

Message from George Kerlakian, MD, FAC

Opioid Reduction Post Bariatric Surgery



It is often said "America has 5 percent of the world's population and uses 95 percent of prescription opioids." It is estimated that we lost 72,000 lives in 2017 due to the drug overdose epidemic. Traditionally, surgeons have not taken any

responsibility in helping fuel the epidemic, yet it is becoming increasingly clear that many patients are first exposed to opioids following surgical procedures, with up to 10 percent of the patients becoming addicted long term to prescription opioids. A national effort is now underway, which is led by the Metabolic and Bariatric Surgery Society, to help curb the use of opioids in postoperative bariatric surgery patient management. Our program is actively involved in this initiative, and the data collection began in July 2019.

Our team started its own initiative in January 2018. We use a multi-modality postoperative pain management program that includes: minimizing perioperative opioid use, setting expectations for patients and caregivers, use of regional anesthesia (local anesthetic blocks) and complying with state opioid reduction laws. Our center's results are phenomenal. We have been able to accomplish a 60 percent reduction in the using any opioids in the perioperative period. Only 40 percent of our patients are requiring any postoperative narcotic pain medication, and the amount of medication used is a fraction of what it used to be.

Our team is very proud of what we've accomplished with the help of our patients. We feel that their postoperative recovery is significantly better, because we are avoiding all the secondary effects of narcotics on the respiratory, nervous and G.I. system. We are doing our share in curbing the opioid epidemic.

Arthritis Foundation Classes

TriHealth Fitness & Health Pavilion
6200 Pfeiffer Road

Water Classes

Mondays, noon to 1 p.m.
Mondays and Thursdays, 5:45 to 6:45 p.m.

Land Classes

Tuesdays and Thursdays, 1:30 to 2:30 p.m.

Cost

\$15 per class or \$40 for four classes

Classes taught by Arthritis Foundation instructors.

Registration required.

Contact Karen Sims, 513 246 2622,
or Karen_Sims@TriHealth.com.

Find the Perfect Fall Fitness Partner

By Rebecca Wyma, TriHealth Pavilion Intern

As autumn approaches, the motivation to go outside can decrease. The warm sun is what inspires most of us to go out and live active lives during the summer season. A new inspiration is needed for fall to push us to continue to work out as temperatures drop. The people in our lives make for the best motivators, and it's a great idea to use them as workout partners when the drive to be active is low. Unfortunately, not every person makes for a great fitness partner. What should you look for in a workout partner to make sure that you have a successful workout season?

1. Share the same goals and schedules. The first step to finding that perfect workout partner is finding someone who has the same fitness goals as you. If you want to lose weight, but your partner wants to regularly take up yoga, the pair isn't going to work. You both need to be willing to do the same exercises and activities so you can be each other's constant support. Schedules are important as well. If you both can't manage to work out at the same time on the same days, then the motivation you give each other to reach fitness goals will be lost.

2. Good attitude. Nothing is more enjoyable than having a workout partner who's positive and encouraging. This type of person will make even the hardest exercises feel like fun. Find someone who will make going to the gym something you look forward to, and it'll be easier for you to reach your fitness goals.

3. Commitment. A 6 a.m. workout isn't for everyone, but if that's the time you and your fitness partner choose, it's best to have a partner you can trust to show up that early. On top their commitment, this type of partner will prevent you from bailing on the workouts too. As you keep each other more accountable, there's a greater chance for success in both your fitness lifestyles.

Enjoy the fall with your ideal fitness partner!

News You Can Use

Bariatric Support Group Meetings

Patients are required to attend at least one meeting prior to surgery but are encouraged to attend as many as possible before and after surgery. Patient feedback indicates that support group meetings are tremendously valuable, both for the information and for the fellowship offered. The meetings provide important information regarding nutrition, behavioral health, exercise and insights from physicians. The latter part of the meeting involves networking and allows members to share their experiences, offer support and ask questions. Family members and/or support persons are encouraged to attend the meetings. Patients are welcome to attend the monthly meetings as often as they like. This support group is for you!

Bariatric Support Group Meetings
Good Samaritan Hospital
4th Floor Conference Center B & C

TriHealth Fitness & Health Pavilion
Conference Room B
5:30 – 7 p.m.

Wednesday, Oct. 16

Wednesday, Nov. 20

- Annual Party at Good Sam
location only to celebrate
our patients

No meeting in December

Information Seminars

Visit ChangeForALifetime.com to view an online video seminar or schedule a free, in-person informational appointment with one of our surgeons on Mondays or Wednesdays at 12:30 p.m. Call 513 862 4957 to schedule.



Light Bites

Eazy Salmon Salad

| Nutritional Information | |
|-------------------------|--------|
| Amount per serving | |
| Calories | 406 |
| Total Fat | 17 g |
| Protein | 27 g |
| Total Carbs | 42 g |
| Cholesterol | 45 mg |
| Sodium | 316 mg |
| Dietary Fiber | 6 g |

Ingredients

4 ounces (115 ml) canned salmon, drained
 2 tablespoons (30 ml) red onion, chopped
 1/4 cup (57.5 ml) tomatoes, chopped
 1/2 cup (115 ml) brown rice, cooked
 2 cups (460 ml) mixed greens
 1 tablespoon (15 ml) olive oil
 1 tablespoon (15 ml) lemon juice

Preparation

Place salmon, red onion, tomatoes, brown rice and mixed greens in a large bowl. Drizzle olive oil and lemon juice over top and toss to coat.

Adapted from article: *What Healthy Salads with 30 g Protein Look Like* by Danielle Omar, January 14, 2019

Patient Spotlight: Richard Edwards III

Feeling Good at Half His Size

As a football player for Tiffin University in the late 1980s, it was natural – and even encouraged – for Richard Edwards III to put on weight.

“I was muscular and active,” Richard says of his first two years playing defensive end and cornerback. After two years in college, however, he had a career-ending knee injury. “I wasn’t active after that. I made bad eating choices.”

By around 1995, the once 200-pound, 6’3” high school football standout weighed 686 pounds. His standard wardrobe included size 9X shirts and 10X sweatpants, with size 17 Crocs shoes. “It was awkward, but I could get around,” he says.

For several years, Richard didn’t worry much about his health or his weight, until he collapsed one night at work. It was 2013, and a trip to the hospital confirmed that he had diabetes, high blood pressure, sleep apnea and swelling in his leg from lymphedema.

He began seeing TriHealth family practitioner Smita Saraf, MD, who counseled Richard on managing his health conditions. He got a CPAP machine to help with his breathing at night. Dr. Saraf also urged him to get weight loss surgery. “She would sign me up for classes [at TriHealth Weight Management], and I kept skipping,” Richard says.

“It took about a year for me to go to classes. My main motivation was not dying. My doctor said I’d probably be dead in the next 10 years if I did nothing.”

Richard appreciated dietitians, nurses and others who helped him get ready for surgery and life after surgery. His surgeon, George Kerlakian, MD, “was encouraging and made me feel comfortable. He made it very easy for me.”

In January 2017, Dr. Kerlakian performed a Roux-en-Y procedure to staple off a part of Richard’s stomach and reposition his small intestine to receive food from the smaller stomach pouch. The surgery went smoothly, with no complications. For the first several weeks, Richard lost 15 pounds a week as he followed his prescribed diet.

A “Life-Changing Experience”

“I don’t eat big meals anymore,” Richard says. “I live by a bunch of fast food restaurants, and it doesn’t affect me anymore. Everyone wants to feed me something. People want to take me out. I take a lot of to-go boxes home with me.”

Close to three years after the surgery, he’s down to 285 pounds, less than half his original weight. “I’m happy where I’m at,” he says. “I’m wearing 2X instead of 10X sweatpants. I can wear jeans and tennis shoes.”

More importantly, Richard doesn’t have diabetes now. He has had two procedures for lymphedema, a swelling in his leg, but he’s feeling much better overall.

“I’m getting around a lot better, and I have a whole bunch of energy. I just came back from a reunion weekend with relatives from West Virginia, and I turned a lot of heads. Some of my relatives didn’t recognize me.”

He continues, “The biggest thing is that I was sitting in the house a lot. Now, I’m getting out more. I took my dad to a concert in Louisville. I’m going to see my son in North Carolina before he goes into the Navy.”

He credits the weight management team with giving him a chance to “live a little longer. It was a life-changing experience. I wouldn’t be here without them. I’d like to say thank you, thank you, thank you for everything you did.”



BEFORE

AFTER