

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle


The excess weight is gone! You are amazed by the improvements to your health. You are able to do things with ease that were difficult or impossible at your pre-surgery weight. You have incorporated healthful lifestyle habits that support a healthy body weight. Now you are ready to take your health and appearance to the next level with reconstructive surgery (or

hygiene problems; difficulty performing daily activities or regular exercise; back pain; a poor self image; or having trouble getting clothing to fit well. A stable weight is important for best results. Individuals should be non-smoking and in good health with a commitment to a healthful lifestyle and free of medical conditions that could impair healing or increase the risk of surgery. Your surgeon will tailor

refinements that would be found in abdominoplasty.

Abdominoplasty

An abdominoplasty has a more cosmetic connotation than a panniculectomy. While it involves removal of the skin and fat in the lower abdomen, it is performed



Reconstructive Surgery

Body Contouring Options for the Next Level!

body contouring). This issue is dedicated to giving you an overview of typical types of reconstructive surgery that post-bariatric surgery patients choose to have, answering common questions, and pointing you in the right direction if you are ready to find out more.

Following large amounts of weight loss, most individuals could benefit from excess skin removal or other reconstructive surgery. The distribution of excess skin, health concerns, and body image varies from person to person. Their surgery options need to be tailored to their individual needs and priorities. In general candidates for reconstructive surgery have excess skin as a result of significant weight loss, which results in skin rash or irritation;

your treatment program to address your individual areas of concern and help you to reach your reconstructive surgery goals. It is important to meet with your reconstructive surgeon, view photos of patients that have undergone similar procedures and have realistic expectations.

TYPES OF RECONSTRUCTIVE SURGERY

Panniculectomy

A panniculectomy refers to the removal of the extra skin in the lower abdominal area called the pannus. It is a more general term for removing the overlying skin and underlying fat. It generally has the connotation that the tissue is removed in order to remove the added bulk in that area, but without the attention to other

in a way to give a more cosmetic tightening. It can involve undermining of the upper abdominal skin so that it will stretch to the pubis. It can also involve tightening of the muscle wall. It can involve the repositioning of the bellybutton in a different location of the upper abdominal skin as that is pulled tighter. An abdominoplasty will probably require more time and more surgical techniques than a panniculectomy. However, the plastic surgeon will use his judgment in determining the best techniques to combine in tailoring the abdominal tissues following weight loss.

Lower Body Lift

A lower body lift refers to an operation where the buttocks, back of the thigh, side of the thigh and front of the thigh are tightened by removing skin near the waist and pulling the buttock, back of the thigh, side of the thigh and front

of the thigh upwards, thereby lifting these tissues higher and tightening the buttock and thigh tissues. This procedure can be performed and combined with an abdominal skin tightening. If the patient has already had an abdominal skin tightening, the body lift can be extended to involve the inner thigh as well. It is a very powerful technique to help circumferentially tighten the trunk.

Upper Arm Lift (Brachioplasty)

An arm lift, also known as brachioplasty, is a surgical procedure to remove loose skin and excess fat deposits in the upper arm. Plastic surgeons will discuss brachioplasty with patients who want to tighten this skin and look as good as they feel. In some cases your plastic surgeon may suggest that liposuction be used alone or in conjunction with an arm lift to remove excess fat in the upper arms.

Breast Lift (Mastopexy)

A breast lift involves the removal of excess skin in the breast area, creating a more elevated and flattering appearance. Breast implants may be inserted in conjunction with mastopexy increasing both firmness and size.

Breast Enlargement (Augmentation)

Breast enlargement adds volume and symmetry.

Face Lift/ Neck Lift (Rhytidectomy)

Reduces sagging of the mid face, and neck.



Frequently Asked Questions...



Does the belly button remain after an abdominoplasty?

In most cases the bellybutton is preserved. The cases where the bellybutton cannot be salvaged involve large hernias that compromise the circulation to the bellybutton area. Even in that case, a new bellybutton can often be created during the abdominal skin tightening surgery. There are cases where the patient is not interested in preserving the bellybutton and we will not recreate a new bellybutton if the patient does not wish to have one.

When should a consultation be scheduled?

After weight loss surgery, a consultation with a plastic surgeon should take place when the patient has had a significant weight loss approaching their goal weight. This may be a variable period of time for each patient. Often, the amount of skin redundancy in different areas of the body is not apparent to the patient until they are closer to their goal weight following the weight loss surgery. It is easier for the plastic surgeon to provide guidance in a consultation once the patient has seen where their weight loss has occurred and where the extra skin is located. If this is looked at in a timeframe of months, usually this is between 6-12 months after the weight loss surgery.

Are underlying muscles tightened?

In the abdominal contouring, frequently the rectus muscles are tightened to the midline. Most post-bariatric surgery patients receive the muscle tightening as part of the abdominal contouring treatment.

What type of incisions are made when having an abdominoplasty?

The incisions are designed to extend from hip to hip across the pubic area in a gentle U shape. It is a very shallow concavity as it extends from hip to pubis to hip. This is often combined when there is horizontal skin laxity with a vertical incision that passes from the midline of the pubic area superiorly towards the upper part of the abdomen in the midline. Not all patients require this second incision.

Can liposuction be done in conjunction with plastic surgery procedures?

Liposuction can be done with plastic surgery procedures. The location of the liposuction is chosen with care, since liposuction in the fatty tissue underneath skin that is also being lifted and stretched can be damaging to the circulation. Liposuction may also be done in another part of the body separate from the surgical site of a skin resection.

Should I wait to have all of my children before having reconstructive surgery?

It is not necessary to have all of one's family before proceeding with abdominal surgery. It is not always clear whether or not one patient can predictably conceive children. It may not be a point in their life where they want to have children. If the patient knows that they want to have a child in the next year or so, then I would probably suggest that they hold off on abdominal body contouring. However, if they are not sure when they will have children, then they can have the abdominal skin resection and lower abdominal contouring as long as they understand that having children after the body contouring has been performed will stretch the skin again.

Got Questions?

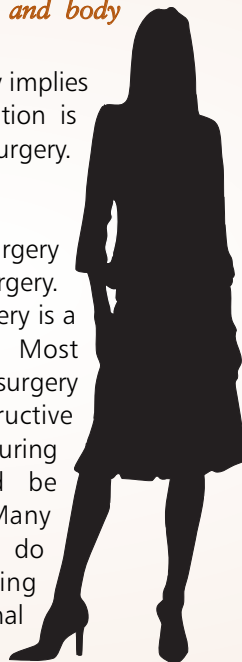
Frequently Asked Questions...

What are the risks of having an abdominoplasty?

The risks of abdominoplasty are the long incisions and the risk of delayed wound healing on the skin edges. Stretching of the skin and undermining of the skin to allow the edges to come together can take away circulation to the edges. It can lead to thickened scars or even separations in the wound. Bleeding is a less common problem. It may occur 3-5% of the time following such procedures. This is addressed with the use of drains, plastic tubes that provide a way to remove fluid from underneath the skin. Other complications include some numbness in the lower abdominal skin above the pubic area.

What is the difference between reconstructive surgery and body contouring?

Reconstructive surgery implies that a medical condition is being treated by the surgery. Body contouring surgery could involve both reconstructive surgery as well as cosmetic surgery. Body contouring surgery is a more general term. Most often the abdominal surgery is the only reconstructive portion of body contouring surgery that would be performed. Many insurance companies do not cover anything beyond the abdominal skin tightening.



What are the conditions or symptoms that need documentation for third-party coverage of an abdominoplasty?

Typically, requirements include a documented weight loss of 100 pounds or a pannus that hangs below the level of the pubis; three consecutive months of physician documented treatment for intertrigo, skin ulceration, skin necrosis, or chronic intractable low back pain that has been unresponsive to treatment and is caused by the hanging pannus (including specific over-the-counter or prescription medication that was used to treat the condition); and a six month period of stable weight. More information regarding insurance coverage can be obtained at a consultation.

The Next Step...



If you are ready to find out more, there are several options for you to choose from.

- Reconstructive surgeons frequently present seminars. These are a great opportunity to meet a surgeon, see diagrams and pictures of the different types of surgeries, ask questions, and gain a better understanding of what is possible from reconstructive surgery. Go to <http://www.barixclinicsstore.com/rcseminarregions.html> find out when seminars are available and register online. If you don't see one listed in your area, let us know that you are interested.
- Surgeons often make presentations at Barix Support Groups. Be sure that you have updated your interest preferences when signing up to receive the newsletter to include monthly reminders about your local support group meeting. We will then

be sure not to miss you when sending out notices about special speakers.

- Schedule a consultation with a reconstructive surgeon by calling 800-282-0066 and ask to speak to a Patient Services Representative.
- Post your questions and experiences on the Reconstructive Surgery forum at <http://www.websitetoolbox.com/tool/mb/barixclinicsstore>.

What's New?

Meijer Stores have a new great tasting, no-added-sugar chocolate milk. It is sweetened with Splenda, has 9 grams of protein, a ¼ of your calcium requirements in an 8 oz serving. What a great treat that you can feel good about for your entire family.

RECONSTRUCTIVE SURGERY

To receive a free reconstructive surgery guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information.

Our reconstructive surgery program is currently performed at all our centers in Michigan, Ohio, Illinois, Pennsylvania, and Arizona. Call us today for more information!

SUBSCRIBE to *On Track With Barix* at: www.barixclinicsstore.com/newsletter.html

REWARD YOURSELF!



This month, you could earn a **\$25 GIFT CERTIFICATE** 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by September 30, 2006. This month, thanks to Alta B. and Ruth N., for the tips and recipes. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REQUEST A FREE BROCHURE FOR YOU OR A FRIEND at 800-282-0066, or www.barixinfo.com



QUESTIONS?

ABOUT FINANCING YOUR SURGERY?

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

Recipes



QUICK & EASY SWEETBREAD

Submitted by Alta B.

- 1 pint of your favorite sugar free ice cream, softened to a stirring consistency
- 1 scoop of unflavored protein powder, such as Any Whey®
- 1 ½ cups self-rising flour

Preheat oven to 350° F. Mix the dry ingredients. Stir the dry ingredient mixture into the softened ice cream until moistened. Spray a large loaf pan with nonstick spray and pour the mixture into it. Bake at 350° F for 50 minutes. Makes 8 servings.

Nutrition information per serving: 98 calories, 5 grams protein, 1 gram fat, 18 grams carbohydrate, 311 mg sodium.

PEANUT BUTTER DIP

Submitted by Ruth N.

Here is a very simple and yummy recipe that I made up sometime within a year after my surgery. If I am going to eat an apple I like to have a "dip" to dip it in. After experimenting I came up with this recipe for a "Peanut Butter" dip that I have shared with all the members of my support group that I lead. It is very popular around here!!! Some of the support group members just eat it with a spoon! Several members even have commented how popular it is with their children or grandchildren.

- 2 tablespoons of Simply Jif® peanut butter
- 1/2 cup Cool Whip Lite®

Mix together with a spatula or a spoon and enjoy. It is surprisingly easy to blend together, no mixer needed! Makes 4 –2 Tbsp servings.

Nutrition information per serving: 68 calories, 2 grams protein, 5 grams fat, 4 grams carbohydrate, 38 mg sodium.

IT WORKED FOR ME

I don't know if anyone drank more at meals than me. I come from a southern family where we have something to drink all the time, usually iced tea. At meal times, we would place the pitcher on the table and just keep the refills coming!!

I stopped cold turkey, honestly. I knew before the surgery that drinking at mealtime could not continue. So I just convinced myself that's the way it has to be. Three months later, I still wish I was drinking during a meal...but I have not allowed it to happen.

YOU control what you put into your body — and when you put it in.

—Submitted by Carl H.



HEALTHFUL TIDBITS

Since finding time is the number one reason that people do not exercise and the average adult watches 29–34 hours of TV each week, how about getting a workout while you watch? You could set up a treadmill or exercise bike in front of your favorite tube and then exercise through an entire episode of your show or just jump on during the commercials.

Since all of the exercise you do adds up—this is a great way to find the time to get moving. How about keeping your weights nearby and during the commercials do a set of squats, bicep curls, side arm extensions, triceps extensions, and crunches for a well-rounded workout. To get the most out of your workout, vary your exercises from day to day. Get moving however and whenever you can...it is essential to a healthy weight.