

### **Editor's Note 2003**

Barbara Metcalf, RN, Editor

Just as all of you have experienced discrimination with the disease of Morbid Obesity, those of us choosing to offer a high-quality surgery such as the DS are also experiencing discrimination. Bariatric surgeons as a group have often experienced discrimination from their own peers. The old-fashioned explanation of, "just tell your patients to eat less and exercise more" phenomena still exists today.

Medical professional as well as lay people still remember high death rates of surgeries offered in the 70's. There is a variety today of choice to our patient: these are the simpler surgical procedures such as a restrictive procedure. Then there are the more complicated, surgically more technically difficult, malabsorptive procedures. Then there is the DS, combines both restrictive and malabsorptive. This is an extremely "technically difficult" procedure that only experienced bariatric surgeons should be performing.

What about the patient's choice? It is our responsibility as the surgical team to educate our patients. It is the patient's responsibility to maintain their health with follow-up. It is not the insurance companies right to tell our patients what choice right for them. Patient power.... You are the customer.

Please help us defend the surgery that we feel has the best results and quality of life for our patient's....by being a compliant patient with your follow-up and with our office. We need your help.....

Barbara

### **EDITORIAL**

#### **Obesity**

#### **"The Super sized Generation"**

Many of you have expressed concern and have asked help in directing you own children now facing obesity. Statistic show us that a child has a 40% chance of being morbid obese themselves if one parent is morbid obese. That figure goes to 70% if both parents are morbid obese. We are watching many of our patients' children and those in the general public become heavier and heavier. I thought I would share this article from February issue of Ladies Home Journal with you all.....Barbara

#### **OBESITY IS THE NUMBER ONE HEALTH RISK FACING OUR KIDS TODAY:**

Fifteen percent or almost nine million of the U.S. kids are overweight, according to the Center for Disease Control and Prevention. Although food choices have long been blamed, "lazy lifestyle" are the chief cause. Physical activity drops dramatically during the teenage years, according to a new study of American girls published in the England Journal of Medicine. There is no new study on boys, but generally they are more active than girls. There are serious medical concerns with this trend. Children are now

developing Type 2 diabetes and this increase is explosive. Children with Type 2 diabetes are at greater risk for heart disease and stroke later in life. About six percent of 5-10 year-olds have at least one cardiovascular disease risk factor caused by obesity, such as elevated blood pressure, cholesterol, or insulin level. We are sitting on a chronic-disease time bomb.

Experts agree that this cycle of childhood obesity is difficult to break. With increased weight gain, we know the long term success rate is low. There is no magic cure for a society that makes it so easy for kids to gain weight.

### **WAYS PARENTS CAN HELP BREAK OLD HABITS AND START NEW ONES!**

- #1 Schools have dropped Physical Ed classes, encourage kids to join team sports or any regular scheduled “fun” physical activities.
  - #2 Casual physical activity such as walking to school has decreased; lunchtime recesses are now reduced in an attempt to improve standardized test scores. Walk with your children to school, and have them walk the dog.
  - #3 Children now average more than five hours daily indoors watching television, using computers or playing video games. Kids see more than 12 food commercials every hour, most of them for “processed junk foods.” Limit time to 1-2 hours total for this type of activity. Encourage outdoor “play.”
  - #4 Time-pressed working parents seem to make less healthy, homemade, well-balanced meals. Eat out less, prepare more meals at home and encourage five servings of fruit and vegetables a day. Most kids aren’t getting enough calcium through dairy product as well.
  - #5 School lunches and vending machines are full of high-calorie, low nutrition choices. Pack your kids lunches. Help get vending machines out of our schools.
  - #6 **BE AN EXAMPLE** – Many parents are setting bad examples with nearly 2/3’s of all adults being overweight. Many of these bad habits are being passed on to our children. Parents must eat right and exercise more. When making suggestions to your children, focus on your child’s health rather than their weight. Children who are over weight often suffer from depression and have poor self-esteem. Let your children know that you love and appreciate them no matter what they weigh, while encouraging them to take positive steps to slim down and get active.... “for their health’s sake.”
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