

Light for Life

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2008 Light for Life Support

Thanks to all of you who joined us for the Holiday Party. The food was wonderful, gift exchange fun and many of you had holiday pictures taken by a PVH photographer. There was live piano music and we had our first annual Holiday fashion show. The whole event was very festive and fun.

Thanks to the models and stores who worked so hard to make our fashion show a success.

2008 Light for Life calendars are in and on sale at Enhance Printing. Please call them at 282-1891 if you wish to purchase one or want to place an order.

Thanks to the calendar models for making this year's calendar the best ever.

If you are interested in being on a calendar, you may call Becki Mudgett at 482-6456 to get on a list. Models must be out from surgery at least one year and have lost most of their excess weight.

The Light for Life Support Group meets the last Monday of each month at PVH in Café F from 6:00-8:00 pm. It is facilitated by Becki Mudgett, RN,CBN and one of the bariatric surgeons. On occasion guest speakers join us as well. The following is the 2008 Support Group schedule. This support group is for patients and family members and anyone who supports patients. It is also open to the public for anyone interested in learning more about weight loss surgery.

January 28th: Weight gain during the holidays. Let's get back to basics

February 25th: Love Yourself. Dr. Betty Vanek guest speaker.

March 31st: Open discussion

April 28th: Incorporating Exercise into every day life, Pivotal Wellness guest speakers

May 19th: Support for the support person

June 30th: Open discussion. How well do you know your surgery?

July 28th: Dietitians to answer questions

August 25th: Open discussion

September 29th: PVH Departments; How can we do a better job and what to expect during your hospital stay

October 27th: Open discussion

November 24th: Preparing for the holidays

No support group in December

Living Positively After Bariatric Surgery

Living Positively After Bariatric Surgery is a unique support group designed to enhance your life and positive behavior changes after WLS. Dr. Betty Vanek, a Health Psychologist, will help you maximize and maintain your weight loss. Each month a special topic will be focused upon with time to discuss the needs and interests of the participants. Dr. Vanek is dedicated to helping patients improve their outcomes, overall health and quality of life. She will facilitate developing healthy habits as well as help you eliminate unhealthy behaviors. Classes are held the 2nd Monday of each month in the Indian Paint Brush Mtg room at PVH and are designed for the RNY-GBP and Lapband patients as well as their support system partner. There is a minimal class fee. If you are interested please call Dr. Betty Vantek at 970-396-9729 to register for class.

Dumping: What is it and why does it occur?

Dumping syndrome is a group of symptoms caused by rapid passage of undigested food into the small intestine. This occurs in Gastric Bypass patients when refined sugar is ingested. The small intestine responds by diluting the ingested food through a process of “water recruitment” The “richer” the food, in terms of sugar content, the more water will rush into the small intestine to dilute it. This is referred to as “early dumping”. Early dumping occurs a few minutes to 45 minutes after eating. Symptoms are not life-threatening, but can be frightening to the unsuspecting patient. Symptoms of early dumping include weakness, fainting, sweating, irregular and rapid heartbeat, low blood pressure, flushing of the skin, dizziness, nausea cramping and diarrhea. Late dumping occurs two to three hours after eating. It is caused by excess insulin produced in response to rapid entry of food and fluids into the small intestine. The high insulin levels lower blood glucose level and cause symptoms including perspiration, hunger, shakiness, anxiety, difficulty concentrating, fatigue and faintness. The diagnosis of late dumping syndrome can often be confirmed through frequent blood sampling to measure blood glucose.

You can prevent early and late dumping by avoiding certain sugars, starches and fried foods. Eat at least five to six small, evenly spaced meals a day. One should not drink with one’s meals. Fluids should be

taken 1/2 hour before and after eating. Since carbohydrate intake is restricted, protein intake should be increased to fulfill energy needs. Examples include meats, cheeses, eggs, nuts, dairy products, fish and legumes. Carbohydrates should be eaten in the form of fruits and vegetables.

Each person has a different tolerance and you will discover what your personal safe foods might be throughout your post surgery life. Generally patients who eat less than 15 grams of sugar per serving will not have a dumping syndrome. Your tolerance may also change over time as your bypass matures. It is best to commit yourself to not eating sugar to prevent dumping and have the best possible results.

If you experience early dumping, lie down for 30 to 45 minutes or until symptoms pass. For late dumping, eat small amounts of carbohydrate such as crackers and peanut butter until the symptoms of low blood sugar resolve.

Dumping syndrome is a common post-surgical complication after gastric surgery. The symptoms of dumping may cause considerable morbidity and can usually be avoided by making good food choices.

If you continue to have problems with dumping contact your surgeon or dietitian.