

# WEIGHT LOSS E-NEWSLETTER

September 21, 2009

The information contained in this newsletter is for informational purposes only. It is not to replace the medical opinion rendered by a physician specifically to a patient.

Ara Keshishian, MD, FACS, FASMBS  
Dawn R. Keshishian, RN, CCRN

## My Ode to Dr. K

By Vicki Blackburn

The Dser's motto is 'Protein First'  
And lots of water or I'll have a big  
thirst!

Vitamins, vitamins each and everyday  
Keeps my body healthy in every way!

Once a year I have my labs done  
Because all my D I can't get from the  
sun!

Bones are thinner so [Stontium](#) and K2  
I take  
Don't want brittle bones those  
bisphosphonates make!

I know I know exercise is such a  
chore  
But once I start my body wants more!

I've also learned that eating fat is my  
friend

Without it, nothing comes out the  
other end!

Weight re-gain will not be mine  
For compliant I'll be 90% of the time!

I try and I try to give up diet cokes  
Oh hell, we all know that's just a big  
joke!

Simple carbs, sugar and. those darn  
potato chips  
I must remember still go to my hips!

Speaking of carbs, there's one thing I  
know  
Before I eat them "Pass the Beano!"

I love my DS, eating portions now  
normal  
Except for the days I go a little  
hormonal!

My closet is stuffed it looks like a store

I don't think there's room for any more!

Problems don't go away because  
you've lost weight  
But their easier to deal with in a size 8!  
(not really, 12 didn't rhyme)

I have to remember, you only gave me  
the tools  
It's up to me to keep following the rules!

The only thing left I have to say  
Is thank you so much Dr. K!

8 years out feeling fine  
here's to year number 9!!

Thank you Vicki for you poem. Not  
only it rhymes, but it is precisely to the  
point and correct!  
Your continuos search for new updated  
information is greatly appreciated.

Ara Keshishian, MD, FACS, FASMBS

### *What is [Stontium](#)?*

It is mineral metal that has many uses including medical imaging. It was found that it can also promote bone building when combined with calcium. There is a product that has been approved in Europe, but not in US. I would have to guess that there are drug companies that make the biphosphonates that are probably not happy about it. There are published studies that have demonstrated this medical use of [Stontium](#).

### *What are [Biphosphonates](#)?*

These are class of medication (Fosamax, Actonel, Zometa, Boniva, Didronal, Aredia) that tip the balance for less bone breakdown, for treatment of [osteoporosis](#). Let me explain: Our bones undergo continuous reconstruction. There are cells that break down the bone and there are cells that make up new bone. The net effect over time is that the bone is continuously refreshed. There are certain medications, diseases and conditions that favor the breakdown phase and other that tip the balance in the favor of build up phase. Biphosphonates, slow down the breakdown phase. The net result (in theory) and to some degree in published data is that it results in more bone buildup, than breakdown. It is my opinion that this class of medications should be avoided since the benefits do not out weight the risk in most cases. Specifically in post weight loss surgical patients it should be avoided since the patients have low Calcium, Low [Vitamin D](#), and Elevated [PTH](#) all of which are contraindication to the use of [biphosphonates](#).