

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Live a Long, Healthy Life

*How bariatric surgery can improve your quality of life — and decrease the cycle of obesity to the next generation.*

**M**ost of us embrace the idea of living longer, especially if the quality of our lives remains good. After all — even with its shortcomings — this is a pretty awesome place with special people who are undeniably hard to leave. Well, there's good news reported by the Department of Health and Human Services; fewer Americans are dying from breast cancer, colon cancer, prostate cancer, heart disease and HIV. This has increased the average life expectancy by one full year in the last decade.

Unfortunately, obesity and its associated health problems have seen only increases in the past decade. In 2000, 23% of Americans were obese (a BMI of 30 or above) and the government set a target at that time to reduce the rate of obesity to 15% over the following decade. Well, that didn't happen. In fact, 34% of us now fit into the classification of obesity.

The really tough part of this is that our genes, the foods our mothers chose while they were pregnant, the body's design to resist weight loss, our

increasingly sedentary jobs and leisure activities, an environment filled with an abundance of poor food choices, and (okay, here is the personal responsibility factor) our less than perfect food choices and indulgences, set us up for obesity. Once obesity has taken

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**It is not the years in your  
life but the life in your  
years that counts.**

**Adlai Stevenson**

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hold, the only real solution is weight loss surgery.

The real key to tackling obesity as a nation is going to have to be in the area of prevention, and strategies will need to involve preventing obesity throughout the lifecycle. Expectant mothers, young families, children, teens, and adults will all be included.

Although there are major obstacles to overcome, our knowledge base is growing by leaps and bounds (partially due to all we have learned from weight loss surgery), people are accepting that obesity is not simply a function of eating too much and moving too little

(although that does play into it), resources are focused on finding solutions, and finally, there is a pressing need to overcome this disease for the individuals impacted and the toll on our health care costs.

Hopefully, our grandchildren or great grandchildren will be in a very different situation. For those of us in the here and now, the good news is that for most, weight loss surgery results in both an increase in life expectancy and in the quality of life. Researchers at the University of Cincinnati project that an average 42-year-old woman with a BMI of 45 would gain an estimated three years of life from gastric bypass surgery and a 44-year-old man with the same BMI would gain an additional 2.6 years. Logically, the younger the person having surgery, the more years they may add to their life because the toll of obesity on their body has not been as great.

A recent study, conducted by Katie King of Rochester College in Rochester Hills, MI, explored

in-depth what the exact physical and psychological improvements were for those who have undergone weight loss surgery. In order to assess this, she sent a survey to 5400 previous patients of Barix Clinics and nearly 1000 responded. The survey included questions assessing change in physical well-being, self-esteem, and quality of life.

On average, participants reported a starting BMI of 47. Most (89%) had undergone gastric bypass surgery, 10% lap band surgery and 1% had another type of bariatric procedure. Participants were sent a link to an online survey which asked them to select all physical problems they had before surgery and then to select any physical problems they were currently suffering from.

The conditions the participants could choose from were high blood pressure, type 2 diabetes, joint pain, sleep apnea, irregular menstrual cycle, fatigue, gallstones, arthritis, asthma, high cholesterol, heart disease, stroke, gout, poor circulation, and infertility. All categories showed a decrease of at least 43%. The conditions of gallstones, high cholesterol, gout, sleep apnea, and fatigue all showed decreases of at least 78%.

Even more telling than the numbers were the enthusiastic comments made by participants about their health after surgery: "Hypertension meds have been reduced by half and now under

control. All others gone..."; "Everything went away with the weight loss!"; "Nothing, I am very healthy!"; "These conditions are LESS severe"; "Hypothyroidism is getting better on a lower

**I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well.**

**Diane Ackerman**

med now"; "Headaches are gone"; "I don't struggle with, but still take a much smaller amount of medication for high blood pressure and diabetes. Joint pain is much improved except in very cold/damp weather"; "Thinning hair. Growing back now!"



The next category examined by the researcher was self-esteem. The participants' responses indicate an overall increase in self-esteem of 33% after surgery. And last, quality of life was surveyed. Overall scores

showed an improvement in quality of life of 29%. The surveyor concluded, "It is apparent from this study that a reduction in weight leads to a significant increase in physical well-being, self-esteem, and quality of life."

Not only does bariatric surgery provides an opportunity to extend life and at the same time improve the quality of life, it also helps to decrease the cycle of obesity

so that these benefits can be passed on to the next generation. A study published in Pediatrics in 2008 found a 52% decrease in obesity in children whose mothers had weight loss surgery before becoming pregnant.

What if you have already had bariatric surgery? Bariatric surgery isn't an end, but rather a beginning to build on a healthier body. Dr. Mao recommends five daily habits to increase longevity and the quality of life: eat 5 small meals per day, climb the stairs instead of taking the elevator, laugh it up, drink 8 glasses of water a day, unwind with meditation. WebMD touts 13 healthy habits to improve your life: eat breakfast every morning, add fish and omega 3 fatty acids to your diet, get enough sleep, make social connections, exercise, practice good dental hygiene, take up a hobby, protect your skin, snack the healthy way, drink water and eat dairy, drink tea, take a daily walk, and plan because healthy habits don't just happen. It looks like with some daily effort we can all increase our odds of living a long, healthy, happy life.



## REQUEST A FREE BROCHURE

for you or a friend.

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## RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. **Call us today for more information!**

## SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online ([http://www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html)).

We'd love to hear from you.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

## It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Here is just one example of a posting (edited) that supports the person posting and also inspires others. If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need ([forum.barixclinics.com](http://forum.barixclinics.com)).

### POSTING:

Hello, everyone...wow, there are many new faces on here! I am almost 2 years post-op and have been doing great, but I have just not been making the best choices lately...have been eating more often than I need to...drinking and eating at the same time or not waiting the full 30 minutes after I eat...and have NOT been exercising at all. I just need to nip these behaviors in the bud and get back to the basics and back on the right track. Today is garbage day, so I went through the house this morning and threw everything away that is not something I should have. It's gone. I got my running shoes out. It's time to get 'er done!!!!

### RESPONSE 1

How is this... "HAPPY GARBAGE DAY!!" LOL!!! I love that you literally got rid of all temptations in your house and into the garbage, good for you. You totally have the right attitude and with all of these things combined you will be right back on track! Good for you to recognize your habits may be getting sloppy and boom...you are putting a stop to it right away... that is awesome!!!



And last but certainly not least on your list... you reached back out to your Barix friends...you know everyone here can so totally relate!!! You have a good grip on getting back on track, stay strong!!!

### RESPONSE 2:

I just had my RNY 4 short weeks ago. So, while I have not "walked in your shoes," I am coming up behind you! I think it's smart that you publicly acknowledged that you need to refocus...sometimes telling others and getting feedback is the motivation we need to do many things!!

### RESPONSE 3

1. You've admitted and done something about unhealthy eating habits. 2. You've pulled out your running shoes after admitting that you're not exercising. 3. You have come back to be a more frequent poster amongst your Barix friends. You're already doing what you need to do. Your tale is inspirational... I hope that if I run into a similar problem that I can react as you have. Admit it. Recognize it. Take action. And stay focused.

### RESPONSE 4

I am so impressed that you got rid of the food that you can't eat. I'm guilty of keeping junk food around for guests but when you think about it....why not offer healthy snacks to our family and friends? You have inspired me to do a little clean-out myself! Garbage day is tomorrow!





# Recipes



## Enchilada Chicken Soup

3 cups fat-free chicken broth  
 1 1/4 cups celery, finely chopped  
 1/2 cup sweet yellow onion, diced  
 3 cups green enchilada sauce  
 One 15-oz. can pure pumpkin  
 10 oz. boneless skinless chicken breast, cooked, shredded  
 1 cup white (or yellow) corn, frozen  
 Optional: dash hot sauce, or more to taste  
 Optional toppings: shredded fat-free cheddar cheese, crushed baked tortilla chips

In a large pot, bring broth to a low boil on the stove. Add celery and onion, and simmer for 5 minutes. Stir in enchilada sauce and pumpkin. Once soup returns to a low boil, add chicken, corn and optional hot sauce; mix well. Cook for an additional 3 – 5 minutes, until soup is heated throughout.

Dish into bowls and top with optional cheese and chips if desired. Makes 9 servings.

### NUTRITION INFORMATION

**PER SERVING:** 105 calories, 11 grams protein, 2 grams fat, 13 grams carbohydrates, 641 mg sodium.

## Crock Pot Chunky Chicken Soup

1 1/2 lbs. boneless skinless chicken breasts, halved  
 1/2 tsp. salt  
 1/8 tsp. black pepper  
 1 small onion, finely diced  
 2 carrots, chopped  
 2 cups dry coleslaw mix  
 3 1/2 cups fat-free chicken broth  
 1 can, 15-oz. white kidney beans, drained and rinsed  
 1 can, 14.5-oz. stewed tomatoes, not drained  
 1 cup peas, frozen  
 1/2 tsp. fresh thyme  
 1 bay leaf

Evenly season chicken with salt and pepper. Place all ingredients in the crock pot and stir. Cover and cook on high for 3 – 4 hours or on low for 7 – 8 hours, until chicken is fully cooked.

Remove and discard the bay leaf. Remove the chicken and place in a bowl. Shred each piece using two forks – one to hold the chicken in place and the other to scrape across the meat and shred it. Return the shredded chicken to the crock pot and stir into the soup. Makes 10 servings.

### NUTRITION INFORMATION

**PER SERVING:** 150 calories, 21 grams protein, 1 gram fat, 15 grams carbohydrate, 570 mg sodium.

## In the News

Bariatric surgery improves the habits of the entire family. Obese relatives living with the patient had a significant drop in weight in the year following surgery, found researchers at Stanford University. There was also a decrease in TV viewing time, an increase in physical activity, less uncontrolled eating and less alcohol consumption.



They concluded that “having a family member undergo weight loss surgery is a powerful reminder for dietary modification.”

### Source:

Woodard GA, et al, “Halo Effect for Bariatric Surgery” Arch Surg 2011; 146(10): 1185–1190.



## REWARD YOURSELF



This month, you could earn a SPECIAL GIFT for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by November 30, 2011. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).