

CBGSA Quarterly Newsletter

Greetings from the surgeons and staff of CBGSA! It is with great pleasure that we announce the start of our quarterly newsletter. The purpose of this newsletter will be to keep you up to date on the ever changing world of bariatric surgery, as well as the resources available to you at CBGSA.

As we have said in the past, having bariatric surgery is just the start of a lifelong change. As your bariatric surgeons, our commitment to you and your lifestyle change is life-long. We would like to use this newsletter as both a means of communication, and a reminder that you are never alone in this journey. Our future newsletters will contain things such as recipes, dietician's corner, and current trends in bariatric surgery.

1. New Surgeon

We are pleased to announce the addition of Dr. Asok Doraiswamy to the CBGSA team. He joined the group in July after doing a yearlong fellowship in weight loss and minimally invasive surgery at Cedars Sinai. He is board



certified in general surgery and performs gastric bypass, Lap Bands, and other advanced laparoscopic procedures. Please refer to cbgsa.net to learn more about Dr. Doraiswamy and the procedures he performs.

2. New CBGSA Dietician

Lorrie Gray, our new dietician, brings to CBGSA many years of valuable nutrition experience. She grew up in Monterey Park and attended the University of California, Davis where she received her bachelor's degree in Human Biology.



Returning to southern California, she earned a masters degree in foods and nutrition at California State University, Los Angeles and completed a fellowship in nutrition at The Children's Hospital of Los Angeles. Having spent many years as a hospital clinical dietician, she brings the benefit of diverse experience to the bariatric setting. Currently Lorrie runs our preoperative nutrition class and coordinates two of our support groups.

3. Mental Health Program

We are also very excited to announce the start of our mental health program as an adjunct to our surgical weight loss program. There is clear evidence to support improved long

term success in patients who utilize a structured support group system. Our three mental health professionals (Deb Murphy, Phd., Kevin Rice, LCSW., Mary Baron, LCSW) are available not only for preoperative evaluation but also for pre or postoperative private treatment sessions and group treatment sessions. They will also be facilitating support group meetings.

4. Support Group Changes

Effective January '08 there will be 3 support group meetings each month. Each meeting will be geared toward a progressive phase of your weight loss journey. Group 1 led by Lorrie Gray and Kevin Rice will be for patients between 0-12 months post op. Group 2 led by Deb Murphy will be for patients more than one year post op. Group 3 led by Mary Baron and Lorrie Gray will be for lap band patients. Although each support group will be geared toward a specific patient population you are free to attend any meeting regardless of where you are in the pre or post op course or which operation you underwent. There will be specific topics of discussion at each meeting as well as quarterly guest speakers.

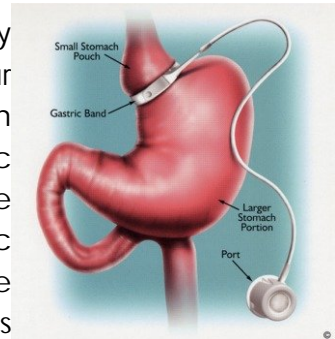
5. Reunion Reminder

We are in the process of planning our fifth annual reunion next spring. As you may know we have a formal theme each year. If you have missed it in the past we strongly encourage you to

attend this year. The reunion is for those of you who are at least 6 months post op.

6. Laparoscopic Adjustable Band

We are very excited to offer our patients the option of either the gastric bypass or the adjustable gastric band. Although the gastric bypass



remains the gold standard weight loss operation, there are some who are well suited for the adjustable band system. The lap band is a silicone ring placed at the upper part of the stomach that can be adjusted by injecting saline into a port that sits under the skin of the abdominal wall. To learn more about the advantages and disadvantages of the lap band system please refer to cbgsa.net.

7. Yearly Follow Up Reminder

Don't forget your yearly follow up visit with your surgeon. Follow up with your surgeon is critical to long term success. We want to make sure your weight loss is progressing adequately, and if it is not, investigate where the problem may lie. Equally important is keeping close tabs on your nutritional status both clinically as well as with lab work. Please call the office to schedule your next follow up visit.

8. Upcoming Symposium and Support Group Dates

Please note that all symposiums and support groups will now take place in Lewis Hall at Methodist Hospital. We will no longer be using Embassy Suites for symposiums.

Support Group: January 7th 7:30-8:30pm
(group 1)

January 21st 7:30-8:30pm

(group 2)

January 28th 7:30-8:30pm

(group 3)

Symposiums: January 16th 7-9pm

January 19th 12:30-2:30pm

9. Please visit us online at

CBGSA.NET for all of your supplement needs. If you would like to receive this newsletter in the future via email please contact us at info@cbgsa.net or (626)445-0600.