

Welcome Spring

Lost The Weight, Gained So Much More!

My name is Sister Jeanette Dufek and I am a Sister of the Humility of Mary and at the age of 61 I have just discovered a whole new life as a result of Gastric Bypass Surgery. I have had a weight problem just about my entire life to the point where I was having difficulty breathing, my back hurt all the time, I had difficulty walking and really doing all the things I need to do in my life as a Sister. I was even using a motorized scooter, as I was no longer able to walk the whole building. I have tried every diet I know to no avail, I would lose and then put it all back on plus. My top weight peaked at 356 pounds and I was humiliated at how I looked. I had an umbilical hernia about the size of a football that stuck out the front of me. The weight was bad enough but the hernia just compounded the problem. I was sent to a surgeon who was afraid to do anything about it because of the weight. At my last consultation after the Ultrasound the surgeon suggested Gastric Bypass Surgery. St. Elizabeth's had not opened their center yet so I had to go to either Pittsburg or Cleveland. I called a center in Cleveland just to make an appointment to see if the idea was for me. I found out that they had a cut off of 60 years of age and I was, at that time, two weeks prior to my 60th birthday.

The next day one of our Sisters who used to work at St. Elizabeths and was there for the day and met someone who told her St. Elizabeths was opening a Bariatric Center. Was this a sign from God? Being a woman of great faith how could I not pay attention. The next day I called the 800 number I wanted to see if I fell within their age limit (secretly hoping that I didn't) and I was surprised to find out I did. I made an appointment for my preliminary consultation, which was May 14, 2002. I met with the Director, the Therapist and Dr. Vanek. The center was so new that the Dietician was not yet on board. Dr. Vanek told me that I was a candidate however I had to first lose weight. I obviously knew that was not possible. How many times had I tried that before? I was told my Body Mass Index (BMI) was 67 and it needed to be 60. In October, five months later I received a call from Kim Triveri, the Dietician at the center, asking if she could work with me to get the weight down so that I could have the surgery. I said no that I knew that I couldn't do it. I had tried so much I was at the end of my rope and just knew it would be another dead end. She would not give up on me and asked me to at least meet with her guaranteeing that we would get the weight down. Well I did meet with her and that started the beginning of a wonderful relationship with Kim. I lost 36 pounds which brought my BMI down to 60 and I was cleared for surgery.



**Sister Jeanette Dufek
at 350+ pounds**

After I got to this point I was not sure if I really wanted to do this. The only surgery or hospitalization I have ever had was tonsils at the age of seven. I searched my soul and did a lot of praying and what I came up with was, did I really have a choice? In reality I didn't because if I did not have the surgery, on the path I was on I knew I would not live to tell the tale. Yes, there are a lot of possible complications however the chances of living much longer at the rate I was going were minimal so for me I decided there was not choice I had to do it. This is not to say I was not scared however I knew I had been lead to this point by a God who loved me and that made it all possible.

(continued on page 2)

Sister Dufek Continued.....



I was assured that my hernia could be repaired at the same time and I was grateful for that. I had surgery on May 5, 2003 and it was difficult. I had a 36 inch incision and had some problems with that. The first few months I thought I would never feel good again. I vomited almost every time I ate and was quite discouraged. I was very blessed to live at my community Mother House on a nursing unit for three months. I am not sure I could have done it without them. I also had

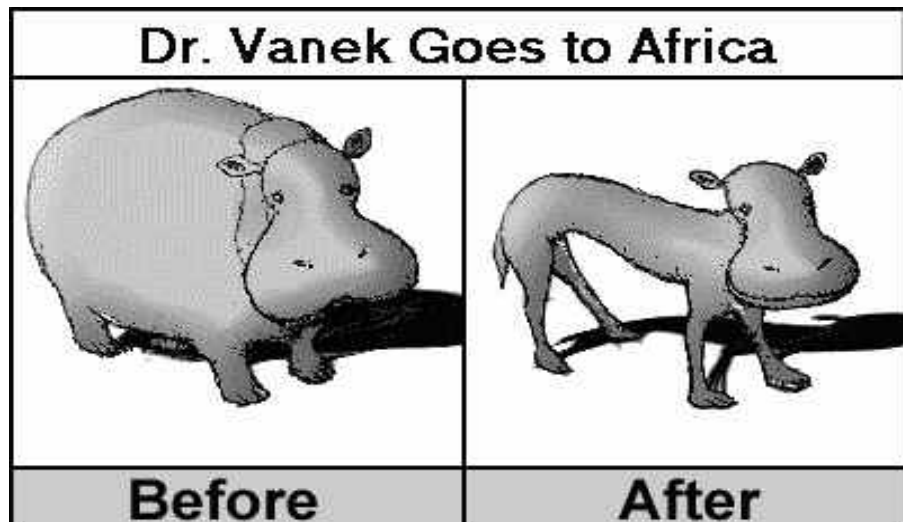
the wonderful support of good friends who helped pull me through. Four months out was the turning point for me. All told since I started working with Kim in October 2002 I have lost 136 pounds and I feel fantastic. I have no problems. I have gotten rid of my scooter and I walk everywhere. I can eat next to anything, just very little bits, my exercise is walking around stores and I have not had my blood pressure medicine since my surgery. I feel fabulous and thank God because

each day is a new gift for me. I cant say enough about the staff at St. Elizabeths center. They are tremendous. Last but not least there are not words to express my gratitude to Dr. Vanek. He is such a kind, gentle, unassuming man who has given me a whole new life. Each day is exciting and I am truly grateful.

Sister Jeanette less 136 pounds!



Speaking of Dr. Vanek and his work with Bariatric patients....



Recipe of the Month!

Sorry, we goofed and put this on the back of the newsletter form so here it is again!!!

Chocolate Covered Cherry Yogurt Smoothie

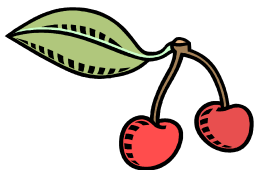
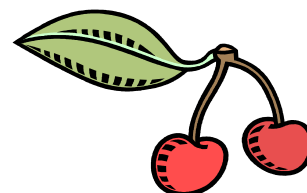
1 C. Fat Free Milk

1/2 C. Black Cherry Fat Free Yogurt

1 Packet No Sugar Added Rich Milk Chocolate NESTLE CARNATION INSTANT BREAKFAST Nutritional Energy Drink

Place milk, yogurt, and Carnation Instant Breakfast powder in blender. Blend until smooth.

For added protein, mix in 2 scoops of your Bariatric approved protein powder.



Enjoy!



New Support Groups In Parkersburg, West Virginia!



Announcement

New Holzer—Parkersburg Support Group

Meetings are from 6:30 to 8 PM

May 17th

June 14th

July 12th

August 9th

September 13th

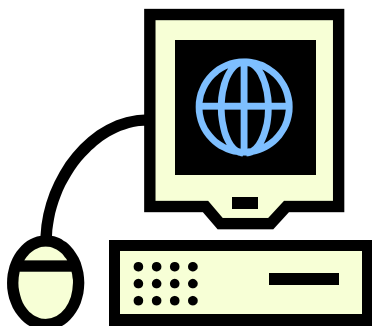
October 11th

November 8th

December 10th

Where: Grace Baptist Church
55 Rosemar Road
Parkersburg, WV

If you have any questions contact the
Holzer Center for Comprehensive Weight
Loss at (740) 446-5825



**For more information or to access the
newsletter on-line visit:**

www.ccwl.info

Why Behavioral Changes Are Necessary For Reaching and Maintaining Goal Weight

By Terri Canterbury, Bariatric Counselor
Holzer Center for Comprehensive Weight Loss



No big news flash many people eat as a way to medicate themselves, frequently as a reaction to emotional situations (most generally negative emotions) such as anger, loneliness, stress, depression, anxiety, and boredom. Many also medicate in a celebratory mode for happiness, and joy in social situations. You may eat simply because of the pleasurable feeling you get from ingesting food. There may be no deep-seated force driving your desire for food, bottle line is, it just tastes good and you like having a party in your mouth. Realizing that pleasure seeking behavior can destroy your life and health must be acknowledged as a path to gain the discipline that is necessary to make lifestyle changes. When you eat, your body chemistry is altered temporarily to assist in the process of digestion. Just like the warm relaxed feeling you develop as your heart pumps blood to your organs, your brain manufactures natural chemicals that have a soothing effect on your nervous system. There is a real psychological “high” that comes from ingesting food, and that good feeling is the result that comes from eating. Gastric By-Pass patients have developed a strong emotional attachment to food and this is just one reason why you turn to food when you crave love and emotional support. Now that you have had Gastric By-Pass surgery and you are confronted with a conflict or stressful situation, you must not allow these moments to dictate your reaction to them. Remind yourself that only you can choose your reactions to your emotions whether negative or positive. Inner dialog with yourself can be helpful when exercising the power to choose these reactions.

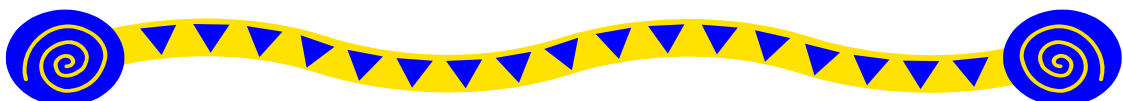
....Began by reprogramming your life so that you can stop turning to food to suppress and alter feelings in an attempt to reduce emotional distress. One mean to this end is reducing your exposure to inappropriate foods. Eliminate junk foods from your kitchen. If high caloric and refined sugar items are within your reach, you could be setting yourself up for failure. If these foods are not handy, and your willpower should happen to run out of steam, their unavailability may be the one tool to save you from breaking your resolutions.

....Most likely you are wondering how to cope with stress if you deny yourself food as an outlet. There are other ways to indulge oneself and resume an aura of calmness without relenting to the urge to binge on food. Temptation can arrive at any place, any time during the day

and usually does without fail. You can expect up to 6 or 7 of these moments a day. It is critical you have the ability to resist these temptations because they have the potential to reverse the progress you have made. Your awareness and conscious resolve to manage the worst of times will prevent you from spiraling out of control. Here are some suggestions for diverting your attention:

- Engage in conversation
- Devote time to a new hobby
- Do garden work
- Play a game
- Play or learn a new sport
- Talk on the phone
- Write letters
- Start a weight loss journal
- Read
- Work a puzzle
- Listen to or dance to music
- Do housework
- Pay bills
- Run errands
- Do volunteer work

...Prioritize exercise in your life. It is a tool you cannot afford not to utilize. There is no way you can control your weight for a lifetime without it. Regular intentional exercise is too important to ignore. It holds the key to body control. Fitness can gear you metabolically for keeping weight off, as well as adding energy and vitality to your body. Food behavior and exercise are interactive. If you exercise on a regular basis, you will begin to see a decrease in your desire to eat. The trickle down effect of this combination is an increase of self esteem and the sense of well being that is created by doing everything you can to facilitate a positive image.





Words WOMEN Use- Instructions For MEN

FINE!

This is the word women use to end an argument when they feel they are right and you need to shut up. Never use "Fine" to describe how a woman looks- this will cause you to have one of those arguments.

FIVE MINUTES!

This is half an hour. It is equivalent to the five minutes that your football game is going to last before you take out the trash, so it's an even trade.

NOTHING!

This means "something," and you should be on your toes. "Nothing" is usually used to describe the feeling a woman has of wanting to turn you inside out, upside down, and backwards. "Nothing" usually signifies an argument that will last "Five Minutes" and end with "Fine."

GO AHEAD! (with raised eyebrows)

This is a dare. One that will result in a woman getting upset over "Nothing" and will end with the word "Fine."

GO AHEAD! (normal eyebrows)

This means "I give up" or "Do what you want because I don't care" You will get a "Raised Eyebrow Go Ahead" in just a few minutes, followed by "Nothing" and "Fine" and she will talk to you in about "Five Minutes" when she cools off.

LOUD SIGH!

This is not actually a word, but is a non-verbal statement often misunderstood by men. A "Loud Sigh" means she thinks you are an idiot at that moment, and wonders why she is wasting her time standing here and arguing with you over "Nothing."

SOFT SIGH!

Again, not a word, but a non-verbal statement. "Soft Sighs" mean that she is content. Your best bet is to not move or breathe, and she will stay content.

THAT'S OKAY!

This is one of the most dangerous statements that a woman can make to a man. "That's Okay" means that she wants to think long and hard before paying you back for whatever it is that you have done. "That's Okay" is often used with the word "Fine" and in conjunction with a "Raised Eyebrow."

GO AHEAD!

At some point in the near future, you are going to be in some mighty big trouble.

PLEASE DO!

This is not a statement, it is an offer. A woman is giving you the chance to come up with whatever excuse or reason you have for doing whatever it is that you have done. You have a fair chance with the truth, so be careful and you shouldn't get a "That's Okay."

THANKS!

A woman is thanking you. Do not faint. Just say you're welcome.

THANKS A LOT!

This is much different from "Thanks." A woman will say, "Thanks A Lot" when she is really ticked off at you. It signifies you have offended her in some callous way, and will be followed by the "Loud Sigh." Be careful not to ask what is wrong after the "Loud Sigh," as she will only tell you "Nothing."