

# The Path

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**Before surgery Robin Woodcock says she missed out on many things because of her weight.**



**Robin Woodcock has lost more than 100 pounds to date.**

## Surgery Gave Me Back My Life

**By Robin Woodcock  
Gastric Bypass Patient**

■ I am 45 years old. I had gastric bypass surgery on May 22, 2007, and have never regretted a day since. To date, I have lost approximately 105 pounds and feel wonderful. It took me two years to decide to have the surgery, but once I made the decision, there was no looking back.

I had always battled my weight and lost. I had been on every diet out there and probably spent thousands of dollars to no avail. I hated going shopping and I hated the way I looked. I especially hated missing out on things that I could not do because of my weight.

I have a loving husband and 16-year-old son who didn't care how I looked, but they wanted me to be happy. They quickly became 100 percent supportive of my decision to have weight-loss surgery. Having that support is very important, because surgery

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## Support Groups and Office Hours

Turn to page 3 for more information and upcoming events. For regular updates, visit [bariatrics.memorialhealth.com](http://bariatrics.memorialhealth.com) and click on "Events."

**Post-Op Bypass Support Group:** first Monday of every month at 6 p.m. in the Medical Education Auditorium at Memorial University Medical Center.

**Post-Op Band Support Group:** second Wednesday of every month at 7 p.m. in the Medical Education Auditorium at Memorial University Medical Center.

**Pre- and Post-Op Support Group:** third Wednesday of every month at 7 p.m. in the Medical Education Auditorium at Memorial University Medical Center.

**Information Sessions:** every Wednesday at 6 p.m. in the Medical Education Auditorium at Memorial University Medical Center.

**Office Hours:** Monday through Friday, 9 a.m. to 5 p.m. (closed for lunch from noon to 1 p.m.). Tuesday and Friday mornings from 9 a.m. to noon are reserved for patient weigh-ins and vitamin purchases.

Appointments are encouraged for B-12 injections to ensure a nurse is available to administer them. Call 912-350-3438.



Memorial Health

# Bariatrics

**Help is here.**

[bariatrics.memorialhealth.com](http://bariatrics.memorialhealth.com) 912-350-DIET (3438)

# Endurance Exercising After Gastric Bypass

Adapted with permission from Nancy Clark's *Sports Nutrition Guidebook*  
By Jeanne Blankenship, M.S., R.D.

■ This information is for patients training for intensive physical exercise, not typical cardiovascular exercise. After gastric bypass surgery, many people decide to try new physical challenges such as competing in marathons or cycling races. For your own health and safety, it's important to practice proper hydration and nutrition before and during such exercise.

## Keep hydrated

The key to staying hydrated is to match fluid intake with fluid losses. For every pound lost, two cups of fluid should be consumed. Weighing yourself before and after exercise will help you know how much to drink after exercising.

Most individuals will voluntarily replace only two-thirds of the fluid that is lost to sweat. If you drink only until you no longer feel thirsty, you won't get enough fluids. Without proper fluids, you will feel weak, have poor performance, and may even suffer from heat exhaustion or heat stroke.

## Drink before exercise

- Try to drink at least 16 ounces of water or non-caffeinated fluid up to two hours before a competitive event. You will process this fluid in 60 to 90 minutes and have a chance to eliminate any fluids before you start the event.
- Drink 4 to 8 ounces of water or sports drink (recommendations follow) 5 to 10 minutes before the event.

## Drink during exercise

- Drink fluids early to prevent dehydration.
- Practice high-volume drinking during training so that you can tolerate the extra fluids during the actual event.
- Drink 8 to 10 ounces every 15 to 20 minutes of strenuous exercise if possible.

## Sodium or salt replacement

- The amount of sodium (salt) that you need depends on whether your body is used to exercising in the heat.
- If you exercise for more than four hours, you may become metabolically unbalanced if you only use water to replace fluids.
- Look for sports drinks that contain 120 to 170 mg of sodium and 40 to 80 calories of carbohydrates per 8 ounces.
- Commercial drinks would supply enough sodium to replace losses in 20 to 40 ounces, an amount that might

be challenging for a gastric bypass patient who has not "volume trained."

## Choosing a sports drink

- Patients who experience "dumping" should experiment to find a sports drink that is tolerable. Insulin production is decreased during activity, which lessens the likelihood of dumping with conservative carbohydrate intake.
- Choose a drink with a small amount of sugar, about 40 to 80 calories for every 8 ounces or a 4 percent to 8 percent solution. A small amount of sodium allows your body to absorb the water faster.
- Consider products such as GU20 or G2, which replace electrolytes but have less simple sugar than other sports drinks. These can be ready-to-drink or powdered products.
- Commercial fluid replacements offer about 50 to 80 calories (12 to 20 grams) of carbohydrates per 8 ounces.
- Drink *water before* exercising or competition and use *sports drinks during* competition if the event is longer than 60 to 90 minutes.

## Nutrition before and during exercise

There are no magic meals and each person must learn through trial and error what will work for him or her. Your pre-exercise meals should:

1. Help maintain your blood sugar level.
2. Settle your stomach and keep you from feeling hunger.
3. Fuel your muscles.
4. Keep your mind at ease knowing your body is ready to meet the challenge.

## Guidelines for eating before exercise

- Eat recommended complex carbohydrates with each meal.
- If you exercise for more than 60 to 90 minutes, choose carbohydrates that will keep your blood sugar at an even level. Good choices include light yogurt sweetened with aspartame, oatmeal, bean soup, lentils, and apples.
- For exercise less than an hour, snack on easily digested foods such as half a slice of whole wheat toasted bread, half an English muffin, half of a whole-wheat bagel, or whole wheat, protein enriched pasta.
- Limit high-fat proteins that empty slowly from the stomach. Instead, choose low-fat protein sources such as:

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is a life-long change and is not a quick fix diet.

Once the decision was made, it seemed to take forever for my surgery date to arrive. Since May 22 of last year, I really have had no problems except for occasional nausea or vomiting if I eat too quickly or too much — but that is my own fault. The things that I have found to be the most helpful are the support group meetings and the Memorial Health Bariatrics team. The meetings help me stay connected. It is fun to watch others succeed, especially after so many of us have failed at the diet game. The bariatrics team, both in the office and in the hospital, is a great support and family. They are always there if I need them.

I now tell everyone that I have two birthdays, May 13, the day I was born and May 22, the day I was given back my life. I send sincerest thanks to Dr. Angstadt, Dr. Whipple, Jody, Ashley, Leigh, and the nursing team in the gastrointestinal unit at Memorial University Medical Center, especially Tina and Darlene. I can never express to them how much I appreciate what they have done for me and my family. 🌸

## Take Your Vitamins

■ These are general guidelines to keep you healthy. If you have received additional instructions from our office, please continue to follow them.

### Gastric Bypass

- Daily bariatric formulated multivitamins
- Daily calcium citrate with vitamin D
- Daily iron supplement (30 mg for women who have a period, 15 mg for women who do not have a period and for men)
- B-12 as a daily sublingual tablet (dissolved under the tongue), or monthly injection
- Labwork for bypass patients is checked at two weeks, three months, six months, and annually postoperatively.

### Lap Band

- Daily multivitamin
- Daily calcium, preferably citrate
- Labwork for lap band patients is checked annually unless questionable symptoms arise.
- CoEnzyme Q10 is recommended after surgery as an antioxidant to remove toxins during weight loss.

If you have any questions regarding supplement dosage or recommendations, please contact our office. It is extremely important for you to take vitamin supplements and have labs completed on a routine basis in order to prevent postoperative complications that could impact you for life if untreated. 🌸

## Memorial Health Bariatrics Upcoming Events

By Ashley Buroughs, R.N.

■ We have reorganized our support groups to include topics that truly assist you in your weight loss journey. If you have not been attending regular support sessions, we invite you back to check out our new topics. Support groups meet in the Medical Education Auditorium at Memorial University Medical Center. All pre- and post-op patients are welcome to attend any of the following sessions.

**7 p.m., Wednesday, April 16** — Protein Tasting and Bariatric Eating

**6 p.m., Monday, May 5** — Guest speaker: Luke Curtsinger, III, M.D., plastic surgeon

**7 p.m., Wednesday, May 14** — Guest speaker: John Angstadt, M.D., bariatric surgeon. Topic: Ask the Doctor

**7 p.m., Wednesday, May 21** — Helen Hussey, R.D., nutritionist. Topic: Nutrition Questions and Answers

**6 p.m., Monday, June 2** — Girls Night Out with Patricia Maycumber, owner of Patricia's of Hilton Head. It's all about looking the way you feel. Join us for a fashion show with our very own patients and fashion advice for all body types. Additional information available in the Memorial Health Bariatrics office.

Mark your calendar and make plans to join us for these special events.

**Saturday, August 2** — Bariatric Gala. We need volunteers for our fashion show. Call 350-3438 for details.

**Saturday, October 11** — Bariatric Workshop. Information will be sent at a later date.

**We're Moving.** Our office will be moving soon. We will relocate to share a large office with Savannah Surgical Group on the second floor of the Georgia Ear building on the Memorial campus. The location is closer to the Medical Education Auditorium, where most of our events take place, and will allow us to expand our services to you. Our office hours will also change. We will contact you prior to appointments to notify you of the changes. Thank you for your patience as we continue to grow. 🌸

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- Two ounces of turkey or chicken along with a slice of bread
  - Low fat cheese with whole wheat crackers
  - Cottage cheese with fruit
  - A poached egg on whole wheat toast
  - Nonfat milk, protein cereal, and half of a banana
- Avoid sugary foods that increase your blood sugar quickly, including concentrated sports drinks, potatoes, corn flakes, and rice.
  - Give your food enough time to digest. The rule of thumb is to allow three to four hours for a large meal, two to three hours for a smaller meal, one to two hours for a blended or liquid meal, and less than an hour for a small snack. If your exercise will be intense, you may need more time to digest your food.
  - If you have a problem with your stomach, try using liquid meals or supplements for a reprieve. Keep in mind that you need protein and carbohydrate – your favorite protein drink plus non-fat milk or fruit could meet your needs.

**Your body’s needs when vigorously exercising**

Your body will perform best if 60 to 70 percent of your calories come from carbohydrates. Try to eat the minimum amount, but do not eat excessively. You can meet this goal by eating 4 grams of carbohydrates for each pound you weigh.

**My carbohydrate goal:**

Current weight: \_\_\_\_\_ X 4 grams carbohydrate  
 = \_\_\_\_\_ grams per day carbohydrate

Protein should also be included in your training and exercise meals. Include protein at each meal.

**My protein goal:**

Current weight: \_\_\_\_\_ X .6 to .9 grams protein per pound  
 = \_\_\_\_\_ grams per day protein

**Eating During Exercise**

- For endurance exercise (>60-90 minutes) eat 100 calories per hour of exercise. This can be increased to up to 300 calories, but start with the minimum. A sports drink is often the easiest way to achieve this intake while meeting hydration goals.
- You will need to practice eating during exercise to figure out which foods work best.
- Sports bars are convenient and may be a good way to meet caloric needs during exercise. Be sure to read the label and to avoid excess carbohydrates.
- Protein bars that contain sugar alcohols may cause diarrhea, use these with caution. 🚫