

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

In Addition To Improving Overall Physical Health And Wellbeing

Weight Loss Surgery Improves Mental Health

One year after weight loss surgery with laparoscopic gastric banding, extremely obese adults demonstrate not only better physical health but also improved psychological health, a new study shows. The results will be presented Monday at The Endocrine Society's 92nd Annual Meeting in San Diego.

"Surgical treatment, such as laparoscopic gastric banding, is increasingly recognized as the most effective means of achieving weight loss and improving blood sugar control in morbidly obese patients with Type 2 diabetes," said study co-author Andrew Johnson, MD, of Southmead Hospital in Bristol, U.K.

"However, until now, the long-term psychological status of morbidly obese individuals undergoing gastric banding has been unclear despite its increasing use," said Johnson, a consultant physician specializing in diabetes and endocrinology.

Laparoscopic gastric banding, is a

minimally invasive weight loss surgery. It involves repeated adjustment of a band to gradually make the stomach smaller and limit food consumption.

Four men and 21 women (ranging in age from 30 to 58 years) participated in the study and had the weight loss surgery. Of these 25 patients, 16 had Type 2 diabetes and nine did not. All had a body mass index (BMI, a measure of body fat) that classified them as morbidly obese.



Participants completed psychological testing before surgery and six and 12 months after surgery. These tests measured general anxiety and depression, quality of life, and social anxiety, that is, anxiety related to what others might think of one's appearance.

Compared with before surgery, patients' psychological test scores improved significantly at both six and 12 months after surgery. They had better psychological and physical quality of life, reductions in levels of general anxiety and depression, and reductions in their levels of social anxiety.

As shown in other studies, gastric banding significantly reduced BMI and hemoglobin A1c, a measure of blood sugar control over time. "These results provide evidence one year after gastric banding that psychological health improves in parallel with physiological health," Johnson said.

Surgical Associates at Virginia Hospital Center

Welcome

Zeina Hamra, RD, LDN

Surgical Associates are extremely pleased to announce that Registered Dietitian Zeina Hamra has joined their practice and is now available to see patients. Zeina obtained her degree in Nutritional Science from North Carolina State University in 2008. Zeina has gained significant knowledge in her training and recent professional experiences in group nutritional classes to bariatric patients as well as individual education and counseling. She also has a significant experience in fitness and is actively involved in personal training. She is very passionate about giving back to the community by educating individuals in nutrition and overall wellness.

Zeina provides bariatric surgery patients with both preoperative evaluation as well as postoperative support. She also provides medically supervised weight loss for overweight and obese patients, diabetic education, as well as a host of other nutritional services.

For an appointment, call Zeina at 703.717.4253

Nutrition Tip of The Month

Did you know that consuming one additional non-diet soda product a day for a year will increase your weight by 15 pounds? Soda is high in refined sugar and low in nutritional value. Some better choices include skim or 1% milk, water (includes flavored water) or unsweetened iced tea.

Support Group Meeting

Thursday

15

Our next bariatric surgery support group meeting is Thursday, July 15 at 19:00 See you there!



Location: Surgical Associates Office