

# Weight?

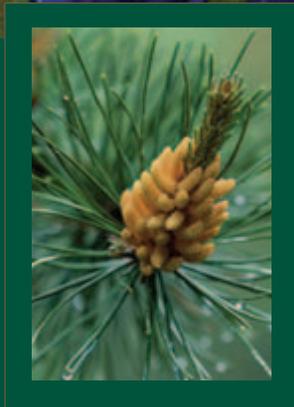
September 2009

A BARIATRIC SUPPORT SERVICE PROVIDED BY ST. JOSEPH'S/INNOVIS HEALTH



## Triathletes inspire!

Team Center for Weight Management rocks  
Northwoods sprint triathlon / See Page 2



### Weekend in the Pines

It's not too late to sign up, or to submit a photo and write-up for the "Before & After" presentation! Call Arlys at 218-237-5588 or go to [www.weightmanagementmn.com](http://www.weightmanagementmn.com) or [www.sjahs.org](http://www.sjahs.org). See you there!



### Center goes International

Ontario Ministry of Health refers patients to Center for Weight Management

Center for Weight Management athletes put the

# TRY in TRI



*Ron Carnell is the first male gastric bypass patient to represent team Center for Weight Management. He's already looking for two more men to make up the Center's first all-male team.*

## On the cover...

The Center for Weight Management participants include: (front, left to right) Jeanne Kritzberger, Sue Zinniel, and Becca Hughes, (back) Ron Carnell, Erin Hensel, Barb Ramstorf, Missy Lindow, Amy Erickson, Leah Walters, Katie Haarala, Pam Gilhousen, Barb Lund, and Cathy Hensel.

When first-time triathlete Erin Hensel ran across the finish line at the Nevis Northwoods Triathlon in August, her mind was still racing.

Her gorgeous smile told an inspirational story of its own as she pushed through her final seconds on the Heartland Trail.

A 5k behind her, she was already looking ahead.

"I'll be better prepared next year," she told Missy Lindow, a Center for Weight Management lifestyle counselor.

It is music to Lindow's ears when another surgical weight-loss patient gets bit by the triathlon bug.

The Center for Weight Management hosted four teams in the annual event in August, three of which were entirely made up of weight-loss patients (with the exception of one last-minute replacement). Staff members made up the fourth team.

Teams swam a quarter of a mile, biked 14 miles, and ran a 5k to earn their medals. All were winners including the Center for Weight Management fan club which formed long after the first-place individual finisher completed the triathlon in less than an hour. Watching them create a rowdy atmosphere of support and encouragement at the finish line inspires everyone in attendance.

For the surgical weight-loss competitors, there always appears to be a winning sense of accomplishment. Each has reached a level of achievement. They set goals. They participate. They set more goals. That process is what excites the Center's Bariatric Coordinator, Leah Walters, and why many refer to this triathlon as "Leah's Race."



*Triathlon team runners hear the rally cry from the Center for Weight Management fan base and peers as they finish the race. Their number one fan is Leah Walters (raising arm), Bariatric Coordinator.*

Team triathletes all have a story to tell.

Cathy Hensel rode bike as part of a team for the third year in a row. Her triumph? For the first time during the race she didn't have to dismount to get up a hill.

Jeanne Kritzberger found excess energy in her stride as she finished out her 5K.

"Completing my portion of the race was an adrenaline rush since I could see the finish in the distance," Kritzberger says. Her race ended with a 200-meter sprint. Tears came to Lindow's eyes as she witnessed Jeanne's surge.

No one could miss Ron Carnell in his warm-ups, cowboy lid, and participation medal.

"Giddy-AAAAP!"

Walters hollers out. Carnell is the Center's first male competitor to participate on a tri team. He took on the cycling portion of the race and wasn't too tough to locate in his

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CATHOLIC HEALTH  
INITIATIVES

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

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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](mailto: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. Thank you.



*Barb Lund gave the thumbs up as she took off on her 14-mile bike ride.*

Center for Weight Management get-up at the race's end.

"Well?"

It's the question practically everyone asks a competitor when they complete their portion of the triathlon.

"I'll come back if you ask me real nice," he teased Walters. In fact, Carnell is already recruiting other men to make up the Center's first all-male team next year.

With a 117-pound weight loss under his belt, cycling is Carnell's main source of exercise. He says the feeling he gets from staff at the Center is like that of "family."

Pam Gilhousen thinks it's always fun to participate in a competition "no matter when you cross the finish line."

She found more inspiration to run her leg of the tri by watching the elite athletes emerge from the waters of Lake Belle Taine, climb the beach's hill, and hop on their bikes.

"Participating in runs helps to keep me in check," she says. "It's a reminder that I have to adjust my busy life to make sure I get daily exercise. Seeing the St. Joseph's staff was one of the best parts of the triathlon. They get you excited about keeping on track."

Sue Zinniel far and away earned the nickname of "Phelps" following her quarter of a mile lap swim. She caught the eye of many as she made her way through the transition area. Tough, strong, beautiful, are words that come to mind.

Barb Lund committed to giving the tri a try last year at the "Weekend in the Pines" and started a training regiment after the



*(Above left) Jeanne Kritzberger dug deep to burn up the track on the finish. (Right) Erin Hensel flashed her winning smile as she finished the triathlon for her team.*



first of the year. "I felt so good after exercise," Lund says. "It really is addicting. The best reason for being in the triathlon for me was the motivation to keep working out.

She enjoyed the "exhilaration" of the competition and appreciated the support from the Center's team of professionals.

"I wake up every morning thanking Dr. Dan Smith for giving me my life back," she adds. Her next venture will be 5k challenges.



*Sue "Phelps" Zinniel swam the quarter-mile stretch in 15:33.*

# Weight-loss surgery, carbohydrates & exercise



By Becca Hughes,  
Concordia College  
Dietetic Intern

Protein intake is pushed with weight loss surgery because it is needed for wound healing and muscle tissue maintenance.

However, when it comes to fueling for exercise and recovery, protein cannot act alone. With your new diet after surgery, fewer calories will be taken in, and, although protein is important, it places limits on an individual's ability to exercise both intensely and for long durations.

This is where carbohydrates come into the picture!

## Fueling Exercise

Glycogen is the body's storage unit for carbohydrates, and it is the primary source of fuel during most forms of exercise.

Exercise can drain glycogen stores quite rapidly. It may take only 15 to 30 minutes of high-intensity exercise to deplete your stores. In these instances, not eating carbohydrates before exercise may result in nausea, dizziness, and fatigue.

Because of this, it is recommended to include carbohydrates in your pre-exercise nutrition regime. This concept applies to nearly everyone, regardless of whether or not they have had weight-loss surgery.

So, instead of chugging down that protein shake before you hit the gym, try high quality carbohydrate foods one to two hours prior to exercise.

An example of this would be to have a little oatmeal or a piece of fruit such as an apple.

## Recovery

Protein is important for recovery after exercise, but it seems that most peo-

ple are confused about the amount of protein needed to stimulate muscle growth and repair.

For someone consuming a normal diet, a post-workout recovery nutrition should consist of at least 50 grams of carbohydrate and approximately 15 grams of protein. For weight-loss surgery patients, smaller quantities of carbohydrates and protein must be consumed.

Post-exercise sources of carbohydrates can be similar to those consumed prior to or during exercise while simply adding a small glass of low-fat milk, string cheese, or a small protein shake to help meet your protein needs after exercise.

## Be carb conscious

Exercise is an extremely important component and often a predictor of long-term weight loss maintenance.

Meanwhile, carbohydrates are an important fuel for exercise and will help you reach your fitness goals.

It's your journey... train for it!

*Adapted from OH Magazine, July/August 2009, by Jeremy Gentles, MA, CSCS*



## Do you know someone who could benefit from weight-loss surgery?

Bring them to the Center for Weight Management's next informational session and introduce them to a member of our surgical team.

Key team members will be on hand to give an informative overview of the

Center for Weight Management's programs and statistical information on the latest in bariatric treatment.

The next informational session will be held from 6 to 8 p.m. Monday, Oct. 19, at the Ramada Plaza Suites in

Fargo. (Located across from West Acres Mall.)

Another future session is set from 6 to 8 p.m. on Monday, Jan. 18.

## *Center for Weight Management named 'preferred provider' by Ontario's Ministry of Health*

Canadian residents will soon be making trips to Park Rapids for gastric bypass surgery at the direction of Ontario's Ministry of Health.

The Ministry of Health recently named the Center for Weight Management (a service of St. Joseph's Area Health Services and Innovis Health) a "US Preferred Provider."

The agreement with Ontario could mean an additional 25 to 50 patients referred to the Center for Weight Management per year, as estimated by Dr. Daniel Smith, surgeon. The numbers hold the potential for an economic impact on behalf of the Center as well as the community.

Dr. Dan Smith learned of Ontario's interest in the Center for Weight Management in May when the Ministry went in search of weight loss centers located near the Ontario and US border that ranked as an American Society for Metabolic and Bariatric Surgery Center of Excellence. The Center for Weight Management was re-certified as a Center of Excellence for the next three years. It has also earned merit as a Blue Cross, Blue Shield Blue Distinction Center.

Canadian patients will begin to be referred from the northwest region of Ontario to the Park Rapids site.

"We are very proud to have been selected by the Ontario Ministry of Health, and we think there is great potential for new patients to seek our services," says Ben Koppelman, St. Joseph's President/CEO. "With our newly renovated facilities and expanded bariatric team, we feel that we can provide a very high level of care and service for these patients."

Dr. Smith explains that the decision for Ontario's government to refer bariatric patients to the US largely stems from a medical study on obesity that concludes "surgery decreases long-term mortality, morbidity, and healthcare use in morbidly obese patients." The study, conducted in Quebec, appears in the *Annals of Surgery*, 2004 (Ann Surg 2004; 240: 416-424). It follows the medical histories of obese patients over a five-year period and includes control groups of patients of similar age, sex and body mass index who underwent gastric bypass surgery and of those who were



*The Center for Weight Management takes a team approach to care as led by (front from left) Dr. Robert Wroblewski, Sandy Jones, PA-C, and Dr. Daniel Smith.*



not treated surgically.

The study concludes that the obese patients without weight-loss surgery were, over the five-year period, "nine times more likely to die" than their counterparts. In addition, medical costs were 50 percent more in the control group than the group that had surgery, Dr. Smith says.

"The bottom line is that for every person who had surgery in this study, nine people who did not have surgery died in that five-year period," he says.

Another conclusion drawn from the study is that even with the cost of the surgery, it was still worth it from a financial savings perspective and that the surgery basically "pays for itself," Smith adds.

Dr. Smith says countries are fast becoming aware of evidence showing how "bariatric surgery improves the quality of life, improves the length of life and reduces medical costs for patients."

Ontario's government responded to the study by dictating that its healthcare system cannot delay treatment for patients in need of gastric bypass surgery (this does not include banding or sleeve procedures). Only two hospitals in Ontario perform gastric bypass surgery (McMaster University in Hamilton and the University of Toronto), which is why they are tapping into border state weight-loss centers as resources for their patients.

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

600 Pleasant Avenue Park Rapids, MN 56470  
Phone: 218-237-5757 1-800-566-3311  
www.weightmanagementmn.org

**Innovis Health**

705 Pleasant Avenue, Park Rapids, MN 56470



Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collection with expert clinicians' and leading medical societies' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

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## Take Note

▶ The next six-week **"POWER Up Your Pouch"** session will be held from 6 to 7:30 p.m. every Thursday, Oct. 8- Nov. 12, in Lower Level B & C of St. Joseph's Area Health Services and Innovis Health Park Rapids (600/705 Pleasant Ave.). These classes are geared toward those patients who are at least 18 to 24 months post-surgery and struggling with weight re-gain.

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. If you need to get back on track with your weight loss, this is the program for you.

**Pre-registration is required.** Contact Arlys Hess at 218-237-5588 to register.

▶ **Y Weight? Support Group** schedule:

**Sept. 24:** "Cravings and Emotional Eating."

**Oct. 8:** "Paying it Forward"/ Support group survey.

**Nov. 12:** Cooking demonstration.

**Dec. 10:** "Spotlight on the New You!" with before & after slideshow. (Please send "before" surgery pictures to Arlys Hess by Dec. 1 at arlyshess@catholichealth.net or to St.

Joseph's Area Health Services, 600 Pleasant Ave., Park Rapids, MN 56470.)

Meetings are held at 4:30 p.m. on the second and fourth Thursdays of the month in Lower Level B & C.

▶ Residents in the **Fargo/Moorhead** area can take advantage of **support group meetings** held in their region.

One group meets at 4:30 p.m. on the fourth Thursday of the month in the Innovis Health Board Room on 1702 So. University Dr. in Fargo. Please call Rachel Rudel, LRD, CDE at 701-364-8900 for more information.

Another group meets at 6 p.m. on the third Monday of the month at Innovis Health Hospital Lower Level Conference Room, 3000 32nd Ave. South in Fargo. Please call Kathi Schwan at 701-298-3581 for more information.

A third group meets at 10 a.m. the first and third Tuesday of the month at Innovis Health in the Moorhead Center Mall. Call Leah Walters, RD, LD, CDE, at 218-237-5757 or Arlys Hess at 218-237-5588 for additional information.

▶ A **support group in Grand Rapids** will start meeting the first and third Thursday of every month beginning Oct. 1.

Meeting times are from 6 to 7 p.m. at the YMCA located at 400 River Road, Grand Rapids, MN 55744. Please contact Carolyn Christensen at 218-327-6018 for more information.