

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## Bariatric Surgery

Benefits Beyond Weight Loss

It is not new information that bariatric surgery is the only effective obesity treatment, or that it also significantly improves or resolves obesity-related conditions. What is new is that people are starting to look to obesity surgery to treat obesity-related conditions specifically.

According to the American Society for Metabolic and Bariatric Surgery, 72 million Americans are obese. And with obesity come type 2 diabetes, high blood pressure, heart disease, gout, degenerative joint disease, sleep apnea, GERD and more. In other words, obesity is sapping our health.

About 200,000 people undergo weight loss surgery each year. According to Dr. Jamie Ponce of the American Society for Metabolic and Bariatric Surgery, "We're not just treating the weight; we're actually treating the metabolic damage by doing this surgery. It changes their hormones and how their organs work in their body."

Because bariatric surgery is so effective at treating a multitude of obesity-related conditions, there

are indications that it may someday in the not-too-distant future be utilized for other specific patient groups such as heart disease, type 2 diabetes and obese patients waiting for kidney or liver

transplants.

Take the case of type 2 diabetes; research published earlier this year confirmed that the gastric bypass and gastric sleeve surgeries are more effective than medications in treating type 2 diabetes. And improvements were seen prior to significant weight loss, indicating that there is more than the weight loss at work. Research is also questioning if surgery for those with diabetes should be considered earlier. Stanford University researchers found that those who had a lower BMI (35) had a 100% remission in diabetes, while those with a higher BMI (40 or above) had a significant, but lower remission rate of 75%. In addition to better rates of diabetes remission, the lower BMI patients had shorter operating times, saw bigger improvement in other obesity-related conditions and lost a greater percentage of their excess weight.

Another potential use of bariatric surgery is to improve the success rate of morbidly obese patients receiving kidney or liver transplants. Researchers at UCSF found that performing the gastric sleeve surgery

prior to the transplant significantly improved the transplant success. One of the patients in this pilot study had so much improvement in his kidney function after gastric sleeve surgery that he no longer needed a transplant.

Bariatric surgery does not resolve all obesity-related conditions in all patients and there is some risk with any surgery. There has to be a commitment to adjusting food and activity patterns and to follow up with support staff. There may be some urgency for bariatric surgery, though; Dr. Ponce reports patients who have endured obesity and metabolic diseases for longer may see less health improvement with surgery.

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You have failed only when you quit trying. Until then, you're still in the act of progression.

Tommy Kelley

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As it stands now, researchers are finding many reasons why bariatric surgery should be considered for more than just obesity treatment. And treating people with bariatric surgery sooner rather than later has additional benefits. Although research data continues to confirm these very significant findings, it will take time for the medical community and the insurance industry to adapt.

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On Track With Barix

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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

**T**he 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. Below you will find a post by someone who just had surgery. She realized that many people experience some anxiety prior to surgery and she wanted to reach out and let them know it wasn't that bad. Read her post and then all the positive affirmations she received in return (edited). **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!! I had surgery on April 10th (gastric bypass). Overall, it was much easier than I had anticipated. I had NEVER had surgery of any kind so I was just clueless as to what to expect. This is my second day home and I'm not too sore, just more exhausted than anything (basically requiring a couple of 2-3 hour naps a day). So those with upcoming surgery, ease your mind! You will be home and on your way to recovering fully before you know it. It's really weird, but after the surgery, I kind of felt like a prisoner who had been set free. I don't even*

*care how much weight I've lost so far, but I have comfort knowing that I will not allow myself to become the person I was before, letting food rule my life. AND I am SO excited to do the things with my kids this summer that I haven't been able to do in years.*

### RESPONSE 1

Congratulations, Laura! I am happy to hear you are doing well. My surgery date is Wednesday the 18th and I am still a bit nervous but am sure everything will be ok. I wish you the very best on your new journey!

### RESPONSE 2

Congrats, Laura, and welcome to the Losers' Bench! I am so glad that all went well and you're feeling good! I am eight weeks out, down 54lbs and could not be happier! Stay well and prayers for your health!!

*Never limit your view of life by any past experience.*

Ernest Holmes

### RESPONSE 3

Congrats to you, Laura...Isn't it a great feeling knowing you now have a chance to change your life forever? All that earlier feeling of hopelessness is gone. You have your tool and you are committed to making your life different. Good luck to you, and believe in your chosen direction each and every day. It does work, and WELCOME TO THE LOSERS' BENCH!!!!

**REQUEST a Free Brochure** for you or a friend. Call us at 800-282-0066, or log on to [www.barixinfo.com](http://www.barixinfo.com)





## On the Grill Shrimp Skewers

2 tablespoons extra virgin olive oil  
1 tablespoon lemon juice  
3 garlic cloves, pressed  
2 teaspoons fresh rosemary, minced  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 1/2 pounds extra-large shrimp, shelled and cleaned, tails on  
Nonstick cooking spray

Combine all ingredients in a medium bowl and toss. Cover and refrigerate 15–60 minutes.

Heat a grill to medium-high. Thread shrimp on skewers (if they're wooden, soak in water 30 minutes prior to grilling). Lightly mist grill with cooking spray. Grill shrimp until just cooked through, about 2 minutes per side. Makes 6 servings.

### NUTRITION INFORMATION PER

**SERVING:** 160 calories, 24 grams protein, 5 grams fat, 0 grams carbohydrate, 358 mg sodium.

## Grilled Vegetable Platter

1/4 cup olive oil  
2 tablespoons sugar-free honey  
1 tablespoon plus 1/2 teaspoon balsamic vinegar, divided  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1 pound fresh asparagus, trimmed  
3 small carrots, cut in half lengthwise  
1 large sweet red pepper, cut into 1-inch strips  
1 medium yellow summer squash, cut into 1/2-inch slices  
1 medium red onion, cut into four wedges 1/8 teaspoon pepper  
Dash salt

In a small bowl, combine the oil, sugar-free honey, 1 tablespoon vinegar, oregano and garlic powder. Pour 3 tablespoons marinade into a large resealable plastic bag; add the vegetables. Seal bag and turn to coat; refrigerate for 1–1/2 hours. Cover and refrigerate remaining marinade.

Place vegetables on a grilling grid or disposable foil pan with hole poked in bottom. Transfer to grill rack. Grill, covered, over medium heat for 4–6 minutes on each side or until crisp-tender.

Transfer to a large serving platter. Combine reserved marinade and remaining vinegar; drizzle over vegetables. Sprinkle with salt and pepper. Makes 6 servings.

### NUTRITION INFORMATION PER

**SERVING:** 140 calories, 2 grams protein, 9 grams fat, 15 grams carbohydrate, 50 mg sodium.

## 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 July 31, 2012. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).