

The Butterfly Journal

A Newsletter for Patients and Families of Cincinnati Children's

Comprehensive Weight Management Center

Contact us at 513-636-4453 or toll-free at 800-344-2462, ext 6-4453

May 17, 2005
Volume 1, Issue 1



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WE LAUNCH OUR FIRST ISSUE!

We are pleased launch this first issue of the Butterfly Journal, a Newsletter for patients and families of the CWMC. Over the last several years, our family has grown to such an extent that it has become tough keeping up with all of the goings-on with everyone. We are hopeful that through a periodic newsletter, we will be able to stay in touch with you on a more regular basis, keeping you informed of happenings at the CWMC, and sharing with others your successes, as well as some challenges you have met.

But why the "Butterfly" Journal? It is about "Change."

OUR ONLINE FORUM

Do you remember hearing about the online forum for our patients? Well, if you didn't hear about it, you might give it a try. If you have an internet connection, it is very easy to get involved and share your experience or ask others questions! Just email Christie at the following address: Christie.heinzman@cchmc.org

Everyone knows that a butterfly is first a caterpillar before it becomes one of the most beautiful living things on earth. However, before the caterpillar becomes a butterfly it has to shed its cocoon covering. Like a butterfly, each of you is experiencing a change as you loose weight. And loosing weight will allow the butterfly in each of you to be seen by the world, in your own special way. Our office will keep official track of this change but with *The Butterfly Journal*, we will keep track and share the important personal stories with all of you!



and she will be happy to send you a personal invitation. She has done a great job with this project, but she gets awful tired of emailing and chatting with herself. Get involved!





Dan is now 10 days after laparoscopic bypass and has just a few days before leaving Cincinnati.

Team member Snapshot:



Dr. Stephen Daniels is a pediatric heart specialist with experience in management of pediatric weight problems including high blood pressure. He directs the Pediatric Lipid and Hypertension Clinic, and is the Medical Director of our Comprehensive Weight Management Center at Cincinnati Children's.

His clinical research focus is understanding the development of risk factors in children for adult cardiovascular disease. For many years he has received funding from the National Institutes of Health for his highly productive research efforts.

DAN'S STORY: OUR MOST RECENT FAMILY MEMBER

Dan is the most recent member of our CWMC family. He was happy to share his story with us. He writes:

I am 16 years old and I live in Orchard Park, in Buffalo, NY. I have had the disease of obesity my whole life and have always fought against it. I was never able to go to amusement parks and ride roller coasters because I couldn't fit in the seats and I was not able to walk around the parks. I was sick of going to the mall with all my friends, watching them buy clothes from all the popular stores. I was not able to fit into them. When my family and I went to restaurants, it was hard to fit into the chairs, so I would always tell my mom to get a booth and often found that I was not able to fit in there too. This went on for years. Last August, at the age of 15, I tried out for football season and was not able to keep up with my friends. The doctor would not pass me to play. That's when I knew I had to do something.

There were many different diets I tried during my fight to get weight off: Weight Watchers, Low Fat Diet, Atkins, etc and different exercise plans. The only one I had success with was Weight Watchers, but sure enough, ultimately the weight came back. We went to my doctor back in Buffalo and she agreed that something had to be done, and soon. That's when my mom remembered that a friend had gotten the Gastric Bypass done. My mom and I talked to my doctor about it and she was not all for it but said if I wanted it, she would look into it for me. My doctor found a surgeon at Buffalo Children's Hospital who referred us to Cincinnati Children's.

In December of 2004 we visited Cincinnati and were shocked at how much bigger the hospital was compared to ours back home. The hospital was very nice inside and that was the first time I met the members of the Comprehensive Weight Management Center. I was really nervous but after meeting them I felt much better and more confident. The team only did the

Gastric Bypass Surgery because Banding was not available for me. The surgeons had successfully done 50 some of these surgeries. After learning all about the team and surgery, I decided that for my health, Gastric Bypass was the way to go.

A month later, we found that our insurance had declined the surgery. My family and doctors appealed the first decline and another 3-4 weeks went by. Finally another letter came from the insurance company. I ripped it open and sure enough it was another decline for the surgery. So my dad raced to downtown Buffalo to begin another appeal in New York State. After over a month's wait, I was on spring vacation when I got the papers saying I had been accepted by the insurance! My mom contacted Jenny who is the Gastric Bypass nurse and my surgery date was set for May 9th 2005.

A week before the surgery my mom and I drove to Cincinnati and found ourselves a new home for the next couple weeks. For the next 4 days I was at the hospital everyday getting ready for the surgery. On the weekend we kept busy to keep my mind off things but deep down I was a nervous wreck! Monday morning was very emotional but before I knew it I woke up and I was in recovery. Recovery is the easiest thing. Everyday the doctor and every member of the team are there to make sure you are doing alright and telling you what to do. The nurses and people in the hospital are considerate and so helpful. My experience with the members has been excellent and great. It has been a week since I have received the surgery and if I could take back all the wreck I put myself through up to the surgery I would.

In the future after this surgery I am hoping to be able to do all the things I couldn't do before. It has been 3 years since my mom's friend had the surgery and she has lost a lot of weight and is as happy as ever. I am hoping this works out for me just as good as it worked out for her. The Comprehensive Weight Management Center team has made everything as smooth and easy as possible. If any kid is thinking of getting this surgery I recommend this team, they are great.

FAMILIES MATTER!

Recent research has shown that by the age of six, children of overweight mothers are approximately 15 times more likely to be obese than children of non overweight mothers. This finding might be due to the types of food purchased and brought into the home or to the genes that mom passes on to the children, or the quality and quantity of physical activity that the family gets—or a combination of all three. Although we can do little about the genes at this point, we can do a lot about the kitchen

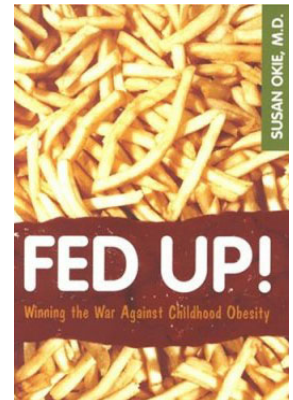
and the activities! The current recommendation is for a 9-2-1-0 daily prescription:

- 9 servings of fruits and veggies
- <2 hours of TV or computer time
- 1 hour of exercise or activity
- Zero drinks with added sugar (sodas!)

LITTLE KNOWN FACTS ABOUT CHILDHOOD OBESITY

The risk of carrying obesity from childhood into adulthood increases with age of the child.

- Among preschool children, an obese child is twice as likely as a non-obese child to become an obese adult
- Teenagers who were overweight are almost 18 times more likely than non overweight teens to be obese in early adulthood
- Overweight teens are almost 9 times more likely than non overweight teens to have high blood pressure as young adults
- About a million teenagers have metabolic problems related to their obesity
- If the obesity epidemic continues, about one in every three toddlers today will develop diabetes; for Black and Hispanic children, about one in every two (50%) will develop diabetes
- There are currently over a million teenagers and young adults who suffer with severe obesity
- About 250,000 teenagers suffer from "morbid obesity"



Looking for a good resource to learn more about the worldwide pediatric obesity problem? Take a look at *Fed Up*, by Dr. Susan Okie. It is on bookshelves now!

NUTRITION TIPS AFTER SURGERY: PROTEIN FIRST!

Protein is an essential component of the body, involved in many important functions such as wound healing, hair and nail growth, and maintaining muscles. Since certain protein components (amino acids) can be obtained only through food, the quality and amount of protein in the daily diet, as well as knowledge of protein sources, is very important.

The amount of protein needed each day is based on ideal body weight; therefore, it is not the same for everyone. Added stress to the body such as surgery or infection will increase these requirements. It is essential to eat sufficient protein of high biological value for adequate wound healing and maintenance of muscle mass.

High quality proteins are considered "complete." This means that they contain all the essential amino acids (protein building blocks) needed by the body for good health. Complete proteins

are primarily of animal origin (e.g. egg, milk/milk products, meat, fish, and poultry), while grains and vegetable proteins are "incomplete." When eating incomplete proteins, you can combine several plant foods that will give all the amino acids needed by the body. Our dietitians can provide information and advice on how to adequately combine plant foods.

Remember:

1. Eat all the protein foods first at each meal, then proceed with vegetables, fruits, grains and cereals.
2. Eventually, you will be able to include one or two ounces of protein, two or three times per day. One ounce would be equal to the size of a small matchbox.
3. Do not eat red meats or pork for the first six months after surgery. The small stomach does not produce enough acid to efficiently digest red meat.



"We stress five important rules for longterm success after surgery..."

1. *Protein first!*
2. *Drink lots of water!*
3. *Vitamins and minerals every day!*
4. *Exercise 1 hour each day!*
5. *No snacking!*

We want to hear from you....Especially if you haven't been by lately!

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www.cchmc.org/bariatric

OUTCOMES OF TEENAGE OBESITY SURGERY

For decades, small numbers of severely overweight teenagers have been undergoing surgery for weight loss at a number of hospitals around the country. Recently doctors from Cincinnati, OH, Houston, TX, and Birmingham, AL spearheaded a large project to collect information about how some teens have done following surgery at a handful of major pediatric medical centers. The purpose of their study was to describe changes in weight, metabolic status, and other outcomes one year after gastric bypass. This work will be presented at a scientific meeting in June 2005.

Average weight and body mass index (BMI) fell by over one third 1 year after surgery in this group of 31 patients. Patients also had significant improvements in triglycerides, cholesterol, blood sugar and insulin levels. Importantly, 22 of 36 patients (61%) had no noteworthy

complications. Of 15 with complications, 9 had minor complications with no long term issues (including wound infection, stricture, blockage of outlet, and dehydration), 4 had at least one moderate complication with problems for at least one month (including nutritional deficiencies leading to anemia or nerve problems, or minor intestinal leaks) and 2 had at least one severe medical complication with long term issues. There were no deaths in the period of time surrounding the operation and no severe surgical complications in these patients.

The conclusions were that adolescents lose significant weight and see real improvements in their health after gastric bypass. The complication profile is similar to that in similarly obese adults. While there are considerable risks of bariatric surgery, our experience suggests that these risks are offset by health benefits in these patients.



Learn more about obesity surgery and calculate your BMI at

www.asbs.org

To find out if obesity surgery may be right for someone you know, visit our website, write, or call!

IS SOMEONE YOU KNOW CONSIDERING WEIGHT LOSS SURGERY?

Surgery to produce weight loss is a serious undertaking. Families must understand what the surgery involves and be willing to offer their ongoing encouragement and support. Our integrated team of specialists strive to provide a wide range of services necessary for success. These services emphasize family involvement and also ensure that you and your family are fully aware of key aspects of our

approach and lifestyle changes that will lead to successful weight loss and future weight management.

For more information, or to inquire about a consultation, please contact us. You will need a formal referral from your doctor to us, but we have developed a special form which helps speed this process along!

For Clinical or Nursing questions, please contact Jenny, our clinical coordinator at
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800-344-2462 ext 6-8585

