

WEIGHT LOSS E-NEWSLETTER

May 18, 2009

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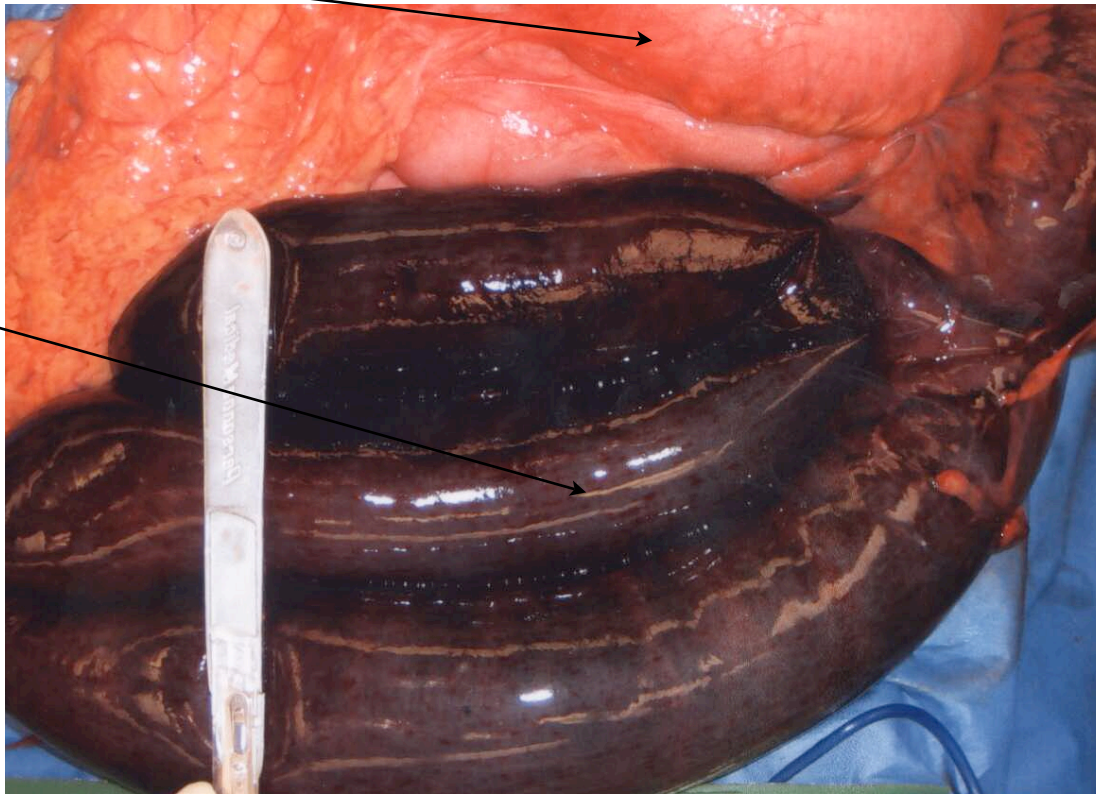
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What is bowel obstruction?

Bowel obstruction describes a condition in which the normal flow of gastrointestinal content is either completely or partially blocked. This could be caused by medical conditions or medications, otherwise known as an ilius. A common example of this is seen in patients that are taking pain medications or narcotics. Another common condition is post

Normal small bowel with pink color.

“Dead bowel” This is a segment of the small bowel that has lost its blood supply. This patient represented with atypical presentation for bowel obstruction



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surgical scar tissue, or adhesions. These will cause a point around which a twist of the bowel will cause a compromise of the blood flow to it and eventually result in “dead bowel”. Just imagine what would happen if you were to place a tight rubber band around a finger? In a very short period of time the blood supply to the finger is compromised and if it is not quickly restored then it will result in the loss of a finger.

One of the problems with the diagnosis of the bowel obstruction is that there are no absolute set of studies, such as X-ray, Cat-Scan, Blood works that will be diagnostic in all cases. This is even more so in patients that have had weight loss surgical procedures. The anatomy is modified after all weight loss surgical procedures. This varied anatomy means that there are instances that the expected findings of a bowel obstruction are not present, or there are findings that are highly suspicious for bowel obstruction

if the treating physician is acutely aware of the altered anatomy.

The most critical issue regarding treatment of bowel obstruction is early diagnosis and treatment.

The treatment options are also different when treating a patient with bowel obstruction if they have had weight loss surgery. There are non surgical treatments that may be attempted for partial bowel obstruction (such as the naso-gastric tube) that will be useless in post gastric bypass or duodenal switch patients. This is because in duodenal switch and the gastric bypass operation, the anatomy is altered so that a partial segment of the gastrointestinal track has only limited access to outside. This means that the only way to decompress that segment is by surgery and not the naso-gastric tube.

Hair loss after weight loss surgery!

Tips for Hair Loss:

Temporary hair loss is a very real side effect of surgery and it can be a disheartening problem. Hair loss happens due to the way hair follicles grow in cycles and because it takes several months for a hair follicle to grow. The shock of surgery, lower calorie & protein intake, and anesthesia cause the hair follicle to stop growing. Because this may happen any where in the growth cycle you often don't see the hair loss right after surgery but a few months after surgery.

- Protein intake is extremely important for healing, hair growth and to prevent muscle wasting. After surgery you need 80 gm or more of protein every day. Again while you are going through the weight loss period your body does not care if it loses fat mass or muscle mass. The best way to enhance hair growth, fat mass loss and prevent muscle loss is to get 80 gm or more of protein daily and to exercise daily.
- Multivitamins with minerals every day are also an important supplement because if you are deficient in vitamins and minerals then your body takes the essential vitamins for the general running of your body and doesn't give the unessential things like hair and nails what they need to grow.
- Nioxin shampoo has been traditionally used by cancer and chemo patients but some GRDS patients have had good luck with it also.
- Biotin tablets or powder are great for healthy hair, skin, and nails. 600-1000 mcg daily and can be found at most health food, vitamin or beauty supply store. Also assist the body in turning fat mass into usable energy.
- Folicure tablets and shampoo can also help. They can be found at Sally's Beauty Supply.
- Zinc 50mg tablets every other day for no more than a month. Zinc blood levels can get too high after this period of time. Zinc can interfere with iron absorption at higher levels. Zinc helps with protein synthesis and collagen formation (both ingredients for hair growth). Inactivity can lower the body's levels of zinc another reason why exercise is important.