

Bariatrics



Weight?

AUGUST, 2008

ST. JOSEPH'S CENTER FOR WEIGHT MANAGEMENT

CATHOLIC HEALTH
INITIATIVES

St. Joseph's Area Health Services
THE CENTER FOR WEIGHT MANAGEMENT

New surgeon arrives

Weight Management
team welcomes
Dr. Robert Wroblewski

Triathletes shine!

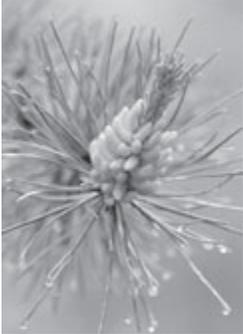
See 2

Weekend in the Pines 2008 event planned

Sign up now!
Details inside



Sign up now for our Weekend in the Pines retreat set for Sept. 12-13



A perfect fall setting at the Smokey Hills Retreat and Conference Center will be the backdrop for this year's Weekend in the Pines hosted by The Center for Weight Management.

The time to register and make your reservations is *NOW* using the brochure included with this edition of *Y Weight?*.

Accommodations at Smokey Hills Wilderness Retreat should be made early if you hope to stay on-site. Check out their website at www.smokeyhills.com. They are located west of Osage on Highway 34.

If you need help making other arrangements, you may contact the Park Rapids Chamber of Commerce at 800-



Karen Mayer Cunningham, stand-up comic, motivational speaker, and author will be the keynote speaker.

247-0054 or visit their website at www.parkrapids.com for motel listings.

In addition to a full schedule

of happenings over the course of the two-day event, guests have the opportunity for an extended stay that Saturday evening through Sunday morning, however arrangements must be made directly with Smokey Hills staff by Aug. 29.

Included in the weekend is a "Focus on the New You! Before & After" slide show. To participate, send a "before" picture and a short testimonial to arlyshess@catholichealth.net by Aug. 29. There will also be question/answer opportunities with medical professionals, screenings, exercise, relaxation, educational opportunities, and more. Prepare for a motivational talk from guest speaker, Karen Mayer Cunningham.

Center for Weight Management represents at Northwoods Triathlon

Six strong and determined female athletes took on team triathlon challenges at the Northwoods Triathlon in Nevis Aug. 9. Vicki Bedford (from left), Janel Stewart, Cathy Hensel, Barb Ramstorf, Connie Nygaard, and Janell Bruggeman made up two teams sponsored by St. Joseph's and Innovis Health. Also competing solo this year were Lisa Schneider and Hannah Gurno. Everyone finished in good form including staff teams.



St. Joseph's Area Health Services
THE CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue
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www.sjahs.org

Park Rapids, MN 56470
1-800-566-3311



We want to hear from you...

Y Weight invites you to submit articles, questions, stories, your personal profile or any information you feel would benefit other gastric patients, to Arlys Hess, social worker, at 218-237-5588. Address correspondence to her at St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470 or e-mail: arlyshess@catholichealth.net

If you choose to no longer receive this newsletter, please call 218-237-5711 or 1-800-566-3311 ext. 588 and ask to have your name removed from the mailing list. Also, drop us a line if you have a change of address you would like us to know about. Thank you.

Center for Weight Management welcomes Dr. Robert Wroblewski to surgical team

Dr. Robert Wroblewski likes the Park Rapids area and surrounding communities well enough. He believes St. Joseph's Area Health Services is a good hospital and Innovis Health Park Rapids is a good place to set up practice with respectable partners. And, even though he may find beauty in scenic lake country, he doesn't fish all that much.

So why does a surgeon who was heavily recruited following residency and training at the University of North Dakota (UND) School of Medicine and Health Science Department of Surgery choose Park Rapids as a place to build his career? He pretty much could have gone anywhere.

Plain and simple, Dr. Daniel Smith is the reason Dr. Wroblewski relocated here.

Dr. Wroblewski studied under Dr. Smith while at UND. "Dr. Smith carries a Midwest and national reputation for excellence," he says. (Through his work at The Center for Weight Management, Dr. Smith's statistics measure higher than the national average.) "Plus it's easy when you get along from day one, you can learn from each other. He and I are very much alike."

Dr. Wroblewski additionally performed bariatric surgeries in Florida, Grand Forks, Fargo, and the University of Minnesota.

He is looking forward to building a partnership with Dr. Smith at the Center for Weight Management, performing weight loss surgeries including the Roux en-Y and adjustable gastric banding procedures. Together they will stay apprised of the latest advancements in surgeries, such as with "sleeve gastrectomies", which could be among options

for patients in the future.

"The point is, we'll introduce procedures when they are determined to be safe, and when they can offer an advantage to our patients," Dr. Wroblewski says. "The idea is to match the right patient to the right surgery. The more options we have, the better."

Dr. Robert Wroblewski's duties will also serve St. Joseph's and Innovis Health as he joins the surgical team of Dr. Smith and Dr. Brian Brattlof. He will take on duties of a general surgeon and perform procedures such as colonoscopies, hernias, gall bladders, C-sections, and more. Additionally, Dr. Wroblewski will be adding vein and vascular surgeries to the list of services provided at St. Joseph's.

The hospital has responded by adding a fourth operating room to be included in the renovation project and by purchasing new equipment for specific procedures. Anyone with varicose veins will be delighted to hear they won't have to travel out of town for treatment.

Dr. Wroblewski explains that arteries pump blood away from the heart and that veins bring it back. "Both are blood vessels, but can have different diseases," he points out. The nice thing for someone suffering from varicose veins is that the procedure to treat them is relatively brief and can be done on an outpatient level.

Dr. Wroblewski has transitioned in on a part-time basis and will be working full time starting the end of August. He graduated from the College of St. Scholastica, Summa Cum Laude, with a BA in biology and attended medical school at the



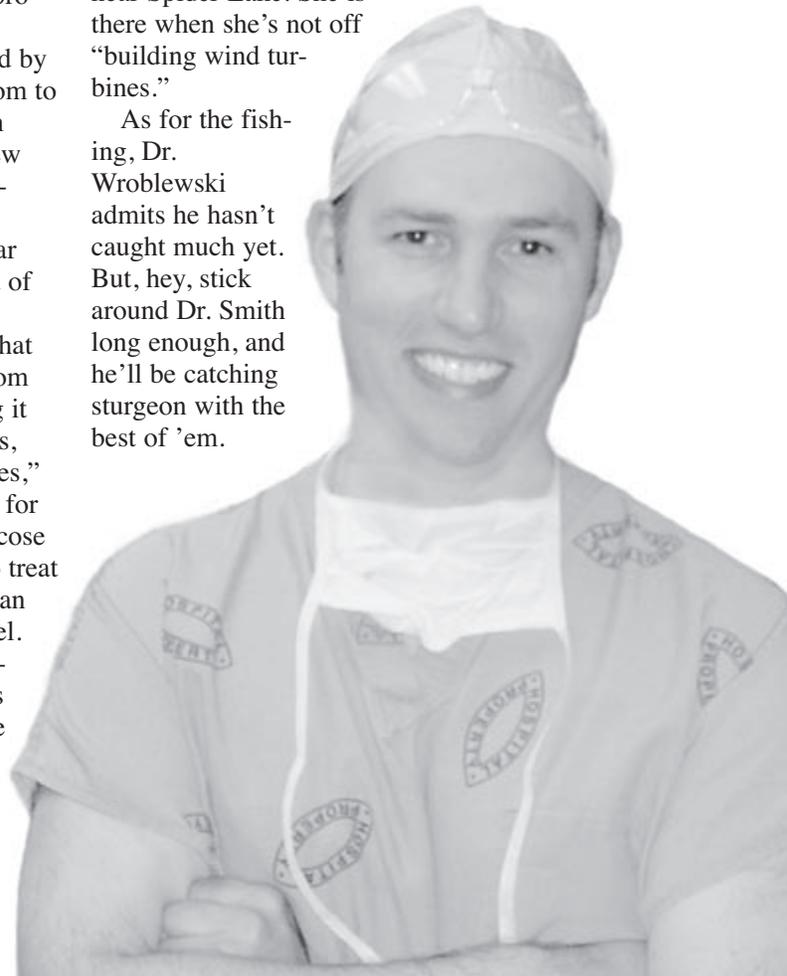
Dr. Robert Wroblewski, (left to right) Mandi Braun, PA, Dr. Dan Smith, and Dr. Brian Brattlof scrubbed in for an adjustable gastric banding procedure.

University of Minnesota, Minneapolis.

As newlyweds, he and his wife, Alison, found a home near Spider Lake. She is there when she's not off "building wind turbines."

As for the fishing, Dr. Wroblewski admits he hasn't caught much yet. But, hey, stick around Dr. Smith long enough, and he'll be catching sturgeon with the best of 'em.

Dr. Robert Wroblewski



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Take Note

▶ Due to the current building and remodeling project at St. Joseph's Area Health Services, please note that the Y Weight? Support Group and "POWER Up Your Pouch" will be meeting in the St. Joseph's Area Health Services Annex (Home Care building). That address is 323 Main Avenue South, the corner of 4th St. and Main Ave. in downtown Park Rapids. Meeting times remain the same, at 4:30 and 6 p.m., respectively. Please call Arlys at 218-237-5588 if you have any questions or need additional directions.

▶ A six-week "POWER Up Your Pouch" session will be held from 6 to 7:30 p.m. every Thursday, Sept. 18 through Oct. 30 (no class Oct. 23) at the St. Joseph's Area Health Services Annex (323 Main Ave. South). These classes will be geared toward those patients who are 18 to 24 months post-surgery and struggling with weight regain. Each session will focus on one of the POWER tools (Protein First, Optimism, Water, Exercise, and Resist Grazing) and include opportunities for weigh-ins, goal setting, and staying accountable for progress made. Cost per session is \$50 for first-time attendees. If you have gone through the Back on Track program in the past, the cost will be \$30. Payment is expected at the first session unless other arrangements have been made. Please register

for this program by calling Arlys Hess at 218-237-5588. Class size is limited to 12 participants.

▶ Y Weight? Support Group Schedule:

Aug 28: Group Discussion / Clothing Exchange.

Sept. 25: Joel Kirchner, PhD: "Sabotaging Weight Loss Success."

Oct. 9: "Stress Busters!" / Support Group Survey.

Oct. 23: Sandy Jones, PA, "Ask the Professional."

Nov. 13: "Gobble, Gobble, Gobble; Ho! Ho! Ho! - Preparing for the Holidays" / Menu Ideas.

Dec. 11: "Spotlight on the New You! Before & After Slide Show." (Send a "before surgery" picture to Arlys Hess by Dec. 1. Send by e-mail to arlyshess@catholichealth.net or St. Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470.)

▶ It's time to register for the "Weekend in the Pines, 2008!" coming Sept. 12-13. Prepare to have a fun, relaxing, educational weekend here in the northwoods. Look for information contained in this issue of *Y Weight?*, or in the enclosed brochure. You can also visit the St. Joseph's Area Health Services website at www.sjahs.org. See you there.