

Pound for Pound

The Center for Weight Management and Bariatric Surgery at Lowell General Hospital

Patient Newsletter • Vol.1 - 2009



Healthy Bodies, Healthy Lives

WINNING AT WEIGHT LOSS

The Center for Weight Management and Bariatric Surgery at Lowell General Hospital hosted *Healthy Bodies, Healthy Lives: Winning at Weight Loss*, the Merrimack Valley's first-ever educational event of its kind. The event featured Emmy award-winning television host, and fashion designer, Carson Kressley.

\$15,000
raised for **Walk**
from **Obesity!**

See page 3 for details

Healthy Bodies, Healthy Lives

The dramatic metamorphoses of twelve brave patients were on display for over 500 attendees at Lowell General Hospital's Healthy Bodies, Healthy Lives event at the Lowell Memorial Auditorium on October 2, 2008. Evolution Hair and Day Spa performed the makeovers under the artistic direction of Robert Orr and his talented staff, but the beauty within shined through each and every one of these incredible men and women. Individual fashions were created by Heromi Sutter with the assistance of our own MaryBeth Sherrin and Cabi consultant Kathy Lipson. The Center for Weight Management patients brought it on strong with their runway walks and weight loss testimonies that did not leave a dry eye in the house.

The night was topped off with the wit and humor of Carson Kressley, known for his work in Bravo's *Queer Eye for the Straight Guy* and Lifetime's *How to Look Good Naked*. He is an accomplished stylist, television star, equestrian, author and fashion designer. Carson's flair and compassion was a perfect fit for the night's grandeur – he had the audience laughing out of their seats (who knew that people from New Hampshire and Australia had the same accent?).

A special thanks to our sponsors Enterprise Bank, Evolution Hair and Day Spa, Ethicon, Allergan, Frank FM, Lowell Surgical Associates, Gore, Covidien, Fitness Together, Home Care Specialists, Lowell Community Health Center, Lung Specialists of the Merrimack Valley, P. C., Northeast Rehabilitation, Pride Star EMS, Sodexo and Comcast.



The Power of Support



2008 Walk from Obesity



The *Walk from Obesity* on September 27 was a great success, despite being the only rainy Saturday in that month! Lowell General Hospital was one of the top ten walk sites in the United States raising \$15,000. The dedication and stamina shined through the 130 men, women and children that walked and shared experiences and laughs. Thanks to Dasani water, Brox's Farm, the Lowell General Hospital Auxiliary and Lisa Dutton, NP, for their donations and efforts to help make the walk successful. A special thank you goes out to Randall's Rangers and their captains for all their hard work.

For information on the 2009 Walk from Obesity, please call 978-788-7200 or email ldutton@lowellgeneral.org – the walk is planned for September 19!

New Patient Ambassador Program

Many of our patients look to their peers for information, motivation and celebration along their weight loss journey. We've decided to create the new role of Patient Ambassador at the Center for Weight Management to meet the unique needs of our expanding post-weight loss population.

The Patient Ambassador will help the Center in providing exceptional service to patients in the weight loss and maintenance phases of the weight loss journey. In conjunction with clinic staff, they will support patients before and after surgery, coordinate meetings, field trips and special events based on patient needs.

If you would like to speak to the ambassador, call 978-788-7200.



Back row: Ina Francis, Michelle Boisvert, Mark Auchy, George Whittle, Wendy Sheppard.

Front row: Cooky Silva, Bette Jo Toppin

Missing: Don Sheppard and Sandra Betley.

Exercise Can Be Fun

Toning with Groove Moves

Saturdays from 8:30-9:30am

Start the weekend off right and get moving with this integrated exercise class. Work the total body and use dance to target all major muscle groups. Dance is an enjoyable and effective way to exercise, without it feeling like exercise. *For more information, contact Amanda at mand520@gmail.com.*

Cardio Boxing Class

Thursdays from 6:00-7:00pm

This class is fun and guaranteed to work up a sweat, but the level of intensity is up to you. Open to beginners and experts. Bring a bottle of water and a towel. *For more information, contact Kelli at kbspecialtytraining@comcast.net.*

No registration required for these exercise classes. The first class is free; 10 classes are \$30. Purchase your class card (cash or checks, made payable to Lowell General Hospital) from the instructor after your first class. May use the card at Thursday or Saturday classes.

Menu of Motion

Forget about appetizer menus – check out our new listing of fun, easy, ways to get your body moving from a variety of instructions and classes. You'll want to order a lot off this menu!

Full Motion Hooping

April 21

Full Motion Hooping is a gentle, rhythmic, wildly-effective exercise that relaxes your body and mind. Learn this special hooping technique to get you in full motion, whether you have never hooped before or you are the town champion. *For more information visit www.fullmotionfamily.com*

Nia Base (Maria Skinner, Nia Black Belt)

May 19

Nia is a transformative movement practice that integrates the expressiveness of dance, the power and precision of martial arts, and the wisdom of the healing arts. Practicing Nia enables you to love your body and master the art of living a passionate and healthy life. *For more information visit www.niaforlife.com*

Cardio Kickboxing (KB Specialty Training)

June 16

This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance. Kickboxing classes can be a great alternative for people who have become bored with weight-room cardiovascular activities, such as brisk walking or jogging on a treadmill.

For more information email kbspecialtytraining@comcast.net

Introduction to Ballroom Dance (Dance New England)

July 21

Learn a variety of dance moves that you can do at home, alone or with a partner. Dance New England instructors will show us some gentle dances like the Rumba and Foxtrot. Forget about dancing with the stars — you are the star!

For more information visit www.dancenewengland.com

These FREE introductory sessions are geared for beginner fitness levels. Each session will be held from 6:45–7:30pm. All you need is loose clothing and the willingness to try something new and you're good to go! No registration required.

Patient Spotlight

The Center for Weight Management offers the award-winning weight loss and weight maintenance program HMR (Health Management Resources). This solution can be individualized for anyone who needs to lose 20 pounds or 200 pounds. The program offers medical supervision under the direction of Dr. Wendy Mitchell and education classes facilitated by Darlene Fertitta.

Several patients have found success with the HMR program, and no one knows this accomplishment better than Ann. She celebrated her one-year anniversary on January 28, and has successfully lost over 210 pounds! Ann is now moving around quickly and comfortably and doing great. When asked what her motivation has been during this last year, she said, “losing weight for a better and longer life is more important than the momentary pleasure one gets from a food fix. I’m keeping my eye locked on my goal!” Congratulations on your success, Ann!



Stay Connected

Pre-Op Nutritional Workshop

All pre-op candidates MUST attend ONE of these nutritional workshops. Our dieticians will explain dietary differences between banding and bypass, physical changes to expect, three stages of post-op diets, daily nutritional requirements, vitamin supplements, ideas for preparing foods and common problems. You must attend info night prior to participating this workshop

First and Third Wednesday of the month: 9:30-11:00am

Second and Fourth Wednesday of the month: 5:00-6:30pm

No registration required

Support Groups

Pre- and Post-op patients are welcome to attend these informative sessions to learn more about healthy weight loss and network with peers. Selected topics are designed to provide information about nutrition, exercise, and coping with weight loss. Pre-op patients must attend at least three (3) of these sessions for insurance approval.

Upcoming topics include Head Hunger, Panel of Experts, Vitamins for Life, Defining Success Exercise and Plastic Surgery Options

Second Tuesday of the month: 1:00-2:00pm or 6:00-7:00pm

Fourth Tuesday of the month: 6:00-7:00pm

No registration required

For a complete list of dates and topics, visit www.lowellgeneral.org or call 978-788-7200.

Heal Faster

This workshop is led by Carol Legro, MA, RNC, LMT, Lowell General Hospital's Mind Body Program Coordinator. She will assist you in calming preoperative jitters, visualizing your recovery, using healing statements, and establishing a support network. This groundbreaking program is used nationwide preoperatively to assist in enhancing one's healing process. This program is mandatory for all patients preparing for weight loss surgery.

Register with Joyce Delaney at 978-788-7203

\$5 CD can be purchased at the clinic

Free Info Night

Friends and family can find out more about our weight loss surgery procedures: Laparoscopic Gastric Bypass and Laparoscopic Gastric Band. Sessions will feature Michael E. Jiser, MD, Roy R. Shen, MD and Rebecca C. Shore, MD.

First Tuesday of the month: 6:00-8:00pm

Third Friday of the month: 12:00-1:00pm

To register please call call 1-877-LGH-WELL (1-877-544-9355)

Post-Op Groups

You don't have to travel the weight loss journey alone. Help others and let others help you. Attend our monthly support groups. These sessions are great for post-op patients to networks with others and learn new ideas or remember old ones! You must be Post-op patient to attend.

Third Tuesday of the month: 6:00-7:00pm

No registration required

Medical Weight Management / HMR Orientation

Friends and family can find out how to join our medical weight loss program (HMR) by attending an orientation in our onsite classroom. New classes begin every month – call 978-788-7214 for more information.

April 9 or May 21 at 6:00pm

April 16 or May 28 at 12:00pm

To register please call call 1-877-LGH-WELL (1-877-544-9355)



Holiday Cheer

Healthy snacks, a Yankee swap and a spoof from Rudolph for our Nurse Practitioner "Lisa the Red Haired Nurse". The annual Holiday get-together was a great way to celebrate another year. Special thanks to everyone who brought a pot luck snack. Everything was delicious from George's chili to Pat's fresh lettuce wraps and of course Ina's special pretzels.

May 2009 bring good health and happiness to the entire Center for Weight Management and Bariatric Surgery's extended family!

Move Out of the Box!

Upcoming Field Trips

Call 1-877-LGH-WELL (1-877-544-9355)
to register or for more information

Laser Tag March 26 at 7:00pm

Laser Craze

*1600 Osgood Street, South East Entrance, North Andover, MA
978-689-7700 or www.play@lascrcraze.us*

Keep your mind and eyes sharp by focusing on tagging your friends. Benefits include body movement, quality family time, stepping out of your comfort zone and most importantly "self satisfaction." Show people what you are made of!
\$20 per person. Space limited – deadline to register is March 23.



Bowling April 18 at 5:00pm

Brunswick Bowling Alley, 647 Pawtucket Boulevard, Lowell, MA

An activity that has the hidden effects to good health, this sport focuses on your entire body. Your biceps, waistline, back, abs, legs, and chest will all be challenged in this activity.

*\$15 per person, includes shoe rental and two strings of bowling.
Deadline to register is April 3.*



Go-Carts and Batting Cages May 1 at 7:00pm

Jay Gees Ice Cream

*602 Lowell Street, Methuen, MA
(978) 689-0456*

How long has it been since you have been behind the wheel of a go-cart? A personal challenge you very well deserve! The batting cages implement a fun-filled day of body movement. This location has the makings of a perfect family day. Take advantage of activities such as miniature golf, arcades, batting cages and go-carts.

FREE yogurt or ice cream as a special treat.

*Tickets for all activities to be purchased by individuals the night of the outing.
Deadline to register is April 24.*

Walking Club Begins May 4 at 6:00pm (rain date May 7)

Walking is great exercise, but more fun and motivating when you have a partner. Meet at the stage across from Heritage Ice Cream on the Boulevard in Lowell. The group will meet on Mondays and Thursdays, come once a week or twice if you can!

*For more information, email clabrecque@lowellgeneral.org.
Deadline to register is April 20.*

Plum Island Kayak June 7 at 11:00am

*Plum Island Kayak
Newburyport, MA*

Back by popular demand! This paddle is designed specifically for weight loss patients. Plum Island Kayak provides a private, guided tour through beautiful

Joppa Flats in Newburyport. We'll paddle through the flats, walk the beach and leave with a powerful sense of accomplishment. Equipment is included, just bring yourself. Be sure to sign up early, this trip books fast!

\$65 per person, all equipment and boats included. Paddle lesson starts at 11:00am. Deadline to register is June 1.



Dear Flabby...^{once was}

Gut questions? We've got answers.

Email your questions about pre- and post-op bariatric surgery to ldutton@lowellgeneral.org.

Q: I just received a prescription for Vitamin D. Why do I need to take an extra Vitamin D supplement?

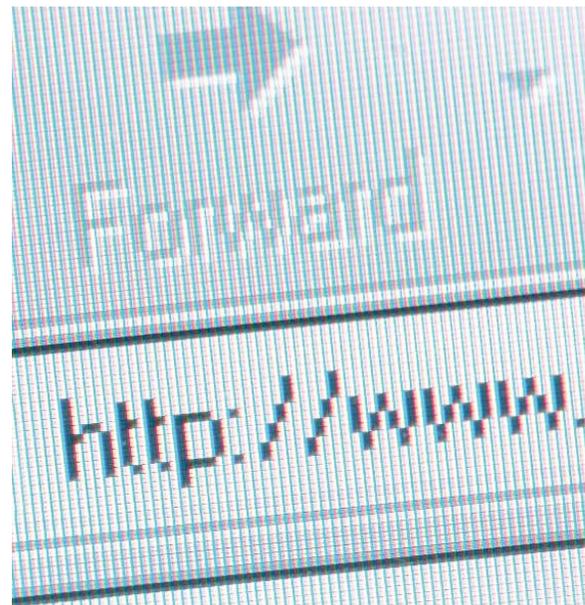
— *Down in the Dumps with low vitamin D*

A: Dear Down in the Dumps, You're not alone! We are finding many of our patients with low vitamin D levels. Vitamin D is a nutrient found in fortified food sources including fatty fish, fish oils and milk. Just one cup of vitamin D-fortified milk supplies about 25% of the estimated daily requirement in adults. However, only a few foods naturally contain significant amounts of vitamin D, which can hinder proper consumption. Vitamin D's primary job is regulating calcium and storing it in our bones, but it also has other protective health benefits such as cancer prevention, boosting the immune system and warding off infections. It can also prevent inflammation in the body, which has been linked to heart disease and high blood pressure.



Vitamin D also needs ultraviolet (UV) rays from sunlight to trigger vitamin D synthesis in the skin. Factors such as season, latitude, time of day, cloud cover and sunscreen directly affect UV ray exposure. For example, in New England, the average amount of sunlight from November to February is insufficient to produce significant vitamin D synthesis in the skin. Research suggests that 5-30 minutes of unprotected exposure between 10:00am and 3:00pm at least twice a week will provide most of the vitamin D you need. Unfortunately, this means that the prime hours for vitamin D formation occur when most of us are indoors at work! Remember that sunscreens with an SPF greater than 8 will block UV rays, but it is still important to routinely use sunscreen when exposure is longer than 10-15 minutes. Because we live in a reduced sunlight region and you may be lacking in the nutrient in food and routine multi-vitamins, it may be necessary to prescribe an extra helping of vitamin D.

Hint: a 15-30 minute walk during a sunny lunch hour is an excellent way to get D-synthesizing!



Yahoo Group: LowellMA_heroes

We have created a Yahoo group for our patients to share information, send messages and discuss upcoming events in an online forum. Please note that this is an invitation-only website to ensure this group is safe for our members to post and chat freely, using the same respectful guidelines from our support groups.

To join our networking group, email lowellma_heroes@yahoogroups.com or visit http://groups.yahoo.com/group/lowellma_heroes.

For more information, please contact Lisa at 978-788-7200 or email ldutton@lowellgeneral.org.

What's Cooking



Calories 250, Fat 10g, Saturated Fat 2g, Cholesterol 45mg, Sodium 340mg, Carbohydrates 19g, Sugar 5g, Protein 20g.

Mexican Chicken Soup

- 1 pound boneless skinless chicken breast, cubed
- 2 teaspoons cumin
- 1 tablespoon chili powder
- 3 tablespoons vegetable oil
- 2 tablespoons flour
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 1 cup corn
- 1 cup tomatoes, diced
- 6 cups chicken stock
- ½ cup lime juice
- ½ cup jalapeno juice, drain juice from jarred jalapenos
- Salt and pepper to taste
- Add one bunch of cilantro, chopped

In a large stock pot, heat the oil. Add the chicken, onion, celery, and garlic and sauté for 5 minutes. Add the flour and sauté for 2 minutes. Place remaining ingredients into stock pot and bring to a simmer for 15 minutes (stirring every 5 minutes). Serve hot.

What's Cookin' in Your Kitchen?

Do you have a chili recipe that everyone loves?
Is your chili mild, medium or hot?

Calling all Chili Connoisseurs: Our First Bake-off!
May 19, 2009 at 5:30pm

To join, please email your secret recipe to clabrecque@lowellgeneral.org.
Bring the recipe prepared for our judges to sample at the bake-off.
Winner will receive a grocery gift certificate for \$50!



Deadline to enter contest is May 1. For more information, call 978-788-7200 or email ldutton@lowellgeneral.org.

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