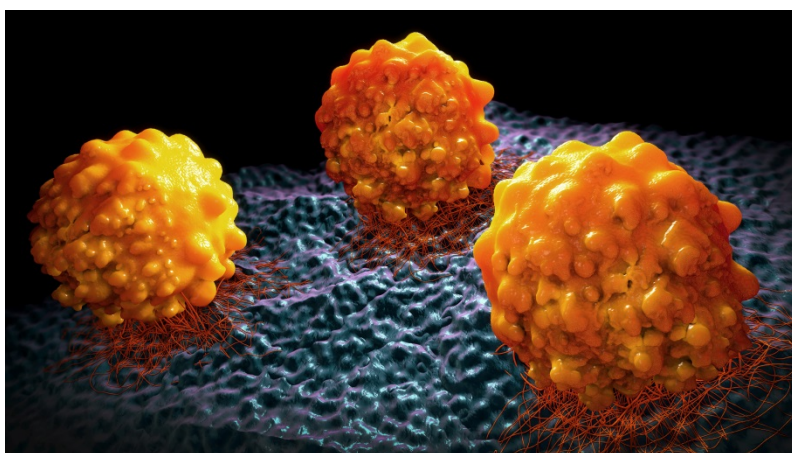


Bariatric surgery may help lower melanoma risk

European Association for the Study of Obesity. Article summarized by Mikiko Marzilli, MS, RD, LD

Melanoma is a deadly skin cancer, and it's on the rise. The rate of new melanomas has doubled over the last three decades, accounting for 65,000 new diagnoses in 2011. (CDC, 2015)



According to new research presented at the European Congress on Obesity in Austria, the benefits of weight loss surgery, beyond being able to shed pounds, may include lowering your risk of getting skin cancer. The researchers in the study compared over 2,000 post-bariatric surgery patients with more than 2,000 matched people in a control group, and found that the risk of skin cancer in

general dropped by 42% after bariatric surgery in the 18-year follow up period. Specifically, the risk of developing malignant melanoma skin cancer was decreased by 61% post bariatric surgery.

Obesity as a melanoma risk factor

Obesity is a known risk factor for some cancers. Findings from this study support the idea that obesity is a melanoma risk factor as well, and indicates that intentional weight loss in individuals with obesity can reduce the risk of this deadly form of this cancer that has been on the rise.

Limitation of the study

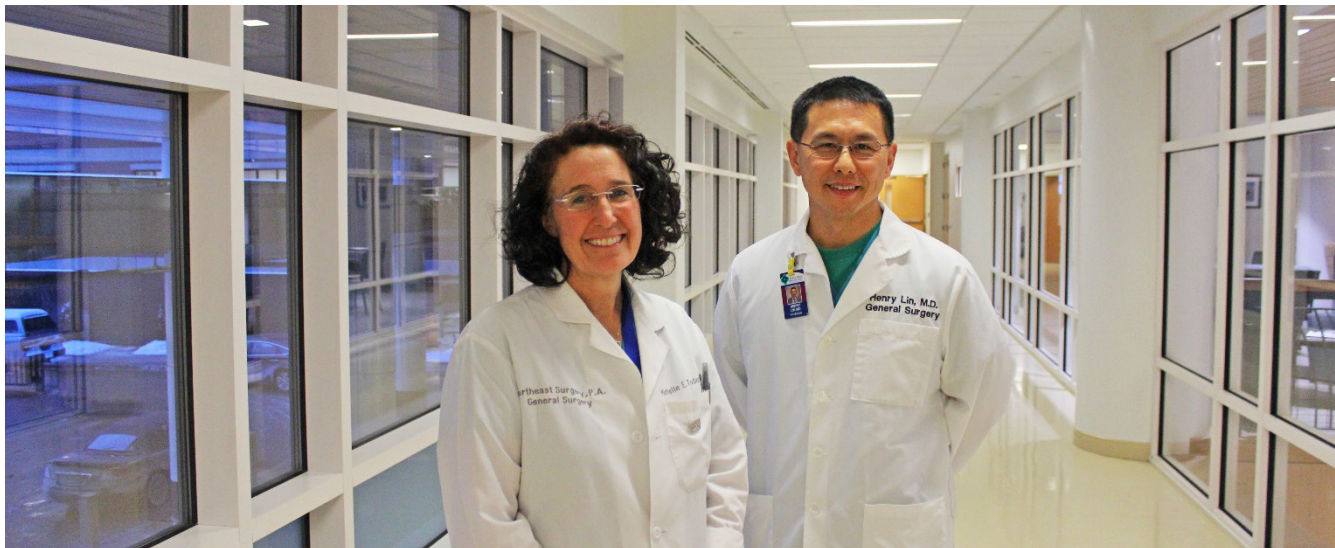
At this point, it may be premature to conclude that obesity is a definite risk factor for melanoma, nor intentional weight loss will specifically decrease the risk of melanoma and other skin cancers. One of the limitations for this study is that the researchers did not have data on sun exposures, which is known to be a risk factor for melanoma. Further research is needed.

We do know that intentional weight loss does change the risk factor for many diseases and that bariatric surgery is an effective weight loss strategy. This study added potential benefits in reducing the risk of melanoma, which is projected for 112,000 new cases in 2030 (CDC).



Ask the Surgeons

Answers from Dr. Toder and Dr. Lin



How long after surgery before I can travel or fly?

Traveling after surgery

You should wait until you are 6 weeks postop before you travel. If a complication were to occur it is more likely to occur in this early time period where being close to your team for care is important.

Colonoscopy

It is safe to take the recommended prep for a colonoscopy after weight loss surgery however you should wait at least 6 months and may need to leave extra time to consume the solution or medication prescribed.

I need to have a colonoscopy. When can I safely do that?

I've heard it is ok to use NSAIDs like ibuprofen or Aleve after the sleeve but not the gastric bypass. Is this true?

NSAIDs

Non-steroidal anti-inflammatories such as Advil or ibuprofen, as well as aspirin, should be avoided starting two weeks before surgery and lasting 6 weeks after surgery. Once you have clearance from your surgeon, you may be able to take these classes of medications again if you had the sleeve.

Supplements before labs

As some of the supplements interfere with your testing results, the SWL program recommends holding vitamin/mineral supplements for 24 hours before drawing labs.

Do I need to hold off supplements before my lab?

Will I need plastic surgery to deal with excess skin or if I exercise enough can I prevent it?

Excess skin

In most instances, massive weight loss will leave some stretched skin behind; fat disappears and the stretched skin remains. The amount, extent and the geography of this excess skin varies among patients. If the amount of loose skin is not significant, tightening the muscles with exercise may pull the skin back to some degree. However, the larger skin bags will remain, despite exercise.

Having a large amount of loose skin does not automatically translate into need for skin removal surgery.

Decision to have a plastic surgery is on an individual basis and depends on many factors:

- The amount of excess skin you will have.
- Whether the excess skin is bothering you in any way, physically (limiting your activity, causing chafing, rash, infection or ulceration, not fitting into clothes, etc.) or emotionally.
- Your general health and whether there are any contraindications for plastic procedures.
- The amount of weight loss: This kind of plastic surgery is on elective basis and therefore the patient has to be optimized with their health. Patient may need to lose some more weight before qualifying for surgery. In addition, various insurances have various criteria for approving these procedures; some may need a certain amount of weight loss.
- If you smoke you will not qualify for such surgeries.

There may be other factors for different individuals that you will need to discuss with the surgeon. About 18 months after your weight loss surgery, when your weight is at its lowest and rather stable, is a good time for plastics consult. You should ask your primary care provider to document any health problems or restrictions that the excess abdominal skin may have caused you. If you have a medical reason for your surgery, many insurances may cover the procedure. The other plastic procedures, such as removal of arm skin are not covered by insurances, but can be performed for cosmetic reasons.

Surgical Weight Loss Support Groups

We encourage regular attendance to these groups. Attending groups is one way to reaffirm the importance of your commitment to surgery. Studies show those who attend groups, weigh themselves regularly, and record dietary intake are more likely to manage their weight. **Send an e-mail to Lynn Bolduc if you would like to be put on a reminder list for any one of the groups.**

Did you know...

- Regular attendance at support group doubles the likelihood of successful weight loss after surgery
- Those who regularly attend support group have 3.7 times greater success with weight loss surgery

Bangor: Northern Light Eastern Maine Medical Center (for all patients, before and after surgery)

When	Where	Time	Leaders	Upcoming Groups
First Friday of every month*	Mason Auditorium	4:30 - 6:30 pm	Lynn Bolduc, RD	Mar 1, 2019
			(Apr, June, and Aug)	Apr 5, 2019
			And	May 3, 2019
			Tama Fitzpatrick, RD	June 7, 2019
			(Mar, May, and July)	July 12, 2019*

	Guest Surgeon/Speakers	
	NL EMMC (First Fridays)	Online (Third Tuesdays)
Mar	Dr. Toder	Dr. Toder Anastasia Devore, PharmD
Apr	Dr. Toder	Dr. Lin
May	Dr. Lin	Dr. Toder Dr. Boulard
June	Dr. Lin	Dr. Lin Dr. Sarah Smith
July	Dr. Toder	Dr. Toder

July meeting will be held on second Friday

Online: (Guest speakers are subject to change)

When	Where	Time	Leaders	Upcoming Groups
Third Tuesday of every month	Online	5-6 pm	Northern Light Surgical Weight Loss Dietitians	Mar 19, 2019 Apr 16, 2019 May 21, 2019 June 18, 2019 July 16, 2019

Bangor: Northern Light Health Center, Union St. - Staying On Track Support Group (for patients who have had weight loss surgery)

When	Where	Time	Leaders	Upcoming Groups
Second Wednesday of every month	Northern Light Endocrinology and Diabetes Care, Classroom 905 Union Street, Suite 11	5-6 pm	Dr. Nina Boulard, Clinical Psychologist	March 13, 2019 April 10, 2019 May 8, 2019 June 12, 2019 July 10, 2019

*Due to the small room size and sensitivity of topics discussed, we ask that you come alone to this group. This group is now open to **ANYONE** who has had weight loss surgery. The group size is typically small.

Presque Isle: Northern Light A R Gould (Previously known as TAMC)

When	Where	Time	Leaders	Upcoming Groups
First Wednesday of every month	McCain A Conference Room	5-6 pm	Ben Mayhew, RD Thomas Mellow, RD Angel Hebert, RD	March 6, 2019 April 3, 2019 May 1, 2019 June 5, 2019 July 3, 2019

Waterville: Northern Light Inland Hospital

When	Where	Time	Leaders	Upcoming Groups
First Wednesday of every month	Medical Arts Building Conference Room	5-6:30 pm	Lynn Bolduc, RD (May, June) Tama Fitzpatrick, RD (Apr) Asia Kronholm, PhD (Mar)	March 6, 2019 April 3, 2019 May 1, 2019 June 5, 2019 No July meeting

Meet the Team

Rochelle Loeb, PA-C, Physician Assistant, Surgical

Rochelle Loeb, PA-C joined Northern Light Surgery in Bangor in 2010. She is a board certified physician assistant with a special interest in robotic surgery. Prior to moving to Bangor, Mrs. Loeb worked in Machias in a private surgical practice with Aziz Massaad, MD. She spent 11 years in Machias focusing on general, laparoscopic, and colorectal surgery. Mrs. Loeb is originally from Maryland. She is married and has two daughters. She and her family currently reside in Dedham.

Education:

Undergraduate: University of Maryland, College Park
Physician Assistant Studies: Touro College (Brooklyn, NY)

Board Certification:

National Commission on Certification of Physician Assistants

Professional Society Memberships:

American Academy of Physician Assistants
Downeast Association of Physician Assistants
American Association of Surgical Physician Assistants

Special Interests:

General Surgery and Bariatric Surgery, Robotic Surgery



Grace Pearson PA-C, Physician Assistant, Surgical

Grace Pearson joined Northern Light Surgery in Bangor in July of 2016. Previous to this she was employed with Orono Family Medicine as a primary care provider for two and a half years. Practicing in primary care provided a solid foundation of core medical knowledge which she carries over to her practice in general surgery, her true passion. She has lived in seven different states throughout her life and she currently resides in Bangor. In her spare time, Grace enjoys spending time outdoors while hiking and rock climbing, and spending time with her family.

Education:

Undergraduate: Worcester State University, Worcester, MA
Graduate Physician Assistant Studies: MCPHS University, Manchester, NH

Board Certification:

National Commission on Certification of Physician Assistants

Professional Society Memberships:

American Academy of Physician Assistants

Special Interests:

I like to consider each patient's individual life experiences and how this contributes to their interaction with their health care team, and how I can best adapt to their expectations to make their hospital course outcome as good as possible



Jude Tardy, PA-C Physician Assistant, Surgical

Jude Tardy, PA-C first joined Northern Light Surgery in Bangor in 2000. His introduction to medicine began as a medic with the United States Air Force. Following an honorable discharge he attended PA school in Billings, Montana. He has extensive experience and training in robotic and minimally invasive surgery to include general, bariatric, complex oncology, colorectal and urologic procedures. Mr. Tardy is originally from northern Maine and currently resides in Bangor with his wife and two sons.

Education:

Undergraduate: Rocky Mountain College, Billings, Montana

Graduate: University of Nebraska, Omaha, Nebraska

Board Certification:

National Commission on Certification of Physician Assistants

Professional Society Memberships:

American Academy of Physician Assistants

Downeast Association of Physician Assistants

Special Interests:

Robotic Surgery and Minimally Invasive Surgery



Northern Light Non-Surgical Weight Loss

Are you struggling with weight gain following surgical weight loss? Do you have family or friends who are interested in weight loss but unable to have surgery? We have a program that might be an option.

Northern Light Non-Surgical Weight Loss is a provider-supervised, low-calorie customized weight loss program. Providers work with patients directly to customize a weight loss meal plan for each person and then follow them closely providing support, guidance, and accountability. Our providers are very familiar with surgical weight loss patients and understand their special needs. We also understand that some people may not be eligible for surgery due to their medical history or other issues and this provides a weight loss option for these patients as well.

We begin with an initial consult with one of our providers to review your medical history and to discuss some basic lifestyle and dietary changes to initiate prior to beginning the strict meal plan. Between this visit and the next we will ask for some testing to be completed. This might include lab work, cardiac testing, and metabolism testing. We then see you back to discuss these results and together pick a calorie restricted meal plan that works for you. We will follow you closely in the beginning with weekly visits for one month, followed by bi-weekly visits for month, and then monthly visits until your goal weight is met. Once your weight loss goals are achieved, we then transition into the maintenance phase of the program. This helps to ensure that you do not gain back what you worked so hard to lose.

If you find that you need additional support at any time while engaging in our program, we offer appointments with Psychologists who specialize in weight-related problems and use cognitive behavioral therapy to help you be successful. We are all a part of a great team who is here to help you reach your weight loss goals and live a healthier life.

Please call 207.275.4440 for more information.

Raising Intuitive Eaters

Ashley Munro Nutrition. Article summarized by Mikiko Marzilli, MS, RD, LD

We want our kids to be healthy. We want them to develop good eating habits for good health. Unfortunately, this sure seems like an overwhelming task sometimes.

Babies and toddlers are originally intuitive eaters. Babies cry when they are hungry. Toddlers eat what sounds good. They also know how to respect their feeling of fullness, and stop when they have had enough to eat.



Somewhere along the way, these intuitive eating behaviors get hijacked, and we start to doubt our own ability to feed ourselves and trust our bodies. Where do these doubts come from? There were many well-meaning food rules when you were growing up: being told you couldn't leave the table until you finish your vegetables, or "just take one more bite" when you knew you were full, or rewarded with ice cream because you ate all of your meal. These are some examples of ways we interfere with kids' and their eating behaviors. The way we talk about food and our bodies as parents can shape our kids' views. So to help our children have a positive relationship with food and their bodies, it is important to look within ourselves first. Healing our relationship with food and our bodies help us to send more positive messages to our children.

A few tips for raising intuitive eaters:

Heal your relationship with food – If you talk down about your food choices or your body, your kids will pick up on this. If you are always talking about food in a "good" vs. "bad" way, they will pick up on that. If you talk about yourself being "good" or "bad" based on what you ate that day, then they will judge about themselves in a similar way. Remove the guilt and shame from your food talk.

Provide options and aim for balance - Aim to include different colors and textures. Offer a variety of nutrients from meals and snacks. Balance over a week is good enough. Usually over the course of a week, kids and adults alike will get all of what they need. You can also introduce the concept of nutrition, explaining that food provides us with energy and helps us grow.

Just keep offering - It takes a lot of exposure to different types of foods for kids to really gain a preference. It is okay if they don't want to try it, but keep offering lots of different healthy options and variety at meals. You can also try describing the foods; using words like crunchy, sweet, or sour and see if that makes them more interested. Cut and arrange foods into different shapes. Let them explore their food using taste, smell, and touch.

Let them eat or not eat, it is up to them - As parents, we provide the options of what food is available and some basic guidelines around when meals and snacks are. How much to eat, is up to them. Your kids have the ability to self-regulate food intake when not hungry. Let them use the ability.

Recipes – Rubs, Seasonings, and Dressings

Recipe shared by Tim M.



Taco seasoning

- 3 tsp Chili powder
- 2 tsp onion powder
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground oregano
- 1 tsp chives
- 1 tsp sugar
- ½ tsp salt

Ranch Dressing

- 2 tsp salt
- 2 tsp garlic powder
- 4 tsp onion powder
- 2 tsp freshly ground pepper
- 2 pkgs Stevia
- 2 tsp dill weed
- 2 tsp parsley flakes
- 2 tsp. chives
- 1 C mayo
- 1 C sour cream
- 1 C milk (or buttermilk)

Old Bay Seasoning

- 1 Tbsp ground dried bay leaves
- 2 tsp celery salt
- 1-1/2 tsp dry mustard
- 1-1/2 tsp ground black pepper
- 1 tsp sweet or smoked paprika
- 1 tsp ground celery seeds
- ½ tsp ground white pepper
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ¼ tsp crushed red pepper flakes
- 1 tsp ground cloves
- 1/8 tsp ground mace

Greek Seasoning

- 2 tsp salt
- 2 tsp basil
- 2 tsp dried Greek oregano
- ½ tsp thyme
- 2 tsp garlic powder
- 1 tsp dill
- 1 tsp marjoram
- 1 tsp cornstarch
- 1 tsp pepper
- 1 tsp dried parsley flakes
- 1 tsp rosemary
- ½ tsp ground cinnamon
- ½ tsp ground mnutmeg

Big Daddy's Beef Brisket Rub

- 2 Tbsp kosher salt
- 2 tsp black pepper
- 2 tsp paprika
- 1 tsp cayenne
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp cumin

Onion Mix

- 6 tsp dry minced onion
- 2 tsp onion powder
- 5 tsp beef bouillon or 4 cubes
- ¼ tsp ground celery seed
- 1 tsp dried celery flakes

Tug's Gone Fishin' Rub

- 2 Tbsp dried dill
- 2 tsp smoked paprika
- 1 Tbsp grated lemon zest
- 1 tsp salt
- 1 tsp freshly ground pepper
- ½ tsp garlic powder
- ¼ tsp cayenne pepper

Budget Friendly Summer Vegetable Frittata

Recipe suitable for Phase 5 diet plan (Recipe courtesy of Diabetes Food Hub)

Serving size 2 slices: Calories 130, Total Fat 6g. Total Carbs 9g Protein 11g, Dietary Fiber 2g

Ingredients

- 1 Tbsp olive oil
- 8 oz mushrooms (diced)
- 1 medium red bell pepper (seeded and diced)
- 1 small onion (diced)
- 3C fresh spinach
- 2 eggs
- 5 egg whites
- 1/4C skim milk
- ½ tsp salt (optional)
- ½ tsp black pepper
- ¼ tsp cayenne pepper
- 1 Tbsp fresh basil (chopped)



Instructions:

1. Preheat the oven to 350 degrees F.
2. Add olive oil to an oven safe, non-stick, sauté pan over medium high heat.
3. Add mushrooms and sauté until all of the liquid from the mushrooms is evaporated.
4. Add bell pepper, onion and spinach and sauté until vegetables are softened and liquid is evaporated.
5. Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper and basil in a medium bowl. Pour over vegetables and stir until eggs start to set.
6. Smooth the top of the frittata with a spatula, and put in oven to bake for 20 minutes or until eggs are set.
7. Slide the frittata out of the pan onto a plate and slice into 8 pie slices.

High Protein Mint Chocolate Shake

Recipe courtesy of Unjury

Serving size 1 shake: Calories 120, Total Fat 0g. Total Carbs 7g Protein 23g



Ingredients

- 1 packet or 1 scoop Unjury Chocolate Classic or Chocolate Splendor
- ¼ C Skim milk
- 3/4C ice
- 1 drop Peppermint extract, add more to taste

Instructions:

1. In a cup, add Unjury to milk and stir until well blended.
2. Pour mixture into a blender.
3. Add ice and peppermint extract.
4. Blend until consistency is smooth.

Resources

Quarterly Newsletter

Hard copies of the newsletter are distributed at the support groups and dietitian visits. The SKINNY is published four times per year. If you want to receive this newsletter electronically, please e-mail Lbolduc@northernlight.org and she will add you to our distribution list. Once on the mailing list, you will receive monthly electronic e-mail reminders about support groups.

Online Information Session

The Northern Light Surgical Weight Loss Comprehensive Informational Session is available online! The 60 minute video is broken up into 10 chapters, so it does not have to be watched all at once. If you or someone that you know is interested, please visit northernlighthealth.org/SurgicalWeightLoss and click on “**Surgical Weight Loss Information Sessions**” and then [Online Information Session](#) to read more. Once you have finished watching the online class, fill out the form located below the video links or call 973-6383 if you are interested in joining the program.

It is also a great refresher for those who have already had weight loss surgery

Online Physical Therapy Videos

Check out our Physical Therapy videos. The 50 minute PT session is divided into 6 short chapters and is available for those starting the program, as well as those who would like to refresh their knowledge on a well-balanced exercise plan.

northernlighthealth.org/SWL-Physical-Therapy

Or from Northern Light Surgical Weight Loss home page, choose “Support Before Surgical Weight Loss”, then “Physical Therapy for Surgical Weight Loss.”

Check out our Patient Stories

Please visit northernlighthealth.org/SurgicalWeightLoss
Click on “**Testimonials**”

This web portal has our bariatric surgeons answering questions about weight loss surgery.

Support Group

We now offer an Online Support Group on the third Tuesdays at 5-6p for those who wish to participate. If you are interested in participating in our online support group, please email Lynn at Lbolduc@northernlight.org.

Hannaford Individual or Small Group Tours available for Surgical Weight Loss Patients and Families



Sign up to tour the store one on one or with a small group. Tours are available at the Broadway and Airport Mall locations and are scheduled as requested.

To sign up, please contact Caitlin Ratten, MS, RD, LD by email Caitlin.Ratten@hannaford.com or stop by the Hannaford Customer Service Desk.

We need patient stories!

One of our favorite parts of putting together this newsletter is being able to publish our patients' stories of success. If you are interested in sharing your story for a future edition of the skinny, please contact us!

- Lynn – lbolduc@northernlight.org
- Valerie – vncurtis@northernlight.org
- Tama – tfitzpatrick@northernlight.org
- Andrea – asaquet@northernlight.org
- Miki – mmarzilli@northernlight.org