

# OKlahoma WEIGHT LOSS OPtions OWLO QUARTERLY

OWLO.com

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## OWLO WEBSITE

Have you visited the new OWLO website yet?

Log on at [www.owlo.com](http://www.owlo.com) to check out the website's newest additions and keep yourself up to date with current happenings at Oklahoma WEIGHT LOSS OPtions.

You can learn more about Dr. Keith and the OWLO staff, read about treatment options in more detail, and dig into some of our patient's success stories among other things.



## Fluoroscopic Band Adjustments at OWLO

By now many of you are quite familiar with the new procedure for band fills. While this might be quite different from what you have become accustomed to from past experiences, band fills done under fluoroscopy are proving to be a better alternative to adjustments done without the use of x-ray fluoroscopy.

Benefits received from performing fills under fluoroscopy include more accurate band adjustments as well as the x-ray machine acting as a diagnostic tool while the adjustment is being performed.

Previously, band adjustments were performed by treating current symptoms. A VEW (or other form of food frequency questionnaire) sheet would be looked at by the practitioner and depending on the food choices being made along with quantity of food eaten they would determine whether more fluid was needed in the band, if fluid needed to be removed from the band, or if a patient needed more dietary education and guidance with food choices to promote better weight loss.

With adjustments being performed under fluoroscopy the VEW sheets and food frequency questionnaires are still very valuable as dietary choices will always greatly impact a patients weight loss and progress post operatively.

The x-ray machine is used to visualize the band and when a barium swallow is added the practitioner is able to visualize at what rate the small pouch, created by the band, is emptying.

During this time the practitioner can make any adjust-



OWLO employee Winter Bathe next to the x-ray machine used in making more accurate band fills and for diagnosing possible complications.

ments necessary to increase or decrease restriction so the small pouch empties at a desired rate to promote weight loss and a feeling of satiety at meals.

While the x-ray machine is an excellent tool for making more accurate band fills it is just as important for diagnosing possible complications that may occur after band placement.

Complications which include: band prolapse, esophageal dilation and even hernias can be

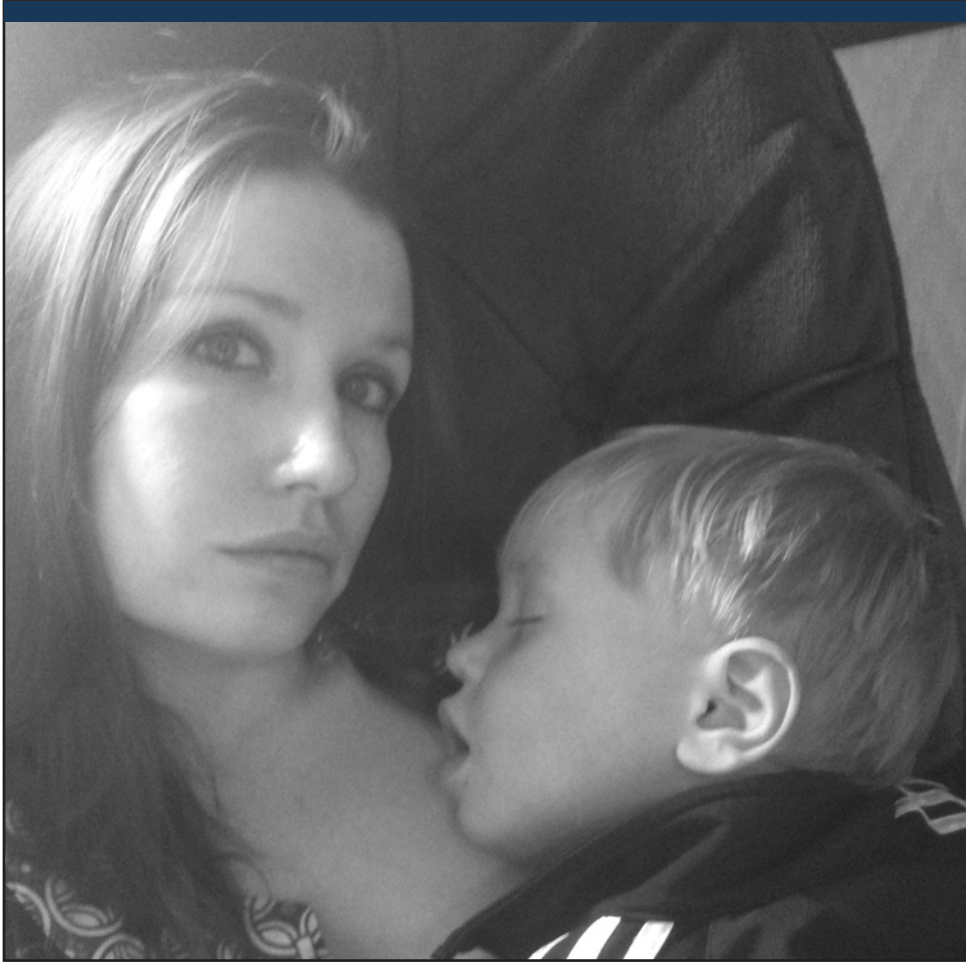
detected while performing band adjustments under fluoroscopy. Much of the time these complications can be detected before they become symptomatic allowing earlier and often more effective care and treatment to be administered.

Information for this article was found in an article on the topic authored by Jaime Ponce MD in the November issue of Bariatric Times.

## INSIDE THIS ISSUE

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# Employee Spotlight: Leah Lamb – Employee Excellence



OWLO employee Leah Lamb loves spending time with her children Noma and Adam, and her two step-children Adriana and Roman.

Since joining the Oklahoma Weight Loss Options team approximately seven months ago, as a medical assistant, Leah Lamb continues to play a vital role in the workings of the clinic.

Some of her daily responsibilities include: assisting with patient care by greeting patients, checking vitals and helping with the fill process for our adjustable gastric band patients. Scanning all patient information into the comput-

er data base is another one of Leah's numerous duties. She also ensures that all the charts are comprised correctly and well organized.

These are just a few of the many important roles Leah plays here in the office and without her help things would definitely not run as smoothly.

Outside of work, Leah's family life keeps her very busy. She loves spending time with her two children (Noma, who is five and Adam aka "Bear", who is two) and her two step children (Adriana, who is seven and Roman, who is five). Between the four children and her wonderful boyfriend Matt, Leah is always on the go!

Somehow, Leah always finds time for her two favorite hobbies: crafts and shopping. She gets to showcase her artistic and creative side when she makes beautiful hair bows and tutus for her girls. She will also never pass up an opportunity to go shopping! Whether it's at Ross, Good Will or Old Navy, Leah enjoys looking for that must buy item.

Leah has a wonderful outlook on life. She is one on the most positive and optimistic people you will ever meet. She believes that the glass is always half full and lives her life accordingly.

# Patient Spotlight – Terry Dillard

Terry Dillard had gastric bypass surgery in November of 2008. Since surgery she has lost 92 pounds, going from a size 22 to a comfortable size 10, while losing 30 inches.

Health issues that are now improved or resolved since surgery include: sleep apnea which she states she no longer has to sleep with a CPAP machine, high blood pressure, edema of the ankles, and chronic back pain, while reducing her risks of developing chronic diseases such as heart disease which her father had died from at the age of 38.

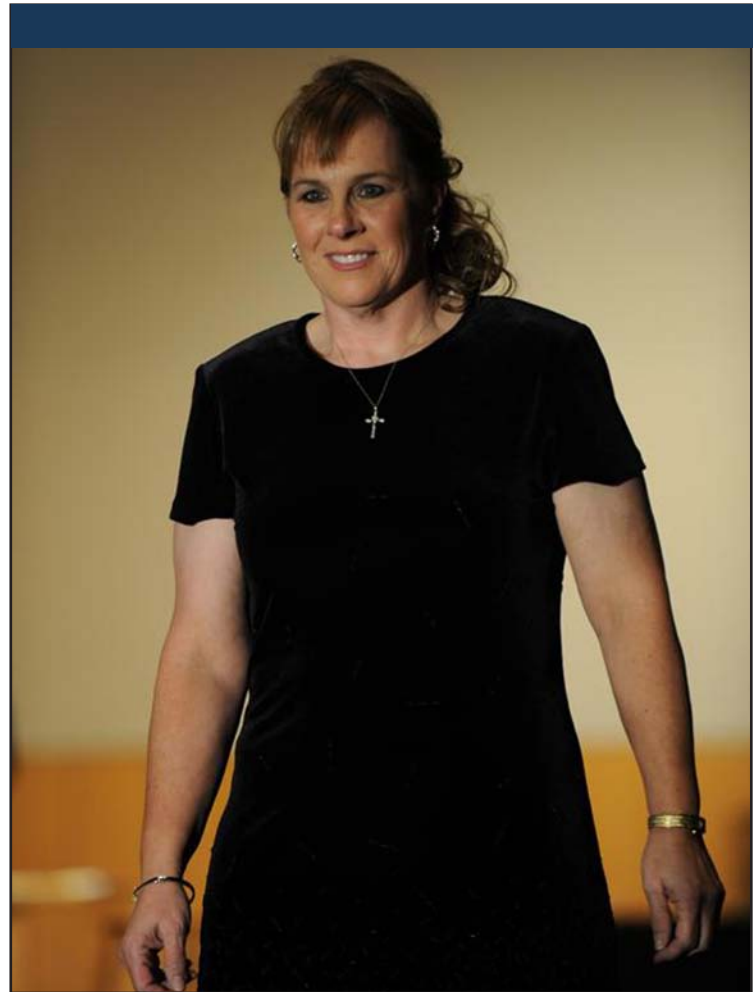
Terry states that the unexpected health benefits of surgery include her increased energy level and how well she now sleeps.

Terry enjoys gardening and playing with her three-year-old grandson Gabriel. She also enjoys spending time with her two sons, Bryan 24 and Bobby 22.

Terry has some great advice for those who are about to start their weight loss journey.

She stresses the importance of keeping a food log as it will make you more accountable for what you put into your mouth. She states that the surgery is only a tool and that she recently got complacent with food choices and has gained almost 20 pounds back. She still fits size 10 clothes, but she states that they aren't as comfortable as they were.

She states that she has been logging everything that she eats in a food journal and that the scale is starting to go down again. She admits that she will be a life-long user of the food journal and that she has worked too hard to lose the weight to thoughtlessly gain it back again.



Terry Dillard lost 92 pounds, going from a size 22 to a comfortable size 10.

## White Chicken Chili

Nutritional information  
for 1/2 cup serving

**CALORIES**

85

**PROTEIN**

8 grams

**FAT**

4 grams

**CARBOHYDRATES**

5 grams

### INGREDIENTS:

1 medium onion, chopped  
2 garlic cloves, minced  
2 Tbs. olive oil  
2 (15 ounce) cans Cannellini or white beans, drained  
2 Tbs. flour  
4 c. diced, cooked chicken or turkey  
1 (4.5) ounce can diced green chilies  
2 (14.5) ounce cans low sodium chicken broth

1 tsp. cumin  
1 tsp. chili powder  
1/2 tsp. oregano  
Salt and freshly ground pepper

### DIRECTIONS:

Sauté onion and garlic in olive oil in a large pot over medium high heat until onion is tender. Puree one can of drained beans and set aside.

Stir the flour into the onion mixture and cook for one minute.

Add chicken, chilies, broth, cumin, chili powder, oregano, beans, reserved bean puree, and one cup water.

Season with salt and pepper. Reduce heat and simmer for 30 minutes.

Yield: 12 cups; Diet stage: solid.

OKlahoma WEIGHT LOSS OPTions

# IMPORTANT DATES

## Support Groups

AGB, RNY & VSG

3-3-11

3-17-11

4-7-11

4-21-11

5-5-11

5-19-11

Saturday Group

3-19-11

4-16-11

5-21-11

Ada

3-2-11

4-6-11

5-4-11

NWOKC

3-10-11

4-14-11

5-12-11

Ft. Smith

3-17-11

4-21-11

5-19-11

Madill

3-22-11

4-26-11

5-24-11

McAlester

3-8-11

4-12-11

5-10-11

Enid

3-8-11

4-12-11

5-10-11



## Seminars

Seminars will be held each Thursday at 2:00 and select evenings. Please call the office (405)360-7100 to schedule a seminar or find out additional dates.

RNY and AGB support groups are held the first and third Thursdays of the month at Norman Regional Hospital in the Education Center.

AGB 6:00-6:45

RNY 7:00-7:45

# BARIATRIC WORD SCRAMBLE

R O S E H

D N A B

R X Y A

N O I I T B

U L N I M T V I I M T A

Bonus word! Use the letters in the marked squares to form another word.