



In the News

Horizon Blue Cross Blue Shield of New Jersey today named six healthcare facilities in New Jersey as part of the Blue Distinction Centers for Specialty Care program. These noteworthy healthcare facilities have been designated as Blue Distinction Centers for delivering quality care resulting in better overall outcomes for bariatric patients.

To receive a Blue Distinction Center for Bariatric Surgery designation, a healthcare facility must demonstrate success in meeting patient safety as well as bariatric-specific quality measures, including complications and readmissions, for gastric stapling and/or gastric banding procedures. A healthcare facility must also have earned national accreditations at both the facility level and the bariatric care-specific level.

The following healthcare facilities in New Jersey have been named as part of the Blue Distinction Centers for Specialty Care program:

- Atlantic Care Regional Medical Center in Pomona, NJ
- Cooper University Hospital in Camden, NJ
- Hackensack University Medical Center in Hackensack, NJ
- **JFK Medical Center in Edison, NJ**
- RWJ University Hospital in New Brunswick, NJ
- Virtua-Memorial in Mount Holly, NJ

Bariatric surgeries are among the most common elective surgeries in the U.S., which provides a significant opportunity to improve quality within the healthcare system. There were 179,000 bariatric surgeries performed in 2013, according to the American Society of Metabolic and Bariatric Surgery and the average cost is more than \$28,000 per episode, according to the Journal of the American Medical Association. ■

Mortality Rate Associated with Bariatric Surgery Reaches New Lows, Life Expectancy Reaches New Highs

A major study published in the January issue of the Journal of the American Medical Association (JAMA) shows bariatric surgery cut the overall risk of death among those with severe obesity by 53 percent.

This study is but the latest evidence that weight-loss surgery not only prevents, resolves or improves diseases such as type 2 diabetes, it could lead to a longer life. The study followed 2500 Veteran Affairs patients five to 14 years after surgery between 2000 and 2011.

People with obesity are more likely to have life-threatening conditions and diseases including type 2 diabetes, hypertension, sleep apnea and many others, yet the risk of death from the operation is exceptionally low. New studies have come out confirming the mortality rate has dropped to about 0.1 percent or about 1 in 1,000.

At the end of last year, research from the Cleveland Clinic Bariatric and Metabolic Institute showed laparoscopic gastric bypass surgery in patients with type 2 diabetes carries a complication and mortality rate comparable to some of the safest and most commonly performed surgeries in America, including gallbladder surgery, appendectomy, and total knee replacement. ■

Obesity and Gastric Ulcers

Gastric ulcer, also known as peptic ulcer, is a localized area of erosion in the stomach lining, resulting in abdominal pain, possible bleeding, and other gastrointestinal symptoms. The most common cause of gastric ulcer is a stomach infection associated with the *Helicobacter pylori* (*H pylori*) bacteria.

Scientific studies are increasingly reporting a correlation between obesity and gastritis as well as gastric ulcers. Recently a large study confirmed that excess weight predisposes individuals to gastric ulcers when compared to their normal weight counterparts.

What is the basis for this propensity toward gastric ulcers? The scientific world offers several possible explanations.

Excess weight seems to promote inflammation in the gut. Fat cells produce inflammatory particles which travel via blood vessels to various parts of the body. The result is inflammation through the entire body including the gut. This inflammation may weaken gut cells and make them more susceptible to ulcer formation.

Your intestines are lined with bacteria that aid in the digestion of the foods you consume. A healthy gut contains millions of bacteria. Individuals with excess weight tend to have gut bacteria that are different from normal weight individuals. This difference seems to create a weaker defense system and makes gut cells more vulnerable to inflammation and ulcers.

The lining of the intestines is slightly leakier in individuals with obesity. The normal spaces and connections that exist between gut cells tend to get disrupted. This can make possible the entry of harmful toxins, irritants, bacteria and other pathogens into the gut lining which may result in ulcer formation.

Signs and Symptoms

- Pain anywhere from the breastbone to the navel
- Bloating
- Nausea
- Vomiting
- Vomiting blood that is red or black like coffee grounds.*
- Black stools*
- Changes in appetite
- Weight Loss

* This may be life threatening and requires immediate medical attention.

Treatment

Your physician may prescribe acid blocker medications for a short period of time to see if the symptoms improve.

Your physician may recommend that you see a Gastroenterologist and have an Upper Endoscopy to confirm the diagnosis and obtain a biopsy. This test involves passing a small, lighted endoscope through the throat and into the stomach.

Lifestyle changes must be made to eliminate any substances that can be contributing to ulcer formation. Smoking and alcohol consumption needs to end. Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDS) can be irritating to your stomach and can increase your chance of developing an ulcer. Weight loss needs to be emphasized. Talk to your healthcare provider about your weight and seek advice on how to manage it. ■

CALENDAR OF EVENTS

MARCH 17TH ST. PATRICK'S DAY

NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

MARCH 11TH AND MARCH 19TH

SUPPORT GROUP
6:30PM

MARCH 21ST SPRING

APRIL 8TH AND APRIL 16TH

SUPPORT GROUP
6:30PM

APRIL 21ST

NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

APRIL 22ND

EARTH DAY



MAY 10TH

MOTHER'S DAY

MAY 13TH AND MAY 21ST

SUPPORT GROUP
6:30PM

MAY 19TH

NEW PATIENT SEMINAR
7PM
Call 732-744-5955 to register

MAY 25TH MEMORIAL DAY



Continued from page 1

In the study, the 30-day complication rate associated with metabolic surgery, specifically gastric bypass, was 3.4 percent, about the same as gallbladder surgery and hysterectomy. Hospital stays and readmission rates were similar to laparoscopic appendectomy. The month-long mortality rate for metabolic or diabetes surgery was 0.30 percent, about that of total knee replacement, and about one-tenth the risk of death after cardiovascular surgery.

Bariatric surgery is an American Surgical Success Story due to advances in techniques, quality improvement, accreditation and the incorporation of best practices including multidisciplinary approach, into many programs," said John M. Morton, MD, ASMBS President. "It has become riskier to live with severe obesity than to have surgery to treat it."



"Mortality Rate Associated with Bariatric Surgery Reaches New Lows, Life Expectancy Reaches New Highs": *Connect* (February 2015)

"Don't dig your grave with your own knife and fork." ~ English Proverb



These members recently
celebrated their 1 year
Surgi-versary!

**MP TT DT MG DS MB GTM
JH VL JQ EM MR JMEH**

**Together they have lost a total of
1,441.7 lbs!!!!**

***Kudos to our 2 and 3 year alumni
AC, MB, NB, CG and KK who have
together maintained a weight loss
of 508lbs.***



Our *Before and After* bulletin board
has a new look!

Please submit your photos! They
have a major impact on potential
patients who see them at the new
patient seminars.

Motivate Others !

Medical TRIVIA

1. How many fat cells does the average adult have?
2. Who invented the thermometer?
3. What is Blype?
4. When was aspirin first marketed?
5. Is it possible to see a sound or taste a color?

Answers on page 10

Understanding Why Your Body is Unique!

The Fashion Fit Formula

We all know a woman who always looks perfectly put together.

Whether in a social setting or a high-powered business meeting, she immediately has an advantage. If you have ever wanted the casual ease of that self assured look, the Fashion Fit Formula will provide you with the secret!

Each designer's ready to wear clothing line is based on a standard perfectly linear (vertical) proportioned woman. The problem of course is that each one uses a different standard. For one designer the ideal woman is 5 feet 6 inches tall, another may choose a 6 foot standard model. As a result, most of us are wearing clothing that was meant for someone else.

Fashion Fit Formula has measured over 10,000 women and only 22 had perfect linear proportions. With the exception of 6 sets of identical twins no one else had the same vertical proportions. We developed the Fashion Fit Formula (a series of mathematical calculations) based on 12 vertical (linear) measurements of YOUR body. Once this data is entered into our formula the results will easily enable you to identify clothing that will work wonders for your figure right off the rack, and what pieces may need minor tweaking to make them look fabulous - not frumpy!

When you use your Fashion Fit Formula, you will take all the guesswork out of your clothing purchases. *Since your vertical proportions are based on your bone structure, they will remain the same throughout your life.* Thus your Fashion Fit Formula is a timeless tool! This cost-effective investment will result in you saving thousands of dollars by transforming your current wardrobe and making new clothing purchases that will flatter you every time.

History

Fashion Fit Formula, a division of Pivotal Edge, Inc., is headquartered in Annapolis, Maryland. Principal Partners, Janet Wood and Kathy McFadden, combined their years of corporate and executive experience on July 7, 2003 to form a company with the overall mission to develop products and consulting services that will help women look better in the clothing that they already own. The development of the proprietary Fashion Fit Formula took several years to develop. It has been tested on thousands of women to ensure its accuracy.

Janet Wood Cunliffe

The thought process behind the Fashion Fit Formula began in Janet's college art and clothing design classes. During the process of drawing life forms and attempting to sketch her 5 foot 2 inch self portrait, she realized that the traditional body proportions of eight equal head lengths that is taught in life drawing classes resulted in her figure being 5 foot 7 inches tall - an extra 5 inches! Suddenly she understood the reason why the clothes she bought never quite looked as good as they did on the models in Seventeen magazine. For several years, Janet worked on creating a mathematical formula for "fixing" this problem. Once she finally developed the calculation she was surprised to find that it worked on all of her friends regardless of their height or weight. Enlarging her test group she found that the mathematical formula could be applied to all women. After Janet retired from her career in executive corporate sales positions the development of the Internet made it possible for her to take her proprietary, proven formula and use it to help women around the world!

If you wish to learn more about the Fashion Fit Formula contact:

Janet Wood Cunliffe
CEO

Fashion Fit Formula
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Have You Considered Yoga?

No one knows precisely when Yoga began. Although Yoga is said to be as old as civilization there is no empirical evidence to support this claim. It certainly predates written history. Earliest archaeological evidence of Yoga's existence could be found in stone seals which depict figures of Yoga poses. The stone seals place Yoga's existence around 3000 B.C.

The common belief that Yoga stems from Hinduism is a misconception. Yoga actually predates Hinduism by many centuries. Yoga is not a religion. It has no creed or fixed set of beliefs, nor is there a prescribed godlike figure to be worshipped in a particular manner. The core of Yoga's philosophy is that everything is supplied from within the individual.

The tradition of Yoga has always been passed on from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner.

One of the earliest texts having to do with Yoga was compiled by a scholar named Patanjali, who set down the most prevalent Yoga theories and practices of his time in a book he called Yoga Sutras ("Yoga Aphorisms") as early as the 1st or 2nd century B.C. or as late as the 5th century A.D. (exact dates are unknown). The system that he wrote about is known as "Ashtanga Yoga," or the eight limbs of Yoga, and this is what is generally referred to today as Classical Yoga.

Yoga probably arrived in the United States in the late 1800s, but it did not become widely known until the 1960s, as part of the youth culture's growing interest in anything Eastern. As more became known about the beneficial effects of

Yoga, it gained acceptance and respect as a valuable method for helping in the management of stress and improving health and well-being. Physicians today are recognizing yoga as a complementary therapy and incorporating it in treatment of patients' diseases and disorders. Many physicians now recommend Yoga practice to patients at risk for heart disease, as well as those with back pain, arthritis, depression and other chronic conditions. Yoga is an appropriate complementary medical treatment for patients suffering from anatomical disorders such as bone and joint disorders. But it's also one of the most effective workouts for fighting stubborn fat stores. Yes, you can use yoga for weight loss! The reason: Studies show that yoga lowers levels of stress hormones and increases insulin sensitivity—a signal to your body to burn food as fuel rather than store it as fat. The following yoga

poses for weight loss will do just that while firming up your arms, legs, butt, and abs.

Workout at a glance

What you need: A yoga mat or carpeted space

How to do it: Follow this

routine at least 3 times a week, holding each move 1 time for 3 to 5 deep breaths, unless otherwise noted. Start with the Main Move for each exercise. If it's too difficult, do the Make It Easier variation. If it's not challenging enough, try the Make It Harder option. For faster results: Hold each pose for 5 to 8 breaths and increase repetitions.

MAIN MOVE: Crescent [Firms abs, hips, and thighs]

Stand with feet together, toes forward and arms at sides. Inhale and raise arms overhead, reaching fingertips toward ceiling. Exhale, and bend forward from hips, bringing hands to floor (its okay to bend knees). Inhale, and as you exhale, step right leg back into a lunge (left knee bent about 90 degrees, knee over ankle; right leg



extended and on ball of foot). Inhale and raise arms overhead; gaze forward. Hold, then return to standing and repeat, stepping left leg back.

MAIN MOVE: Willow [Firms sides of abs]

Stand with feet together, arms at sides. Place sole of left foot on inside of right thigh, knee bent to side. Touch palms in front of chest for 2 breaths. On third inhale, extend arms up, fingertips toward ceiling. Exhale, and on the inhale, bend torso to left. Inhale and straighten. Repeat 3 to 5 times, pressing foot into thigh; switch sides.

Make it Easier: Keep left foot on calf or touch toes to floor for balance.

MAIN MOVE: Rocking Boat [Firms abs and back]

Sit with knees bent, feet on floor, hands on thighs. With torso straight and head in line with body, lean back about 45 degrees, raising feet so calves are parallel to floor, toes pointed. On an inhale, extend arms and legs, keeping legs together. Exhale, and as you inhale, lower torso and legs 3 to 4 inches so body forms a wider V shape. Exhale and raise torso and legs. Repeat 3 to 5 times.

Make it Easier: Hold backs of thighs with hands and keep legs bent. Lower torso only.

MAIN MOVE: Hover [Firms shoulders, arms, abs, and back]

Begin in push-up position on toes with arms straight, hands below shoulders, and body in line from head to heels. On an exhale, lower chest toward floor, bending elbows back, arms close to body, abs tight. Hold a few inches above floor.

Make it Easier: Begin on hands and knees and walk hands forward until body is in line from head to knees.

MAIN MOVE: Chair [Firms butt and thighs]

Stand with feet together, toes forward, arms at sides. Inhale and raise arms overhead, palms facing each other. Exhale and sit back about 45

degrees, keeping knees behind toes and abs tight to support back; gaze forward.

Make it Easier: Do the move with feet hip-distance apart, hands on thighs, and bend only about 30 degrees.

For more information check out Prevention's Better Belly Yoga DVD at betterbellyyoga.com. ■



The mind is everything.

What you think you become.

~ Buddha



Why is Vitamin B12 Necessary?

Knowing the facts about vitamin B12 is vital. You need B12 to make red blood cells which carry oxygen through your body. Not having enough B12 can lead to anemia, which means your body does not have enough red blood cells to do the job. This can make you feel weak and tired. Vitamin B12 deficiency can cause damage to your nerves and can affect memory and thinking.

The stomach is very important for B12 absorption. This is because stomach acid helps to release B12 from food, and another substance that is made by the stomach – **Intrinsic Factor** –is essential for B12 absorption. Most people get more than enough B12 from eating meat, eggs, milk, and cheese. Normally, the vitamin is absorbed by your digestive system—your stomach and intestines. Vitamin B12 deficiency anemia usually happens when the digestive system is not able to absorb the vitamin. Some bariatric surgery procedures, such as gastric bypass and vertical sleeve gastrectomy, make B12 absorption more difficult for these reasons.

Since we obtain vitamin B12 only from animal foods in our diet, deficiencies also tend to develop among strict vegetarians who eat no animal products.

Symptoms of vitamin B12 deficiency include fatigue, muscle weakness, shortness of breath, dizziness, numbness, heart palpitations, bleeding gums and mouth sores, nausea, poor appetite and diarrhea. Symptoms may present themselves slowly and may not be recognized for some time.

Are there any risks associated with too much vitamin B12?

Vitamin B12 is considered safe and non-toxic.

How much should I be taking?

As with all supplements, check with your physician or registered dietician for the correct dosage.

Conversations About Recovery

By Karen Rose, LCSW

For those working through recovery from obesity it is often difficult to accept the reality that we are in charge and responsible to choose our path to a healthier lifestyle. It seems like an awesome and scary journey that we sometimes would rather fix with a pill or elixir. Or we can recognize that we have other options.

Yes, we do have choices. Choices that we might not always like but choices that include not letting obesity end our lives early. How many times have you heard someone say, “I know I need to lose weight before my health suffers.” If your weight is at a point that you find yourself expressing this concern, then the suffering has probably already started.

It is easy to silence the fears of tomorrow’s consequences but it is our health that we are gambling with. In reality we have this moment -- yesterday is over and who knows what will happen tomorrow. We have this moment – the present. It is only in the *present* that we can be in charge of our behaviors. We can have a joy for life or we can numb ourselves with maladaptive food choices that supply temporary succor from long term obesity. So yes, we have a choice. ■

Calm mind brings inner strength and self-confidence, so that's very important for good health.

~Dalai Lama

How to Get Your Protein Needs Met

By Kelly DiFabio, RD

When the goal is 64 grams of protein per day the same old protein sources of chicken, beef, turkey, yogurt, and cheese begin to seem redundant. Here are two protein alternatives that are perfect for these cold winter months and allow you to expand your palate!

Warm Lentil Salad

Total Time: 30 minutes

Nutrition Profile = 4 oz serving; Calories 100, 14g Protein, 12g Carbohydrates

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 cup ground turkey or sausage
- 3 cloves garlic, minced
- 2 cups cooked or canned (rinsed) lentils (see Tip)
- 1 small bulb fennel, finely diced
- 1 Granny Smith apple, finely diced
- 2 stalks celery with leaves, finely diced (optional)
- 6 cups arugula or other greens

Preparation

1. Whisk 3 tablespoons oil, vinegar, mustard, salt and pepper in a large bowl.
2. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add sausage/turkey; cook, stirring often and breaking up, until cooked through, about 5 minutes. Add garlic; cook 30 seconds

more. Stir in lentils and heat through, about 2 minutes. Stir in 5 tablespoons of the dressing and remove from the heat. Stir in fennel, apple and celery.

3. Toss greens with the remaining dressing. Serve with the warm lentil mixture on top.

Tips & Notes

- **Tip:** To cook lentils, place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2 1/2 cups cooked. Or use canned lentils: 15-ounce can = 1 1/2 cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.

Saag Tofu

Total Time: 30 minutes

Nutrition Profile: 4 oz serving; 100 calories, 9g protein, 7g carbohydrates

Ingredients

- 1 14-ounce package water-packed firm tofu, drained
- 4 teaspoons canola oil, divided
- 3/4 teaspoon salt, divided
- 1 onion, sliced 1/4 inch thick
- 2 medium cloves garlic, finely chopped
- 1 teaspoon freshly grated ginger
- 1 teaspoon mustard seeds
- 1 pound baby spinach
- 1 cup low-fat or nonfat plain yogurt
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon ground cumin

Preparation

1. Cut tofu into thirds lengthwise and eighths crosswise. Heat 2 teaspoons oil in a large

nonstick skillet over medium-high heat. Add tofu and sprinkle with 1/4 teaspoon salt. Cook, stirring gently every 2 to 3 minutes, until browned on all sides, 6 to 8 minutes. Transfer to a plate.

2. Add the remaining 2 teaspoons oil to the pan and reduce heat to medium. Add onion, garlic, ginger and mustard seeds and cook until the onion is translucent, 4 to 6 minutes. Add spinach in batches small enough to fit in the pan and cook, stirring frequently, until all the spinach has been added and has wilted, 4 to 6 minutes more.
3. Meanwhile, combine yogurt, curry powder, cumin and the remaining 1/2 teaspoon salt in a small bowl. Add to the pan along with the tofu and cook until heated through, about 2 minutes.

Trivia Answers:

1. 40 – 50 Billion
2. Galileo
3. Skin that peels after a burn
4. 1899
5. Yes it is. A neurological condition known as synesthesia can cause senses to overlap.

Bon Appetite!

Buen Provecho!

Buon Appetito!

Приятного Аппетита!

Bom Apetite!

Smaczneho!

Thokozela Ukudla!

Guten Appetit!



Understanding Hair Loss Following Bariatric Surgery

Hair loss or hair thinning is not uncommon following bariatric surgery and it can be very stressful.

Healthy human beings are constantly growing and losing hair simultaneously. When there is extra 'stress' on the body, this can cause a shift in the normal balance and hair loss increases. Two stressors known to do this are major surgery and rapid weight loss. Inadequate nutrition is another cause of hair shedding.

It usually starts abruptly and very seldom lasts longer than 6 months.

How much hair will I loose? Will I go bald or have bald spots? Can I prevent hair loss after surgery?

It is not possible to predict who will experience hair loss or how much. Prevention may not be possible, but here are some tips that may help to lessen the blow.

- Relax and don't worry. It is natural hair loss of 5-15% of your hair due to the stress of surgery and weight loss. It rarely lasts more than 6 months. It grows back.
- Follow your dietary guideline which calls for high protein intake on a daily basis.
- Take a bariatric specific multi-vitamin with adequate B vitamins, folate, and biotin
- Eat fish rich in omega three fatty acids several times a week or supplement with fish oil supplements in consultation with your healthcare provider.

- Connect with a professional hair stylist and ask about Bosley Hair Care products. They are especially formulated to stop hair loss and re-grow hair. However, it is an expensive treatment and must be used EVERY day.

Luckily hair loss is a transient effect of weight loss surgery. It will be resolved when nutrition and weight stabilize. ■



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