

Guide to Women's Health

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phoenixWoman
"MY STYLE. MY CAREER. MY LIFE."



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Blackstone, M.D.**

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- new hope for Diabetics
- how weight gain affects women

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Obesity is on the Rise

Are you at Risk? Q&A with Bariatric Surgeon Robin Blackstone, M.D.



Dr. Robin Blackstone

and the duodenum. What's really unique is that these surgeries normalize blood sugar levels, particularly after gastric bypass. Those patients go into remission very early after surgery before any substantial weight loss and it is currently believed that the result is due to the procedure itself. It is very exciting and seriously profound.

All the procedures have a profound effect on hormones—the hormones that make you hungry and make you feel satisfied.

PW: How does somebody know they're a candidate for surgery?

RB: Currently, the indications that are approved by insurance companies are those who have a BMI of 35 or greater, which is about 75 to 100 pounds overweight.

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FYI

Morbid Obesity—#1 health problem in the United States
300,000 deaths annually

2009 Percent of Obese (BMI > 30) in U.S. Adults

Colorado: 18.6 %

Arizona: 25.5%

Mississippi: 34.4%

www.CDC.gov/obesity/data/trends

50 million Americans are obese

11 million Americans are morbidly obese.

Definitions

Obesity—a body mass index (BMI) of 35 or greater, meaning 75 to 100 pounds overweight

Morbid Obesity—a BMI of 40 or greater, meaning 100 pounds or more overweight.

source: The Centers for Disease Control, www.BariatricSurgeryAZ.com

Phoenix Woman: Why is obesity on the rise?

Dr. Robin Blackstone: There is a rare gene within the population which pre-disposes us to obesity, and we have a very obesogenic environment. The issues of food portions, food choices and lack of exercise really do count.

The thing about food is that you have to eat it. You have to have food to live. Most people frankly, just overeat. What they don't realize is that anytime they eat more than a couple of hundred calories [in one sitting], everything else is stored as fat.

Most big people get caught because they can't exercise, then their body fat percent continues to go up—they're just sunk.

PW: What are the different types of weight loss surgeries, and is it true that surgery can resolve diabetes?

RB: There are four major types of weight loss surgeries. The most prevalent and successful is the adjustable gastric band (lap band)—you are basically limiting the amount of calories someone can eat.

The mal-absorptive procedures [the other two types] have a strong effect on diabetes because they bypass most of the stomach



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Most patients have tried to diet, but the difference between a diet and surgery is that a diet is something you do intermittently. Surgery is something that is present and helps you every single day. It doesn't solve that persons eating issue—it provides a safety net.

PW: How do you counsel your patients before, during and after surgical procedures?

RB: We believe counseling is a very important component. People should seek programs that offer strong psychological support. Surgery is just a small part of what we do. We have two psychologists, great nutritionists and two exercise physiologists. It's a team effort.

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— Dr. Robin Blackstone

In my personal view the biggest myth we carry in America is that extra weight is about how you look—it's really about how you feel, how healthy you are and how long you're going to live.

It's amazing to watch a long-term diabetic come in and go into remission. Many people who are obese are discriminated against—when they lose that weight, the world accepts them for the talent they have.

When you see them a year later, they have a sparkle, they have a lightness in their step...obesity is no longer this thing they carry around with them as their first introduction to the world. *pw*

INFOLINK: www.BariatricSurgeryAZ.com

FYI

Definition

body mass index (BMI)—is a statistical measure of body weight based on a person's weight and height. Though it does not actually measure the percentage of body fat, it is used to estimate a healthy body weight based on a person's height. Due to its ease of measurement and calculation, it is the most widely used diagnostic tool to identify weight problems.

source: wikipedia.org

WHAT'S YOUR BMI?

Take the Test! Go to:

phoenixWoman.com

For our Height/Weight (BMI) Calculator