

Healthy habits
Giving kids a
brighter future

Addressing obesity
A proactive approach
to your health

Bariatric surgery
Key facts you
need to know

**MEDIA
PLANET**

September 2012

OVERCOMING OBESITY



ON THE ROAD
TO SUCCESS

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CHALLENGES

You are the leader in your healthcare team.

Obesity—where do you start?

It is estimated today that more than 78 million U.S. adults are affected by obesity. What may be more startling than that number is the fact that many do not realize they're impacted by obesity. Compound that with the effects of excess weight, such as type 2 diabetes, and you have one of the country's largest epidemics affecting more than half of its population.

Recognizing weight

In order to address our weight, we must first measure our weight. One of the easiest ways to measure your weight is by calculating your body mass index (BMI). The OAC provides an easy-to-use online BMI calculator at www.obesityaction.org. If you determine that you're affected by being overweight, obesity or severe obesity, the next step is to talk to a healthcare professional and see which weight-loss option is best for you.

Important steps

Talking to a healthcare professional about your weight can be intimidating; however, it's important to take this crucial step as your health may be at risk. Prepare yourself for the visit. Write down what you consume each day for breakfast, lunch and dinner (don't forget snacks), list any exercises you participate

in and detail any weight-loss methods you've tried. Haven't tried any weight-loss programs? Don't engage in exercise? It's okay. Write that down as well. Any information you can provide will help in addressing your weight and improving your health.

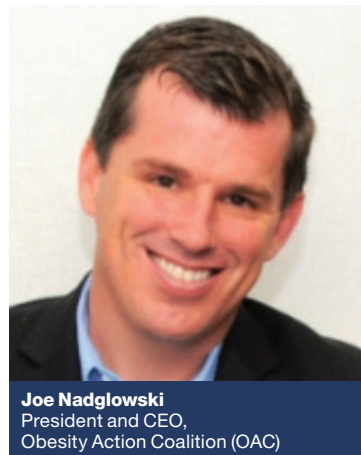
Choosing your weight-loss option

Combating obesity can often be a difficult task as we're all exposed to "promising weight-loss solutions." Many of these solutions have not been vetted or proven safe and effective. It is important for you to talk to a healthcare professional to see which weight-loss option is best for you. The best place to start addressing your weight is with your primary care physician (PCP). Your PCP will work with you to improve your weight and health. Resources such as dietetic visits and behavior modification tools may be used to address your weight.

Weight-loss options:

- Behavior and lifestyle modification
- Commercial weight-loss programs
- Medically managed weight-loss
- Bariatric (weight-loss) surgery

Each treatment is specific and some may be combined with other



Joe Nadglowski
President and CEO,
Obesity Action Coalition (OAC)

therapies. Regardless of treatment choice, it's important to incorporate a healthy lifestyle combined with proper nutrition and exercise.

Finding the right help

In the event that your PCP determined you may need more specialized assistance or care, you may then be referred to a number of healthcare professionals who treat obesity. Such professionals include registered dietitians, mental health experts who specialize in obesity and/or eating disorders, specialized physicians often called "obesity medicine specialists" and/or bariatricians or bariatric surgeons. Organizations such as the Academy of Nutrition and Dietetics (A.N.D.), The Obesity Society (TOS), American Society of Bariatric Phy-

sicians (ASBP) and the American Society for Metabolic and Bariatric Surgery (ASMBS) offer tools on their websites to help you locate a qualified healthcare professional. It is important to be comfortable with your provider. Improving your health goes far beyond "calories in versus calories out" and it's important that you express all your concerns and needs.

Staying the course

Almost everyone I've spoken to that has battled obesity, myself included, tried at least one weight-loss method at some point and they all said they "failed" at their attempt. Trying something and not succeeding is not necessarily "failing." Like anything we try in life, we learn from our mistakes. We're human, so it's okay if you struggle. The important part is that you not give up.

Addressing obesity and improving your health is a lifelong commitment and journey, and always remember, YOU are the leader in your healthcare team.

JOE NADGLOWSKI

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WE RECOMMEND



Dr. Subhashini Ayloo, Director of UIC's Bariatric Surgery program, shares important insight patients should know

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MEDIA PLANET

OVERCOMING OBESITY
THIRD EDITION, SEPTEMBER 2012

Publisher: Mark Dinglasan
mark.dinglasan@mediaplanet.com
Managing Director: Max Fjellström
max.fjellstrom@mediaplanet.com
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Cover Photo: istockphoto.com

Distributed within:
Chicago Sun-Times, September 2012
This section was created by Mediaplanet and did not involve the Chicago Sun-Times or its Editorial Departments.



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NEWS

Open dialogue matters

Despite repeated warnings, America's waistline is expanding — and the problem is only getting worse.

"It's epidemic," says clinical psychologist Patrick O'Neil, PhD, President of The Obesity Society and Director of the Weight Management Center at the Medical University of South Carolina. "More than one third of adults are obese, and another third are overweight."

Each year researchers uncover genetic factors related to obesity, and with the availability of high calorie foods and sugary beverages, it's no wonder we're packing on the pounds. O'Neil is convinced the obesity dilemma must be



Patrick M. O'Neil, Ph.D.
Director, Weight Management Center; Professor, Dept. of Psychiatry and Behavioral Sciences; Professor, Dept. of Surgery, Medical University of South Carolina; President, The Obesity Society

treated as a disease, not simply a character flaw or cosmetic issue.

"It's a serious medical condition that can carry devastating consequences if not managed. It needs to be identified and addressed in the clinical setting, just like hypertension or diabetes. And individuals

must have access to appropriate treatment."

O'Neil says discussing a patient's Body Mass Index (BMI) is an important step. "BMI is a first-pass screening indicator for obesity. If a patient's BMI is above 30, his or her doctor should follow up with assessments of potential related health problems or risk. BMI needs to be considered in the context of the individual patient."

Establishing a dialogue is crucial

"It's essential doctors communicate they're concerned about the patient's weight, because of its current and potential impact. Patients can make it easier for their doctors to help them by bringing up the



issue themselves."

O'Neil admits, "It can be a minefield in the exam room. In New Hampshire, a woman reported her doctor to the medical board based on comments he made. Patients often feel offended or insulted, so it's important doctors explain why they're concerned, because of other health conditions or the patient's family history. There

should also be a concrete plan that might include a referral to a psychologist or Weight Watchers.

Adds O'Neil, "Losing five to ten percent of body weight can improve health significantly, and that's an achievable goal."

CINDY RILEY

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LOCAL GRANDMOTHER FINDS JOY AGAIN

Marcia Dick, of Lockport, had learned to get used to her overweight body for over 60 years, but that didn't mean she could forget about it.

Fad diets and fitness plans often left her depressed and feeling weak, causing her to give up quickly. The weight continued to pile on and her depression worsened. "I was so ashamed to be seen in public, I just retreated inside," says Dick. As her

motivation waned, she was eventually diagnosed with sleep apnea, high blood pressure and diabetes causing her to take 4 insulin shots and 8 pills a day.

Dick had accepted this lifestyle, until she began to notice how difficult it was to spend time with her ten grandchildren. She loved spending time with them,

always planning themed parties and sleepovers, but as they grew older she realized she didn't have the energy to keep up with them. Too ashamed to take them anywhere, she knew that something needed to change.

Following the advice from her primary physician, Dr. Joseph Hindo, Dick contacted BMI Surgery at Silver Cross Hospital and attended a free information session. "Meeting the doctors and their staff was a great experience; they were all so knowledgeable and supportive. I instantly felt like they were a part of my family," shares Dick. With this support, Dick committed to the workout and diet plan and underwent Realize Band surgery on December 13, 2012.

"Before I had my surgery, I asked Dr. Joyce if I could really lose weight with the surgery and he said 'If you

listen to me you will lose weight,' and right then I committed myself to following his instructions. I haven't "cheated" or deviated in anyway because to do so I would be cheating myself, and I am so proud of the results."

Within the first two weeks after her surgery, Dick stopped needing her daily insulin injections. Within a month, she no longer had sleep apnea. Within 2 months, she was down to just one pill per day for her blood pressure. "I have so much energy now, I feel so good," Dick exclaims, "I used to be so afraid of doctors, but Dr. Joyce has transformed my entire outlook on everything. I am so grateful to him and the BMI staff."



Left: Marcia Dick, on the far left, before her incredible transformation. **Above:** Looking good, feeling even better. Marcia Dick is far from camera shy after shedding pounds and getting her health back!

ROSHNI SHAH

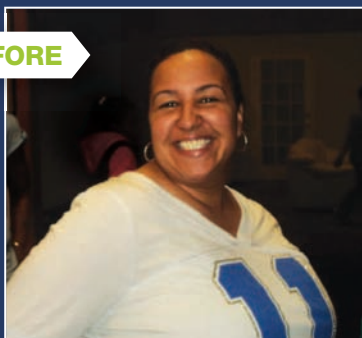
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INSPIRATION

PATIENTS SHARE THEIR STORIES OF HOPE AND JOY

Four patients that underwent bariatric surgery share their personal weight loss success stories.

BEFORE



AFTER



Lyndsey Mayfield, a mother of three beautiful boys weighed more than 230 pounds when she realized that if she kept up with her unhealthy lifestyle, she would not be around to see her children grow up. "I looked at my three boys one day and began to cry, thinking that I might not be around tomorrow to see them play," said Lyndsey. Today, Lyndsey weighs 120 pounds; she successfully lost more than 100 pounds and is enjoying her life and children more than ever.

Felicia and David Green combined, lost more than 300 pounds. "We are each other's support system. We attend support groups together at Little Company of Mary and we make healthy decisions as a couple." Both Felicia and David expressed their gratitude towards Little Company of Mary's Bariatric Surgeon, Dr. Gerald A. Cahill, M.D., F.A.C.S. "Dr. Cahill gave us our life back, we couldn't be happier."

BEFORE



AFTER



BEFORE



AFTER



As an adult **George Cavalle** struggled with weight however he did nothing about it until one summer day he found himself embarrassed at a local amusement park. "I was asked to get off a roller coaster ride because I was too overweight to safely ride the roller coaster. "I was embarrassed for my young children, they witnessed their father walk down the exit ramp," said George. That day I committed to the Little Company of Mary program and I stand here today giving testimonial that I have lost more than 230 pounds, Thank You Dr. Cahill and thanks to the weight loss team at Little Company of Mary. You saved my life." Said George. George later expressed that last summer he rode the roller coaster ride 30 times; this was the same roller coaster he was previously too overweight to ride.

NEWS

TIP
2UNDERSTAND
THE BENEFITS

BARIATRIC AND METABOLIC SURGERY: NOT JUST FOR WEIGHT LOSS

Bariatric and metabolic surgery is not simply about weight loss anymore. Mounting evidence shows the surgery does much more.

Weight loss surgery has been shown to improve, resolve or even prevent as many as 40 diseases.

"Surgery for severe obesity goes way beyond weight loss. This surgery results in the complete remission or significant improvement of type 2 diabetes and other life-threatening diseases in many patients," said Jaime Ponce, MD,

President of the American Society for Metabolic and Bariatric Surgery (ASMBS). "People generally don't think of surgery as a preventative or a treatment for diabetes or high blood pressure, but it is, and we expect surgery to play an ever increasing role in managing these diseases and in extending life."

Obese individuals with a body mass index (BMI) greater than 30 have a 50 to 100 percent increased risk of premature death compared to healthy weight individuals. Studies have shown patients may lose as much as 60 percent of their



Jaime Ponce, MD, FACS, FASMBS
Director, Bariatric Surgery, Dalton Surgical Group; Medical Director, Bariatric Surgery Program, Hamilton Medical Center in Dalton, GA;
Co-Medical Director at Memorial Hospital, Chattanooga, TN

excess weight six months after bariatric/metabolic surgery and 77 percent of excess weight as early as 12 months after surgery.

Approximately 72 million Americans are obese and, according to the ASMBS, about 18 million have morbid obesity. The Centers for Disease Control and Prevention (CDC) estimates that the number of Americans with diabetes has tripled in the past 30 years to more than 20 million and over half have a BMI greater than or equal to 30.

According to Dr. Ponce, greater use of laparoscopic techniques and

a larger focus on quality care and patient support before, during and after surgery has given metabolic and bariatric surgery a safety profile comparable to some very common surgeries.

"It's about as safe as gallbladder or hip replacement surgery," said Dr. Ponce. "Nonetheless, surgery is a major life decision and each patient should discuss their individual risks and benefits with their doctor." For more information visit www.asmbs.org.

CINDY RILEY

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Together, we've
lost 577 lbs.



Pictured left to right: Deborah Robinson, Robin Mathieu, Roxane Sanderson & Bob Urquhart.

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INSIGHT



Dr. Subhashini Ayloo, MD, FACS

Director of Bariatric Surgery Program,
Asst. Professor of Surgery, Division of Minimally Invasive Robotic Surgery,
University of Illinois Hospital and Health Sciences System

ASK THE EXPERT

Finding the best options for you involves understanding your options and creating a supportive environment.

If you are thinking about weight loss surgery, I urge you to choose a multidisciplinary center, one that includes specialists in obesity, nutrition, psychology, and exercise. Having a team behind you is the best way to ensure your success!

Bariatric Surgery is not a "magic bullet"—it's a tool. Find a cen-

ter that will work with you to make a healthy eating and exercise plan that you can maintain to live a healthier life. Not only that, centers should be there after your surgery to help you reach your goals. Support groups are important as they help you talk with people who've been there.

Some people worry about having surgery and possible complications or lengthy recovery periods. However, the very best centers use minimally invasive surgical tech-

niques, which allow surgeons to make smaller incisions. This means a shorter recovery period for you; some patients return to work in a week.

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DR. AYLOO

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Gerald A. Cahill, MD

Richard Zhu, MD

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DON'T MISS!

Setting our children up for success

Research shows that when children miss too many days of school, particularly in kindergarten and first grade, they are at greater risk of dropping out of high school. Helping our children eat right, get enough sleep, and stay physically fit ensures that they will be alert and ready to learn.

To focus attention on this crucial piece of the education puzzle, National PTA designated November Healthy Lifestyles Month and developed a grant program to help PTAs improve and expand their healthy lifestyles activities. But families should focus their attention on ways to make healthy lifestyles a year-round habit in their home and school communities.

It is not easy to balance the demands of everyday life. First Lady Michelle Obama talks about her own struggle to "do it all". Sometimes, she admits, it was easier to go to the drive-thru for dinner than to make a healthy meal from scratch. We shouldn't feel guilty for taking some short cuts once in a while; however, when we find ourselves taking these short cuts on a regular basis, it is time to take stock and make some changes.

Research has shown that the physical activity and eating behaviors children adopt are

shaped by parental health behaviors. It is important for us to be a role model for our children and the students with whom we interact at school and during PTA activities.

We can set children up for success by limiting the sugar-sweetened beverages available in our homes and in the school cafeteria. Let's help our children appreciate the lovely, sweet taste of carrots, apples, and other healthy foods. If you are a parent who asks your children to clean their plates before they can leave the table, try serving smaller food portions. That way, you can get that clean plate without encouraging your children to overeat.

Finally, physical activity is a must for maintaining a healthy weight and reducing stress. So, let's turn off the television, put away our computers and cell phones, go out, and get active! Getting and staying healthy is a great way to reconnect with our families and the world around us.



BETSY LANDERS,
NATIONAL PTA PRESIDENT

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