Success!
With supportive bariatric surgery care

When Shane Murphy returned to work after time off for surgery at the Borgess Bariatric Surgery Program, some co-workers didn’t recognize the slimmer version of the old Shane.

“Some thought we’d hired a new guy,” said the 47-year-old chemical tech for BASF Worldwide.

It’s a slightly different image change for Shane’s wife, Melissa, who also had the Roux-en-Y gastric bypass surgery procedure a few months earlier in 2013.

“When I look at a photograph of what I looked like before the weight loss, it’s almost like another life, a very distant memory,” she said. “I don’t think of myself that way.”

The Murphys, who together lost more than two hundred pounds, have both not only lost the weight, but kept it off and have adopted the guidelines that have helped ensure their success.

Following the guidelines

“We follow the rules,” they both said. Those rules are part of the Borgess Bariatric Surgery Program.

In the surgery, only a small part of the stomach is used to create a new stomach pouch, roughly the size of an egg. The smaller stomach is connected directly to the middle portion of the small intestine, bypassing the rest of the stomach and the upper portion of the small intestine.

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Bariatric surgery success through supportive, long-term follow-up care

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“The surgery is just a tool to help people lose and keep weight off,” said Stuart Verseman, MD, Medical Director of the Borgess Bariatric Surgery Program. “It’s not a cure. Those who have the surgery have to make lifestyle changes. Support is the key to how well the patients do long term.”

Borgess Bariatric Surgery Program offers long-term support

“It’s the long-term follow-up that makes the difference and that’s what makes our program unique.”

Patients will lose weight after the surgery, he said, but it won’t last if they don’t follow the lifestyle changes. If they slide back into the previous lifestyle, they can regain weight, he added. That’s why we give them additional tools like access to support group meetings, and follow-up appointments with our nurse and dietitian.

Both Murphys said the weight loss and lifestyle change has meant they no longer take high blood pressure and other medications they needed before. Melissa said that her blood pressure and cholesterol have improved, even though she no longer takes any medications, and walking no longer makes her feet and hips hurt.

The Murphys said that before they decided to undergo the surgery, they heard all the “horror stories” about people who had surgery and regained weight. But when they attended a seminar led by Dr. Verseman, and a related support group, they met some 60 people who either had had or were about to have the surgery.

Success stories

“We heard the success stories,” Melissa said. “I knew then that I wanted to pursue it. Shane said “Okay!”

“I came through the surgery just fine in March 2013 and he had the surgery four months later. Because we did it together, we have supported each other. It was a very good decision.”

The biggest change obviously has to do with diet. Daily caloric intake should not exceed 1,200 and adequate protein—60 to 80 grams a day—is essential. And while you can drink 64 ounces of water a day, they cannot drink liquids 10 minutes before meals and 30 minutes after eating because liquid can wash the protein out of the small stomach, and the longer the food stays in the small stomach, the better the absorption of nutrients, Dr. Verseman said.

“You can still have a donut or dessert,” Melissa said, “but we can’t eat the whole thing. It’s all about moderation.”

Vitamin and mineral supplements are critical, too, and the staff monitors blood levels to ensure that patients are getting adequate amounts.

Melissa said that weight loss is gradual and that most of the weight is lost in the first year.

“We always ate well before the surgery, but didn’t lose any weight,” Melissa said. “Now we eat well and the weight stays off.”

“I never take the lifestyle changes for granted,” she said. “We both follow the rules and neither of us has any problems.”

“I was a healthy fat man,” Shane said. “But I did have sleep apnea, and aches and pains in my knees and lower back. I couldn’t perform my work as well as I should have. When I look at photos of me before, I can’t believe I was that big.”

He no longer needs a breathing device he used for sleep apnea.

“They provide such good support and help. We have good friends who saw our success and decided to have the surgery as well and one-year out they are both very happy.”

Sharing the value of lifestyle changes

Shane said the fact that they both had the surgery about the same time and shared the value of lifestyle changes has helped them succeed.

“We really haven’t given up anything. If we go out to eat, we share a meal, and we take home what we can’t eat and have another couple of meals from the leftovers.”

“I keep a picture of the old me on the refrigerator as a reminder,” Shane said.

“I don’t need a reminder, Melissa said.

Learn more about the Borgess Bariatric Surgery Program

Learn more about the Borgess Bariatric Surgery Program by watching WWM’T’s “Doc Talk” with Stuart Verseman, MD, Medical Director, Borgess Bariatric Surgery. You can view interviews of Melissa and Shane Murphy and Dr. Verseman by visiting youtube.com/borgesshealth.
BREAST CANCER:
Take Care of Yourself & The Ones You Love Campaign

While more American women die from breast cancer than any other cancer (except lung cancer), the good news is the five-year survival rate is nearly 98 percent when the disease is found early.

October is National Breast Cancer Awareness Month. Most people are aware of breast cancer, but many women still do not make the time or take the steps to detect the disease in its earliest stages. One of the best things you can do for yourself and your family is to schedule a screening mammogram. The American College of Radiology, Society of Breast Imaging, and American College of Obstetricians and Gynecologists recommend that all women have yearly screening mammograms beginning at age 40. Women who have a higher risk for breast cancer (such as those with a family history of the disease) should talk to their health care provider about whether to have screening mammograms earlier or more often.

More than 3,200 Borgess Health associates are women and 1,948 are women who are over 40. If you’re a woman who is 40 or older, or if you’re married to one, now is the perfect time to schedule a screening mammogram.

As an added incentive, Borgess associates (or their spouses) can enter into a special prize drawing located on the Borgess intranet if they schedule their screening mammogram from October 23 to November 20.

The screening mammogram does not need to be performed within this 30-day window (for you may not be due for your next screening mammogram quite yet), it is simply necessary to schedule the screening mammogram during this four-week period.

It’s also important to note that an order from a doctor is not needed to have a screening mammogram and Borgess has several conveniently located breast care centers.

To schedule a screening mammogram, call (269) 226.6999 or schedule through InQuicker* by going to Borgess.com and clicking “schedule appointment” in the upper corner.

To also be eligible to win prizes, visit the Borgess intranet home page http://bhahome/ and click the “take care of yourself & the ones you love” entry form link found in the left section of the home page. Simply enter your name, employee number (or spouse’s number) and the date you scheduled your screening mammogram.

*Those wishing to receive their mammogram at the Medical Specialties Diagnostic Breast Center, must schedule by calling (269) 226.6999. InQuicker appointments at this location won’t be available until later this fall.

Borgess CorpFit Wellness Program rewards will be paid out Friday, October 23. Thank you for participating!

$500 worth of prizes
$500 worth of prizes will be randomly presented to associates who schedule a screening mammogram for themselves, or a significant other, from October 23 to November 20. (As mentioned above, the screening mammogram does not need to be performed within this 30-day window, it is simply necessary to schedule the mammogram during this four-week period.

Five participants will win $100 gift certificates to FACES Skin Care & Massage, 7119 West Q Ave., Kalamazoo, visit faceskin.com.
Remembering...
Every November, the Catholic Church invites us to remember and pray for all who have died. One way to honor them is to put their names in a Book of Remembrance. Borgess Health Mission Integration and Spiritual Care invite you to list your family members and friends who have died—recently or long ago, and add your page of names to our Book of Remembrance which will be in the chapel, near the Gulf Road entrance to BMC.

Pages for the book will be available in the chapel or from your managers beginning November 1. You can also use regular notebook paper or a decorated paper of your choice for your list of names. On Monday, November 23, at 3:30 pm in LEC 123, we will hold a Memorial Service for those among us who are grieving the loss of a loved one. All are welcome to come and pray and support our colleagues. The Book of Remembrance will remain in the chapel all of November.

For additional information, contact Sister Sue at sue.mccrery@borgess.com or (269) 226.7061.

Registration coming for Life Support courses
Borges associates will soon be able to register for 2016 American Heart Association (AHA) courses for Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS) and Pediatric Advanced Life Support (PALS).

The courses open in January and will be available for registration via myLearning beginning Monday, Nov. 9, 2015. With management approval, associates will be able to access myLearning at their convenience to register for a course and to make changes as necessary.

Beginning in January, course completion cards for ACLS, BLS and PALS will be issued as an AHA eCard (the electronic equivalent of a printed course completion card) in place of the traditional paper card. Thursday, Dec. 31, 2015 will be the last day traditional paper cards will be processed for AHA courses offered through the Training Center at Borgess Medical Center. This includes classroom and skills testing for BLS, ACLS, PALS and PEARS (Pediatric Emergency Assessment, Recognition and Stabilization).

Details on 2016 Life Support calendar dates and times will be coming soon. For more information, contact Amanda Militzer, EMT, AHA Training Center Coordinator, at (269) 226.7092 or amandamilitz@borgess.com.

Extra scoops of generosity
The Borgess United Way Campaign benefited from some extra scoops of generosity at the October 16 ice cream social. More than $820 was donated.