



Brad's Story

Hi! My name is Brad Freeman. This time last year I tipped the scale at 445 lbs. I was on eight different medications for everything under the sun. I also had obstructive sleep apnea and my c-pap machine was set to the highest setting. My life and my family's life revolved around what I could or couldn't (mostly couldn't) do. After a day of work I was too tired, too sore, too crabby, and too self-conscious of my weight to do anything about it. This went on for years. Then one day I had an appointment with my family doctor. She mentioned weight loss surgery and gave me a flyer about the Center for Comprehensive Weight Loss. When I got home, I tossed it on the table and never gave it a second thought. A few days passed and I started to read the flyer, and as I read I thought "I don't need



this, this is only for people who can't move around, but I work and have a life so I guess it isn't necessary for me." Then one night when I couldn't sleep I got up and started to read the flyer that my doctor had given me from CCWL. I started to see the whole picture, and how my wife Sandy and my son Lyman were suffering as well. I saw the quality of life for my family and myself was the absolute lowest. I decided to do something...so I made the first call to CCWL. From my first phone call and consultation and on through the whole process I was treated with nothing but respect. All of the people at CCWL were top-notch. So were the people at the hospital. I had my surgery on June 30th,

Brad's Story Continued...

2004 and have lost 185 pounds. I now weigh 260 lbs. I haven't been this light since 1976. I don't have to tell you that my quality of life is higher that it has been in years. I have a new job that I love and I'm back on at the Fire Department. I am so happy I can live my life to the fullest now!

Thanks to my surgeon and the staff at CCWL, you have given me a second chance to live life again.

~Brad Freeman

P.S. I now only need to take one medication, I sleep without my c-pap machine, and my waist has gone from 62-inches to 44-inches...isn't that great?!



Look At Brad Now!

Refer-A-Friend Rewards Program

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

Send us your friends and we'll send you shopping!

Level 1: Consultation Referrals

Refer your friend to our program. Once your friend attends a consultation, fill out a rewards certificate and send it in. Your **\$50** gift card will be on the way.

Level 2: Surgery Referrals

Once your friend has surgery, fill out another certificate and send it in. We will send you a **\$100** gift card.

For a rewards certificate, or for limitations and restrictions, please stop into the clinic or write:

Email: editor@ccwl.info

OR

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Achieving Long Term Weight Loss Goals

By: Dawn Vergin, RD

Sometimes during the surgery process, both patients and practitioners tend to focus on what to do immediately after surgery. Questions I am commonly asked include “How long do I have to be on liquids?” or “Do I have to eat baby food?” Rarely do I get a question such as “What’s my life going to be like 3 years from now?” Patients want to know about the initial diet stages, and often long-term strategies get overlooked. In order to achieve long-term successful weight loss, post-surgery patients must be committed to a lifestyle change **forever**. For those of you who are more than one year out from surgery, here are some reminders to keep you on track. For those who just had surgery, here are some things to think about for the future. Most of these ideas are also relevant to friends and family members who may want to manage their weight, so you can share ideas with them.

Weigh yourself on a regular basis – When I say regularly, I mean once a week. This helps to keep you on track with your goal weight. If you do start gaining weight, make sure you speak with your dietitian or surgeon to help you get back on the right path.

Keep food records – Many people do not like to keep a record of food they eat, but research shows it helps people keep the weight off. Keeping a food record helps you realize what you are actually eating. It also reminds you of portion size which in turn helps with portion control.

Plan Ahead – This can be targeted to many areas of life after surgery. Whether it is eating out, planning meals to avoid the wrong type of foods, or setting an exercise regimen, you must plan ahead to be successful.

Exercise – No weight management program is complete without regular exercise. It can come in all forms, just make sure to stay active!

Proper nutrition – Don’t forget everything you have learned since the beginning: protein foods first, low-fat, low-sugar foods, adequate fluids, limit caffeine, no alcohol or carbonation, and take your vitamins as directed. These are crucial when achieving lifetime success.

Finally...**APPLAUD YOURSELF** – You have gotten yourself this far, so remember the positives, applaud your successes, and don’t focus on the negatives.

These are just a few tips that can help you achieve long-term success. One good resource is “*The Success Habits of Weight-Loss Surgery Patients*” by Colleen Cook. This book gives practical advice on keeping weight off for the long haul and staying successful. Remember your support groups and your CCWL team. They are great resources and helping hands when you need them. Above all, believe in yourself. You are your best supporter!

Dawn Vergin is a Registered Dietitian with the Center for Comprehensive Weight Loss at St. John Health in Madison Heights, Michigan.

Bariatric Bites

“Fried” Chicken Fingers with Vegetable Sauté

Chicken Fingers

- 1/4 cup bread crumbs
- 2 tsp grated Parmesan cheese
- 2 tsp dried instant minced onion
- 1/4 tsp salt
- 1 lb chicken tenders

Vegetable Sauté

- 1 Tbsp olive oil
- 1 each - medium zucchini and yellow squash, sliced
- 1 cup grape or cherry tomatoes
- 1 tsp minced garlic
- 1/8 tsp each - salt and pepper



1. **Chicken Fingers:** Place oven rack in lowest position. Heat oven to 475°F. Line a rimmed baking sheet with nonstick foil.
2. On a sheet of wax paper, mix crumbs, cheese, instant onion and salt. Press tenders in mixture to coat. Place on lined baking sheet. Coat chicken with nonstick spray.
3. Bake 7 minutes or until bottoms of tenders turn light golden. Remove baking sheet from oven; turn chicken and coat with nonstick spray. Bake 5 minutes more, turning once, until golden and cooked through.
4. **Vegetable Sauté:** While chicken bakes, heat oil in a large nonstick skillet over medium-high heat. Add zucchini and squash and sauté 5 minutes until lightly colored and crisp-tender. Add remaining ingredients; sauté 1 minute until garlic is fragrant and tomatoes are hot.

Nutritional information:

Per serving: 210 calories, 29 g protein, 8 g carb, 1 g fiber, 7 g fat (1 g sat fat)

Number of servings: 4. From Woman's Day Magazine.

Ham & Swiss Cups

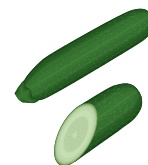
- 3 large eggs
- 1/4 cup diced cooked ham
- 1/4 cup grated Swiss cheese
- 2 Tbsp chopped green onion
- 1/8 tsp black pepper

Preheat oven to 350°F. In a medium bowl, beat together the eggs, ham, Swiss cheese, green onion and pepper. Place six muffin liners in a muffin pan and spray with cooking spray. Pour mixture in each of the lined cups. Place in the oven and bake for 20-25 minutes, or until firm and lightly browned on top.

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.



Do you know what vegetables are in season?

Broccoli	November-March
Cauliflower	October-November
Celery	October-June
Mushrooms	November-January
Sweet Potatoes	October - December
Winter Squash	September-November



Cinnamon Roll Protein Shake

2 scoops vanilla protein powder
1/4 tsp cinnamon
1 Tbsp sugar-free instant vanilla pudding mix, dry
1 packet artificial sweetener
1/2 tsp imitation vanilla (or 1/4 tsp extract)
8 oz. water
A few dashes of butter flavored sprinkles or extract
3 ice cubes

Directions:

Add all ingredients to blender, whip, and serve.



Nutritional information:

For added ingredients: 25 calories, 5 g carb, 0 g fat (add nutritional information for protein powder)

Apple Spiced Tea

3 cups boiling water 1/3 cup Splenda Granular
3 apple tea bags 1/4 tsp allspice
1 cup apple cider 2 cinnamon sticks
1 tsp lemon juice 2 orange slices, cut in half

Measure water into medium pot. Bring to a boil; turn off heat and add tea bags. Let steep 3 minutes. Discard tea bags.

Add juices, Splenda, cinnamon sticks, and orange slices. Turn on heat and bring back to simmer (do not boil), and serve in 8-ounce mugs.

*Keep tea in a Crock-Pot
for entertaining friends
and family on a chilly
autumn evening!*



Nutritional Information:

Per serving: 35 calories, 9 g carb, 0 g fat

Number of servings: 4. From Fantastic Food with Splenda.

Frosted Pumpkin Bars

Cookie bars:

2 cups all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1 1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp mace
6 Tbsp margarine, softened
3 Tbsp baby food prunes
1 15-oz can pumpkin puree
2/3 cup Splenda Granular
2 Tbsp molasses
1 1/2 tsp vanilla
1 egg
1/4 cup raisins, finely chopped



Frosting:

4 oz. light cream cheese
6 oz. non-fat cream cheese
1/4 cup Splenda Granular
2 Tbsp orange juice

Directions:

Preheat oven to 350°F. Spray a 9 x 13 inch pan with nonstick baking spray.

Mix together flour, baking powder, baking soda, and spices.

In a large bowl, with an electric mixer, cream the margarine and prunes together. Add pumpkin puree, Splenda, molasses, vanilla, and egg. Beat well. Stir in flour mixture. Stir in raisins. Spoon into prepared pan and smooth. Bake for 20 minutes, or until cake springs back when lightly touched in center. Cool on rack. In a small bowl, with an electric mixer, beat all frosting ingredients until smooth and fluffy. Spread frosting onto cool bars. Refrigerate.

Nutritional information:

Per serving: 75 calories, 3 g protein, 8 g carb (sugar 3), 3.5 g fat (1 g sat fat)

Number of servings: 24. From Unbelievable Desserts with Splenda.

Word From George: Is Surgery Too Drastic?

“My doctor said that this obesity surgery is too drastic,” she said to me with a worried look on her face. She continued, “I told him that nothing else worked and that I knew lots of people who had obesity surgery done and it’s worked great.” Then, she described her new physician and how much she understands her, “She told me it’s the best thing for me.”

Now, who’s right? The “too drastic” or “the best thing” view of obesity surgery? Like a lot of things, it just depends. If this patient had been just thirty or forty pounds overweight, most of us would agree that, in today’s surgical world at least, obesity surgery would be too drastic for her. The risks of serious complications are just too great for such a person to lose 30 or so pounds; however, future developments in surgery are likely and newer, less risky surgery may make a less extensive type of obesity surgery possible but, for now, we can agree that it would indeed be drastic.

However, this person weighed 315 pounds and stood five feet tall. She had diabetes, high blood pressure and sleep apnea. She had tried and failed many

different diets, diet pills did not work, she exercised daily but less so since she had gotten over 300 pounds last year. She also took behavior modification classes, went to a hypnotist and “I’ve tried everything” is the best description. She then told me, “I think that my last doctor had it wrong. It is too drastic NOT to do something about my weight. It’s killing me, I know it and I need to have something done soon or I think I will die.” Pretty strong words but I can’t fault her for her concern about her all too real problems as well as those she likely will have to face in the future.

We often see patients with major medical problems like this morbidly obese lady. Some have additional medical, physical, psychological, social and economic problems as well. They, too, on balance, seem to be on a drastic course and most have been for years. Without relief from their basic problems, the risks of dying are considerably higher for them, not to mention their worsening quality of life—many of them are unable to reach certain anatomic parts for hygiene, tie their shoes and even cross their legs--walking increasingly be-

comes more of an art form than easy and automatic as it used to be—some come to need crutches and wheelchairs. And, that’s just for starters.

Ask about this at any Support Group meeting or from patients who have lost large amounts of weight after their bariatric surgery—you’ll hear no argument, except possibly about the fact that surgery for them “was definitely NOT too drastic.” The bottom line conclusion is that NOT having obesity surgery when it is indicated may be more drastic than continuing to fail at dieting, exercising, behavior modification and medications or just doing nothing at all, remaining hopeless and helpless. At a certain point, these individuals are following a course that is “too drastic” relative to the obesity surgery. That’s where we come in and are glad to help where appropriate in our judgment.

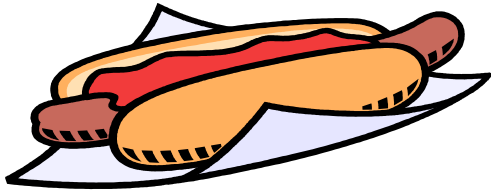
All the Best, George

“Health may not be everything, but if you lose it, everything soon becomes nothing.”

--ANON

ENJOYING A B-B-QUE THE HEALTHY WAY

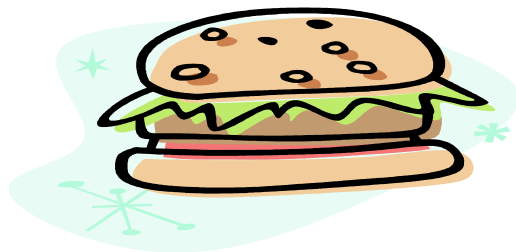
Holzer Center for Comprehensive Weight Loss recently held its annual cook-out in the picnic shelter on the hospital grounds of Holzer Medical Center in Gallipolis, Ohio. Over 60 people gathered on Monday July 18 for the event.



Guests enjoyed the opportunity to sample foods that are available for maintaining a healthy lifestyle. Fat free/sugar free does not mean boring. Hospital chaplain, Jay Tatum (assisted by Johnny McDonald) served as grill master and offered grace prior to the buffet style meal. The entrees, expertly grilled, were fat free turkey-burgers and fat free hotdogs served with potato soup and crackers. Completing the menu were vegetables and dip, fat free chips, and a variety of fat free/sugar free desserts.

Door prizes donated by Doctors

M. Canady and R. Grandia, Holzer Wellness Department, Holzer Dietary Department, Holzer Clinic Sleep Lab, Holzer Marketing Department, Holzer Administration, and Holzer Respiratory Therapy Department were awarded to Shirley VanMeter, Priscilla Knight, Dixie Rice, Patty Anderson, Roger Morgan and Susan Morgan. All guests received a stadium pad from Holzer Clinic Sleep Lab.



Holzer Center for Comprehensive Weight Loss staff members orchestrating and assisting with the cook-out were April McLain, Terri Canterbury, Pam Dye, and Sue Francis.

Submitted by Terri Canterbury, Bariatric Counselor at Holzer CCWL.

Everything in Moderation

When it comes to exercise we each determine what we can or cannot do, and how hard we push ourselves. Some follow the all-or-nothing principle, believing that if exercise is good for you it has to be hard, even painful. Then along came last year's Surgeon General's Report on Physical Activity, detailing the benefits of moderate physical activity. It was then that people began questioning exactly what "moderate" activity means.

There are few limitations on what types of activities you can do at a moderate intensity. The Surgeon General's Report includes a recommendation that everyone accumulate 30 minutes or more of physical activity on most or all days of the week. Brisk walking is the most popular choice since it can easily be incorporated in a busy day, has low injury rates, doesn't require special skills or equipment, and can be done by anyone at any age. But don't forget the things you do everyday. Gardening provides a multitude of opportunities for improving muscle strength, as does waxing the car or vacuuming the carpet.

One of the appealing aspects of this type of exercise program is that the amount of exercise you need can be adapted according to the length of time, intensity or frequency with which you exercise.

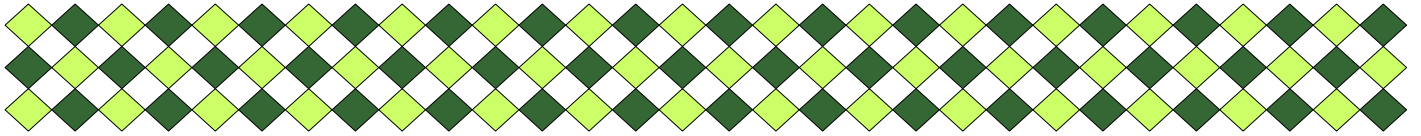
Now that you know physical activity need not be overly strenuous to be beneficial, it's time to get started. To insure that you're able to stick with exercise, choose activities you enjoy that can easily become part of your routine. Begin slowly, giving the body time to adjust, and work up to the desired amount and intensity. If you have any chronic health problems, or are at risk for any, consult with your physician before starting any activity.

Examples of Moderate Amounts of Activity

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1 3/4 miles in 35 minutes
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes



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.



Protein, Are You Getting Enough?

Protein, of Greek origin, means “of prime importance.” This couldn’t be more true for bariatric surgery patients. Our bodies need a constant supply of protein. Unlike carbohydrates and fat, the body doesn’t store protein and therefore has no reservoir to draw from when in short supply.

What does protein do for you?

- Build and repair muscles
- Aid fingernail and hair growth
- Help with blood clotting
- Fluid balance
- Production of hormones & enzymes
- Improve vision
- Aid in cell repair
- Build and repair tissue

Gastric bypass surgery reduces the capacity of the stomach pouch to a very small volume, thus making it difficult to get an adequate amount of protein. It is critical for bariatric patients to get enough protein for the body to maintain itself. If

the focus of each of your meals is protein-rich foods, you will be less likely to become deficient.

How much protein should I be getting?

Typically, bariatric patients should be getting between 60-80 grams of protein each day. Women should aim for 60-70 grams, while men should aim for 70-80 grams of protein per day. If you do not get adequate protein, it only takes three weeks for your body to break down its own source of protein—muscle, which will also cause you to feel nauseated and weak.

What are some examples of protein-rich food?

- Meat
- Egg whites
- Milk
- Cheese
- Nuts
- Beans
- Soy Foods
- Vegetables
- Grain Foods
- Protein supplements

How much protein is in the following foods?

<u>Food Name</u>	<u>Grams of Protein</u>
1 cup soymilk	7
1/2 cup canned chick peas	7
1/4 cup almonds	7
1 cup 2% milk	8
1/2 cup kidney beans	8
1 oz Mozzarella cheese	8
1 large egg	8
2 tbsp peanut butter	8.5
1/2 cup tofu	10
1 cup low-fat yogurt	11
1/2 cup cottage cheese	14
3 oz crab, steamed	17
3 oz shrimp	18
3 oz cod	21
3 oz ham	21
3 oz hamburger	21
3 oz flounder	21
3 oz halibut	21
3 oz salmon	21
3 oz turkey	21
3 oz veal	21
3 oz tuna, canned	25
3 oz roasted chicken, white	26

Be sure to eat your protein before anything else on your plate! If you are in a hurry, grab a protein bar or shake and get in the habit of snacking on protein!