

# The Path

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Spicer Lyons had struggled with her weight since childhood.



Since receiving the adjustable gastric band, Lyons has dropped nearly 70 pounds.

## Life with a Band

**By Spicer Lyons**  
**Laparoscopic Adjustable Gastric Band Patient**

■ Growing up, I can always remember being overweight. I look back at records from my pediatrician and see that I was labeled an “obese” child. When I was a freshman in high school, I tried out for the basketball team and didn’t make it. I felt it was because I was too fat. That led to my first attempt at dieting. I lost 30 pounds and felt great. Unfortunately, it did not last.

I slowly gained weight over the next few years. When I got to college, I really put on some pounds, despite trying every diet I could find. I met my husband when I was in college and we got married the year I graduated. I remember trying so hard to lose weight for my wedding, but I had no success.

We soon had children and the pounds kept piling on. Many times I tried diet pills, Weight Watchers, and other weight loss plans. Then a friend of mine had gastric bypass

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## Support Group Meetings

### **Post-Op Bypass Support Group:**

First Thursday of every month, 6 p.m., in the Medical Education Auditorium at Memorial University Medical Center. On January 8, we will talk about vitamins within different foods. On February 5, we’ll hear from Judy Thomas, a 15-year post-op success story.

### **Post-Op Band Support Group:**

Second Wednesday of every month, 7 p.m., in the Medical Education Auditorium at Memorial University Medical Center. On January 14, plastic surgeon Luke Curtsinger, M.D., will speak. On February 11, we’ll talk about vitamins within different foods.

### **Pre- and Post-Op Support Group:**

Third Wednesday of every month, 7 p.m., in the Medical Education Auditorium at Memorial University Medical Center. On January 21, we’ll learn how to read food labels. On February 18, we’ll talk about what to do with a weight plateau.

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Memorial Health

# Bariatrics

Help is here.

bariatrics.memorialhealth.com 912-350-DIET (3438)



## Eating After the Lap Band

**By John Angstadt, M.D.  
Bariatric Surgeon and Senior  
Vice President of Physician  
Services, Memorial University  
Medical Center**

■ We often receive questions about how and why the laparoscopic adjustable gastric band or “lap band” works. First, it is important to understand how your stomach and brain work to produce the feeling of satiety (loss of hunger) and how that is changed with the band.

Normally, when you fill your stomach up, you get a feeling of fullness. Think of it as that “after-Thanksgiving-I-ate-too-much” feeling. We all know what that feels like. However, you actually reach the point of satiety long before that full feeling. As you put food in your stomach, it stretches to accommodate what you eat. Your stomach is largely muscle and as it stretches, it activates stretch receptors that send a signal to your brain. Your brain then takes away the hungry feeling. The problem is that it takes about 20 minutes for that process to occur. If you are eating rapidly, you can easily overeat long before your brain tells you that you are no longer hungry.

With the lap band, we essentially decrease the size of your stomach. As the small amount of stomach above the band fills, that signal gets sent to your brain and your appetite goes away. Because you are not filling up your entire stomach, you usually will not get that full feeling. With the band, you need to focus on the hunger feeling, not the full feeling. In addition, if you eat too fast, you can overfill the stomach above the band and develop vomiting. You must eat slowly. You must stop after three ounces of food and allow your brain to do its job. The loss of hunger does not happen immediately — you must give it time.

The type of food you eat is also critical. If you consume liquids or easily digested carbs that go through the band, you never stretch the stomach and never lose the hunger. Solid protein stays in the upper stomach, stretches the wall, and takes away your hunger. It is also important to eat on a schedule. If you wait until you are very hungry, you will overeat to erase that feeling. It is better to eat before you reach that stage.

Keys to lap band success:

- Eat SLOWLY
- Eat solid protein
- After eating three ounces, wait 20 minutes for your brain to do its job
- Plan your meals and snacks
- Look for the loss of hunger, not the full feeling 🍴

## ‘Back on Track’ Classes Start in January

**By Ashley Burroughs, R.N.  
Memorial Health Bariatrics**

■ Memorial Health Bariatrics is pleased to announce a new affiliation with Bariatric Support Centers International (BSCI). In addition to online programs and resources, BSCI provides a network of quality support groups throughout the country. Whether you are two weeks or six years post-op, BSCI and Memorial Health Bariatrics can give you access to a vast support community and excellent resources to help you reach and maintain your weight-loss goals.



Together, we’ll offer two BSCI telephone support groups per month and several telephone classes. We’re especially excited about the Back on Track program for people struggling with an extended plateau or weight regain.

You can participate in Back on Track via telephone or in person at Memorial University Medical Center in January and June. You must register to reserve your space in the class and receive all of your course materials. Space is limited, so register today at 912-350-3438.

**Back on Track Classes:** Classes meet once a week for six weeks. The tuition is \$175 per person. You must pre-register at Memorial Health Bariatrics.

**Back on Track Winter Session:** 6 p.m. to 7:30 p.m., January 15, 22, 29, and February 12, 19, and 26  
Conference Room A, first floor of Memorial University Medical Center

**Back on Track Summer Session:** 6 p.m. to 7:30 p.m., June 11, 18, 25, and July 9, 16, and 23  
Conference Room A, first floor of Memorial University Medical Center

To learn more about Back on Track, visit [www.bsresourcecenter.com](http://www.bsresourcecenter.com) or call 800-339-9129. 🍴

surgery and it really made me think. I personally did not want to undergo major surgery. The idea of permanently altering my body was too much for me to accept at the time.

Not long afterward, I found a new primary care doctor who suggested I learn more about the lap band. He even recommended I talk to a mutual friend who had a lap band and could answer my questions. After talking to the person with the band, I decided to attend a Memorial Health Bariatrics information session. When I got home that night, I talked to my husband and he said I should go for it. It made me so excited to hear that.

I scheduled my surgery. I thought it would be smooth sailing, but that was not the case. First Dr. Oliver Whipple had to perform a procedure called an esophagogastroduodenoscopy, or EGD, to look at my stomach. What he found was a forest of polyps. He said I would have to see a specialist and have them removed. I was very upset and afraid I would have to cancel my surgery. Fortunately, I was able to see a specialist right away and had 10 polyps removed.

On June 1, 2007, I received my lap band. The surgery went great. As you may know, the lap band has to be adjusted periodically. I have found that my band is very sensitive to the adjustments, which can be a challenge at times. I've learned that it is very important to notify the Memorial Health Bariatrics team if I have any problems after an adjustment so that they can fix it. I once had the hiccups and reflux and thought I had swallowed something wrong or eaten too fast. I slowed my eating and went about my day. The next morning, my band was so tight I was not able to keep down any liquids or ice chips. That was scary for me, but it was easily fixed with a band adjustment. I learned quickly that having a band that's too tight is not good, and I don't want to go through it again.

Even with the adjustment issues, this has been the best thing for me and I would definitely do it again. I have lost 67 pounds and counting. It feels so good when people I haven't seen in a while tell me how great I look. I actually went tubing with my daughter for the first time and had a blast. I bought the Wii video game system when I lost 50 pounds. I later bought the Wii Fit program and I love it. It allows me to do aerobics, boxing, skiing, and many more activities that keep me moving.

One of the main things that has helped me is going to the support group meetings and having the support and encouragement of the Memorial Health Bariatrics team. I am very happy with my new life and look forward to a great future. 🌟



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

**B-12 Injections and Weigh-Ins:** Call 912-350-3438 to schedule an appointment.

**Important Note:** We have made several changes in our program that will impact office visit fees for cash-paying patients. Call 912-350-3438 for more information.

For more information about any of our events, go to [bariatrics.memorial-health.com](http://bariatrics.memorial-health.com) and click on "Events." 🌟

# Buffalo Chicken Recipe

■ Start the New Year with new recipes. Try this tasty treat from Susan Maria Leach, bariatric surgery patient, author of the book, *Before & After – Living and Eating Well After Weight Loss Surgery*, and president of Bariatric Eating, Inc.

## Buffalo Simmer Chicken

Portion: 1/2 thigh = 82 calories; 3 grams fat; 2 grams carbs; 16 grams protein.  
Serves 4

2 pounds of boneless skinless chicken thighs, about 8 thighs  
Nonstick vegetable oil spray  
1 cup chicken broth  
1/2 cup Frank's Red Hot Buffalo wing sauce (not the regular hot sauce)  
Kosher salt and freshly ground black pepper

Cut thighs in half and brown in a nonstick skillet coated in vegetable spray. Add the broth and half of the wing sauce. Cover and simmer until the chicken is very tender and the sauce is thickened, 35 to 40 minutes. Add the remaining wing sauce and season with salt and pepper. Serve drizzled with classic blue cheese dip.

## Classic Blue Cheese Dip

Portion: 1 tablespoon = 79 calories; 3 grams fat; 1 gram carbs; 1 gram protein.  
Makes about 1 cup

4 oz blue cheese, crumbled  
3 tablespoons milk  
1/2 cup reduced-fat or light mayonnaise  
2 tablespoons white vinegar  
1 teaspoon Dijon mustard  
1/8 teaspoon freshly ground black pepper

Using a fork, mash the blue cheese with the milk in a small bowl until creamy. Whisk in the mayonnaise, vinegar, mustard, salt, and pepper. Cover and refrigerate.

For more delicious recipes, visit Susan Maria Leach's Web site, [bariatriceating.com](http://bariatriceating.com). 🌸

Recipe used with permission from Susan Maria Leach.

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