlic, chopped  
 1/2 cup pine nuts      1 medium tomato, diced  
 2 cups chicken stock      1/2 bunch fresh basil

### Directions

In medium sauce pan, heat olive oil. Once oil is heated, add garlic, scallions, pine nuts, and tomatoes and sauté for 2 minutes. Next, add yellow rice mix and stir for 1 minute. Add chicken stock and whole fresh basil leaves (with stems removed) and bring to a simmer. Turn heat down to medium-low, cover, and simmer for 25 minutes.

Per serving: 90 calories, 8g fat, 3g protein, 3g carbohydrate, 1g dietary fiber, 0mg cholesterol, 540mg sodium.

## Healthy Resolutions for the Whole Year

As the first few months of the New Year slip away, do you find your resolutions slipping away as well? Resolutions should be reasonably attainable so that you are setting yourself up for success rather than disappointment. Try focusing on small intermediate goals that will ultimately lead you to your primary goal. Do not expect to be perfect. Aim for a healthy lifestyle that you will feel comfortable sticking with.

### Take Small Steps

Simply establishing the goal of leading a healthy lifestyle should make you feel good about yourself. To make the goal more attainable, come up with small goals you know you can meet each day to help keep yourself feeling positive. Accomplishing the smaller goals will leave you with a more immediate feeling of success. If your goals are too large, you may get caught up in them and feel disappointed when you do not see immediate results.

Small behavior-change plans are easier to stick to than vague resolutions like "I will lose 10 pounds." If your resolution is too large, add a plan of action that will guide you toward your goal. Rather than "I will exercise more," try "I will go for a walk at lunch on Tuesdays and Thursdays and work out in the gym Mondays and Fridays." This way you can feel a sense of accomplishment every day, and if you miss a day, you can get right back on track rather than feeling like a failure.

### Change for Yourself

Any goals that you set should come from a sincere desire to change

for yourself. Research has shown that negative feelings are a frequent cause of relapse in behavior-change programs, and resolutions that feel like punishment can cause negative feelings. All resolutions should be perceived as positive changes that will help you reach optimal health and well-being. Don't decide to change to please anyone other than yourself. And remember, resolutions are an opportunity for you to look forward in a positive way rather than to punish yourself for past behaviors.

### Be Creative

Perhaps you can find ways to exercise while also accomplishing other goals. If weather permits, try walking to do errands that are in close proximity to your home or office. Maybe you need to spend more time with your family. Try walking with a family member or bringing your children along on bikes while you walk or jog. If your goal is to make new friends, try taking classes where you will meet other people who share your same exercise interests.

### Be Realistic

Be sure that your plan of actions is realistic. Plan to work out at times when it is convenient for you. If you are not a morning person, do not plan to work out early in the morning or you'll just be setting yourself up for failure. Try to make things as easy as possible for yourself. Set your goals at reasonable heights so that you can reach them one by one without feeling overwhelmed.

The only way your goal is going to become reality is if you believe in it and, most of all, if you be-

lieve in yourself. It may help you re-inforce your goal if you can find a realistic role model who is actually living your goal. If they can do it, so can you!

### Anticipate Roadblocks and Reward Yourself for Successes

If things like weather and illness will prevent you from sticking to your plan, make alternate plans for situations that you cannot avoid. Most importantly, do not let a missed day or two throw you completely off target. Instead, do your best to get back on track as quickly as possible, which should not be extremely difficult if you have set appropriate goals.

It is easier to stick to your plan when you feel good about yourself. Try to find a new way to reward yourself when you meet your smaller goals. If you are trying to eat healthier, be sure that all of your meals are still delicious. Be sure to get involved in activities that keep you feeling happy and fulfilled.



Information provided by The American Council on Exercise, the largest nonprofit fitness certification and education provider in the world. For more fitness information, visit [www.acefitness.org](http://www.acefitness.org).

# I WOULD DO IT AGAIN...



My name is Melissa Rulau and I would like to share my story with you and all those who may be interested in having weight loss surgery.

I had the Roux-en-Y Gastric Bypass surgery in February, 2004. I have since lost approximately 130 pounds. The weight loss seemed slow in the beginning; we all wish it would just fall off overnight. It did not take very long though before I started noticing a difference. It only took me about nine or ten months for the majority of my excess weight to come off.

I couldn't believe that having gastric bypass surgery would help to control my hunger. The health benefits of having this surgery are absolutely amazing. My blood sugar before the surgery was 169 and the last time I got it checked, it was only 92! My cholesterol has dropped from 220 to 150. The amount of energy I have has dramatically increased. Although a bit slower than before, I am still losing some weight.

I started exercising early in my journey, and found that I actually LOVE to exercise. At first I would just walk, but then I started riding a bike and going to the gym to work-out. I enjoy lifting weights at the gym and even got up to an hour on the elliptical machine! I have slowed down on the exercising a bit since I went back to work, but I am still losing weight.



# IN A HEARTBEAT!

I can't believe the reaction I get from people. When I returned to work after being off for surgery, people actually didn't even recognize me!

LOOK AT MELISSA NOW!

I have recommended this surgery to some of my friends and coworkers. They all ask me the same question: "Was it worth it?" My response to them is always: "I would do it again in a heartbeat!" Having weight loss surgery has truly made an incredible difference in my life.

I want people that are in the same situation that I used to be in to know that this surgery really does work. But, it is not the "easy" way out like some people may seem to think. It takes a lot of hard work and dedication.

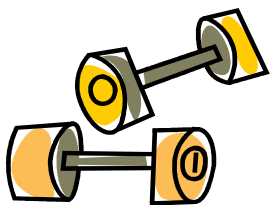
Melissa had her surgery done at the Holzer Center for Comprehensive Weight Loss in Gallipolis, Ohio with Dr. Ronn Grandia.



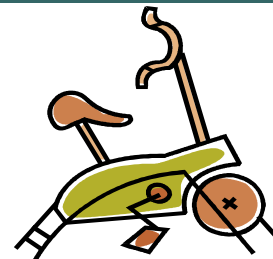
We would LOVE to feature YOU in an upcoming edition of the CCWL NEWS. If you had surgery through a Center for Comprehensive Weight Loss program, and are at least 1 year post-operative, send before and after pictures, and a story that is at least one page in length. You will be contacted to sign a photo release form.

Write: CCWL - 3891 Ranchero Drive, Ste 10 - Ann Arbor, MI 48108

-or- email: [editor@ccwl.net](mailto:editor@ccwl.net)



# Announcements



The Physical Rehabilitation Department at St. John Health is happy to announce the launch of their new exercise program: B-Fit. B-Fit works in conjunction with the Center for Comprehensive Weight Loss and is designed to teach the basic components of exercise and healthy living. Those enrolled in the program will have the opportunity to work with a Certified Athletic Trainer and can expect to see a decrease in overall weight, decrease in fat weight, increased endurance, increased flexibility, increased muscle tone and a better quality of life. The B-Fit program focuses on cardiovascular training, flexibility and strengthening large muscle groups. The B-Fit program can be completed at any of the following locations:

St. John Physical Rehabilitation 19601 E. 8 Mile Road St. Clair Shores	St. John Hospital - Warren Satellite 27450 Schoenherr Warren	St. John Physical Rehabilitation 20952 E. 12 Mile Road St. Clair Shores
St. John Hospital North Shores 26755 Ballard Road Harrison Township	St. John Oakland Hospital 27483 Dequindre, Suite 102 Madison Heights	St. John Medical Center Romeo Plank 46591 Romeo Plank, Suite 115 Macomb Township

### The cost for B-Fit:

Individual one hour session:  
\$50.00

Four (4) one hour sessions:  
\$175.00

Twelve (12) one hour sessions:  
\$450.00

Group discounts are available!

Prices are per session:

2 people: \$30.00 per person

3 people: \$25.00 per person

4 people: \$20.00 per person

### Starter Program

The St. John Rehabilitation Department also offers a Starter Program. This program is geared towards those who prefer to exercise at home but need the help of a professional to get started. The fee for the program is \$200.00, and includes four (4) one hour sessions with a Certified Athletic Trainer. The program offers instruction on a detailed home exercise program and will also teach you how to purchase exercise equipment for your home.

If you are interested in more information or to schedule an appointment, please contact:

Amanda Riesterer ATC, CSCS

586-771-6084 x 232

## 2006 Support Group Schedule

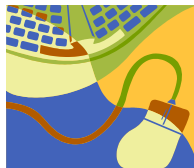
January 9	May 1	September 11
February 6	June 5	October 2
March 6	July 10	November 6
April 3	August 7	December 4

Holzer Center for Comprehensive Weight Loss - All support groups are held from 6:30 - 7:30 pm in the conference rooms at Holzer Medical Center.

Center for Comprehensive Weight Loss at St. John - All support groups are held from 7:00 - 8:00 pm in the St. John Education Center.

### Click on the new CCWL

The Center for Comprehensive Weight Loss is excited to launch a new and improved website!



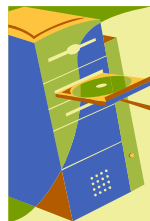
Although the address is the same, the look has changed. All the patients featured on the site are actual post-operative patients that had surgery at one of our CCWL programs!



Please take a few minutes to check us out, and let

us know what you think!

[www.ccwl.info](http://www.ccwl.info)



### Refer-A-Friend Rewards Program

The best compliment you can give us is telling your friends and family about our program. Do you know someone who could benefit from weight loss surgery? If so, you could benefit from giving them our telephone number.

**Level 1: Consultation Referral**  
Your friend attends a consult, you earn \$50.

**Level 2: Surgery Referral**  
Your friend has surgery, you earn \$100.

For a rewards certificate, stop by the clinic or write:

CCWL News

3891 Ranchero Drive, Ste 10

Ann Arbor, MI 48108

Email: [editor@ccwl.info](mailto:editor@ccwl.info)

# Bariatric Bites

During the chilly winter months, warm up with some of these bariatric-friendly recipes!

## Broccoli Soup

1 1/2 cups broccoli, chopped  
 1/4 cup celery, diced  
 1/4 cup onion, chopped  
 1 cup chicken broth  
 2 cups milk  
 2 Tbsp cornstarch  
 1/4 tsp salt  
 Dash pepper and ground thyme  
 1/4 cup Swiss cheese, grated

1. Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender.
2. Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is slightly thick and mixture just begins to boil.
3. Remove from heat, add cheese and stir until melted.

Nutritional information:

Per serving: 99 calories, 2 g fat. Serves 4.

Official 5 A Day Recipe from Make Health Your Choice.

## Cheese and Tomato Quiche

1/2 cup egg substitute  
 1 Tbsp non-fat powdered milk  
 1 tsp black pepper  
 1/2 cup 2% milk fat cheddar cheese, grated  
 1/4 cup diced tomatoes  
 1 tsp basil  
 1 dash paprika

Preheat oven to 350° F. Spray a 6-inch pie pan with nonstick cooking spray. Combine all the ingredients in a small bowl. The batter will be chunky. Pour the batter into the prepared pan and sprinkle with additional paprika if desired. Bake for 30 minutes or until a knife inserted into the center draws out clean. Let the quiche stand for 5 minutes before serving.

Nutritional information:

Per serving: 57 calories, 5 g protein, 1 g carb, 4 g fat. Serving size: 1 cup. Number of servings: 6. From Bariatric Innovations.

## chunky chicken potpie

### Ingredients:

3 cups diced, cooked chicken  
 1 can (10 3/4 oz) condensed cream of chicken soup  
 1 can (19 oz) kidney beans, drained and rinsed  
 1 jar (4 1/2 oz) sliced mushrooms, drained  
 1 can(4 1/2 oz) diced green chilies, drained  
 1/2 tsp dried sage  
 1/2 tsp dried thyme  
 1/4 tsp salt  
 1/8 tsp black pepper  
 1 sheet frozen puff pastry, thawed according to package directions  
 1 egg mixed with 1 Tbsp water  
 1 Tbsp grated Parmesan cheese  
 1/4 cup water

### Directions:

1. Heat oven to 400° F.
2. Mix chicken, soup, kidney beans, mushrooms, chilies, water, sage, thyme, salt and pepper in large bowl. Scrape into 8 x 8 inch glass baking dish.
3. Place pastry on top of filling; crimp edges along rim of baking dish.
4. Brush egg mixture over pastry. Sprinkle top evenly with Parmesan cheese. Cut about 10 one-inch steam vents in pastry.
5. Bake at 400° for 30 minutes. If it browns too quickly, cover with foil. Let stand for 10 minutes before serving.

### Nutritional information:

Per serving: 306 calories, 29 g protein, 21 g carb, 13 g fat.

Number of servings: 6.

From Family Circle magazine.

## Chocolate Covered Cherry Protein Shake

1/2 cup cold water  
 1/2 cup crushed ice  
 1 tsp vanilla flavoring  
 1 Tbsp Sugar-Free Cherry Kool-Aid  
 1 scoop chocolate protein powder

Combine all ingredients in your blender and blend on high for 2 minutes. For a sweeter flavor, add 1 packet of artificial sweetener.



For fun, pour into an ice cream glass that's been chilled and frosted in the freezer for 15 minutes, and garnish with a cherry!

## Shopping Spotlight: Broccoli

### How do I know that the broccoli is fresh?

- Choose broccoli heads with tight, unopened clusters.
- The color of the florets should be dark green or bluish green, which have more beta carotene and vitamin C. Yellow buds mean the vegetable is old.
- Broccoli head should not be flowering.
- Stalks should be light green and slightly moist.
- Avoid very thick stalks.

### How do I store broccoli?

- Refrigerate in an open plastic bag and use within a few days.

### What's in it for me?

- Vitamin A, vitamin C, folacin, & fiber.