

# Y Weight?

*Support for Surgical & Medical Weight-loss Solutions*



A CHI  
St. Joseph's  
Health  
Weight  
Management  
Center  
Newsletter

Spring 2015

## *Inside*

*We Help  
You  
Navigate  
Your Way  
To Better  
Health p. 2*

*Catching  
ZZZZZZs p. 3*

*Your Follow-up  
Care p. 4*

218.237.5757  
1.800.566.3311

# \$597,693 PrimeWest Grant Enhances Weight Management Services

Becoming involved in a weight management program just got even easier at CHI St. Joseph's Health with enhanced program offerings and the addition of a Lifestyle Coach and Navigator.

These new services are funded by a three-year \$597,693 grant from PrimeWest Health's Community Reinvestment Grant Program to support development and implementation of a Lifestyle Navigator Program and to enhance the current weight management programming.

"CHI St. Joseph's Health Weight Management Center patients will discover improved access to nutrition education, exercise, behavior health services, tailored health goals and transportation so they can lose weight and experience better health," says Leah Walters, Weight Management Center manager. "We are especially excited to enhance our weight management offerings to include pediatric youth ages 6 to 18."

The Community Health Reinvestment Grant Program allows CHI St. Joseph's Health to collaborate locally to assist patients with medical transportation needs and to partner with area healthcare providers including behavior health professionals, organizations and agencies.



*"We are especially excited to enhance our weight management offerings to include pediatric youth ages 6 to 18."*

~ Leah Walters  
CHI St. Joseph's Health  
Weight Management Center  
Bariatric Manager

"By working with other providers and organizations, we will take a multi-disciplinary team approach to helping all patients, including our underserved populations, achieve their weight management goals," says Ben Koppelman, CHI St. Joseph's Health president.

"As healthcare resources continue to shift from taking care of the sick to keeping people well, this grant allows us to create a healthier community and help adults and youth experience better health," Koppelman adds.

Brett Fredrickson, Exercise Physiologist, is the new Lifestyle Coach and Navigator at the Weight Management Center.

Your first step to losing weight and to creating a healthy lifestyle for yourself is to simply call or text him at **218.255.7527**.

Following an initial assessment, Fredrickson will evaluate your overall health and medical history from your primary care provider. Together you set personal health goals, and your Lifestyle Coach guides you to program offerings tailored to your specific needs.

"What I love about my job as Lifestyle Coach and Navigator is to see patients set and achieve their goals," he says. "I am here to offer support and encouragement. It is rewarding to see people embracing a healthy lifestyle and becoming accountable for their own successes while gaining a fresh outlook on life."

The ultimate goal with the PrimeWest Health's Community Reinvestment Grant Program is to improve weight management outcomes for patients, decrease healthcare costs and reduce hospital readmissions.



**Weight Management Center**



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218.237.5757 or 1.800.566.3311  
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sjahs.org

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# Catching Enough ZZZZZZZs?

By Arlys Hess, MSW, LGSW, Lifestyle Counselor  
CHI St. Joseph's Health Weight Management Center

In the quest for wellness and a healthy weight, we often emphasize the need for a healthy diet and exercise and overlook the need for adequate sleep. Is it possible that our weight is directly related to the amount of sleep we are getting?

A Nurses' Health Study followed 68,000 middle-aged American women for up to 16 years. The study compares women who slept seven hours a night to those who slept five hours or less. They found that those who slept fewer hours were 15 percent more likely to become obese over the course of the study.

The study also compared the relationship between working rotating night shifts and the risk of type 2 diabetes and obesity. It appears that the longer women worked a rotating night shift, disrupting circadian rhythms on a regular basis, the greater their risk of developing diabetes and obesity.

*While on your weight-loss journey, the amount of sleep you get at night is just as important as the choices you make in eating and exercising.*

Other consequences of inadequate sleep include decreased levels of concentration, mood swings, irritability, and a weakened immune system.

Here's to a good night's rest!

## Tips To Improve Your Sleep

- Develop pre-bedtime rituals such as a warm bath, calming reading, soft music, or recorded nature sounds. Create a quiet, peaceful sleep environment noting room temperature, darkness, etc.
- Give yourself sleep hours versus squeezing as much activity as possible in a day.
- Eat healthy and exercise regularly 3-4 times a week, but well before bedtime.
- Don't go to bed hungry, but don't eat a big meal right before bedtime.
- Don't nap during the day.
- Stay away from caffeine, nicotine, and alcohol.
- Don't lie in bed agitated. Get up and do something until you feel sleepy again.

## Outreach

### Y Weight? Support Group

Y Weight? support meetings are held at 4:30 p.m. on the 2nd Thursday of the month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. If you live outside the Park Rapids area, please check out our website to find a support group near you at [WeightManagementMN.com](http://WeightManagementMN.com). We have support group leader training if you would like to start a support group in your community. Please call Arlys at **218.616.3377** for more information.

### Graduate Support Group

If you are one year post surgery and live in the Park Rapids region, we have a Graduate Support Group for you. This group meets from 5:30 to 6:30 p.m. on the 3rd Thursday of every month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. Please call Arlys at **218.616.3377** for more information.

### ReLEARN

Post surgery weight-loss surgery patients struggling to maintain healthy lifestyle changes and previous LEARN program participants have support at ReLEARN. Contact us for the next session times and location by calling **218.237.5757**. Cost is \$50. A sliding scale fee can be implemented based on need. Group counseling will be billed separately.



### Weight Management Center

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## Keeping Follow-up Appointments After Bariatric Surgery Is Critical To Quality Care

*By Karie Lindow, RN, CBN  
CHI St. Joseph's Health Weight Management Center*

Scheduling and keeping follow-up appointments after bariatric surgery is extremely important. Whether you have had gastric bypass, sleeve gastrectomy, or adjustable band placement, follow-up care is essential. You should also continue to see your primary care provider for other health problems and other specialists you are already seeing for chronic illnesses.

Several nutritional problems such as B12 or iron deficiency can occur following certain bariatric procedures. These and other mineral and vitamin issues require screening so that in the event they begin to occur, they can be treated as needed. Left undiagnosed, they can result in severe and irreversible problems.

With issues such as vomiting and dumping syndrome, they can be easily recognized and treated, but other long-term problems such as changes in bone metabolism require monitoring as well.

If some long-term issues are not addressed

**If you have had bariatric surgery and have any of the following symptoms, please contact us at 218.732.2915 to schedule an appointment or to discuss your concerns with a nurse.**

#### Symptoms to watch for include:

- Changes in bowel habits
- Difficulty swallowing
- Intermittent abdominal pain
- Nausea or vomiting
- Hair loss, fatigue
- Bone pain
- Difficulty seeing at night
- Bruising easily
- Numbness and tingling in hands and feet.

in a timely matter, eventual treatment becomes much more difficult. Patients who have undergone bariatric surgery require medical follow-up for reasons specific to the type of surgical procedure performed.

*Your health matters to us, so please call us today for a bariatric follow-up appointment at **218.732.2859** or **218.732.2915**.*

**About Catholic Health Initiatives (CHI):** CHI, a nonprofit, faith-based health system formed in 1996 through the consolidation of four Catholic health systems, expresses its mission each day by creating and nurturing healthy communities in the hundreds of sites across the nation where it provides care. One of the nation's largest health systems, Englewood, Colo.-based CHI operates in 19 states and comprises 105 hospitals, including four academic health centers and major teaching hospitals and 30 critical-access facilities; community health-services organizations; accredited nursing colleges; home-health agencies; and other facilities that span the inpatient and outpatient continuum of care. In fiscal year 2014, CHI provided \$910 million in charity care and community benefit, a nearly 20 percent increase over the previous year, for programs and services for the poor, free clinics, education and research.