

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

HAIR Health



Nothing quite grabs a person's attention like the possibility or the experience of excessive hair loss.

Hair loss can occur after bariatric surgery and is mostly a result of the body's reaction to stress. The way in which our bodies react to stress is individual. Some will experience significant temporary hair loss; others will not notice any hair loss at all. Some of the stress after surgery cannot be avoided, such as the stress of having surgery, the stress of minimal caloric intake, and the stress of rapid weight loss. Other stressors, however, such as inadequate protein intake and vitamin / mineral supplementation are within the control of the individual.

Read on to find out all you need to know to keep your locks healthy during your weight loss journey.

First we need to bone up on the basics of hair growth. Hair goes through a cycle of growth and rest. The growth phase (anagen) usually lasts for 2-3 years during which a hair strand grows about 1/2" each month. After this, the hair strand goes into a resting phase (telogen) for 3-4 months and does not grow. About 90% of hair is

in the growth phase and 10% in the resting phase at a given time. After the resting phase, the hair strand falls out, a new hair strand begins to grow in its place, and the growth phase starts all over again. A head of hair has about 100,000 strands and 50-100 strands are lost each day.

Bariatric surgery, minimal caloric intake and the resulting rapid weight loss create stress, almost a shock to the body. This stress can cause more hair strands to go into the resting phase. As we learned in the previous paragraph, at the end of the 3-4 month resting phase, the hair falls out. The medical term for this temporary type of hair loss is telogen effluvium. Telogen effluvium

can follow emotional distress, physiological stress, nutritional deficiencies, surgery, hormonal changes or metabolic disturbances (including thyroid conditions). Hair grows back once the condition that caused the hair loss is corrected, although it can take months before the hair returns to normal thickness.

Surgery and rapid weight loss alone can lead to hair loss. This is why many post-bariatric surgery patients experience hair loss 3-5 months after surgery for the duration of 2-3 months. Hair is lost at an excessive rate until all of the hair strands that moved into the resting phase have been lost.

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It is **important** for those having bariatric surgery to **understand** that the initial **hair loss** that may occur **3-5 months after surgery** may not be avoidable yet is a **temporary** condition.

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In addition to the surgery itself and rapid weight loss, nutritional deficiencies can compound hair loss. It is essential to meet protein goals on a daily basis, take vitamin and mineral supplements as recommended and choose a diet rich in nutrients. Maintaining your nutritional status can minimize the stress that your body experiences following surgery and less stress may mean less hair loss. Some specific nutrient deficiencies are linked to hair health.

Iron status may be correlated with hair loss. Iron levels are checked at pre-admission testing. If your level is below the reference range, discuss when and how to start a supplement with the Barix doctor or nutritionist. Depending upon the level, they may ask you to start a supplement right away or wait until 6 weeks post operatively. Iron supplements can be irritating to the stomach and cause both nausea and constipation. Newer chewable iron supplements are a good option. They taste great, tend to have fewer side effects, and should be better absorbed because the pill does not need to dissolve. Take iron on an empty stomach if possible and not at the same time as a multi vitamin/mineral

supplement or calcium supplement to increase the absorption. Excessive iron supplementation can be toxic so be sure to follow your Barix professional's recommendations.

Zinc deficiency can impact hair loss. A complete multi-vitamin and mineral supplement will provide adequate zinc. The recommended daily value of zinc is 15 mg. The upper limit recommendation for zinc is 40 mg—you should not take more than this as zinc is toxic if over-supplemented.

Protein intakes less than goal levels can lead to hair loss. Work hard to find supplements, foods and beverages to meet your protein goal shortly after you leave the hospital. There are so many products available to help you meet your goal. If you are having a difficult time reaching your goal, contact your Barix nutritionist for additional ideas. Be willing to try several supplements until you find one that works for you.

Other Nutrients may have an impact on hair health. These may include vitamin A, folic acid, essential fatty acids, vitamin B 6, vitamin B 12, biotin and vitamin C.

It is not wise to indiscriminately supplement large quantities of specific vitamins or minerals. Some nutrients can have toxic effects and others can cause deficiencies of other nutrients if supplemented excessively. As in just about everything else, moderation is key. Choosing a variety of healthy foods, meeting protein goals daily and taking recommended supplements is essential to a healthy head of hair. It is important for those having bariatric surgery to understand that the initial hair loss that may occur 3-5 months after surgery may not be avoidable yet is a temporary condition. Keeping a strong commitment to adequate protein and vitamin / mineral supplementation can not only minimize hair loss, but promote optimal health throughout the weight loss journey.

Happiness

lies, **first** of all,
in **health.**

~George William Curtis

IT WORKED FOR ME

From the Barix Message Boards

Everyone is excited to move from the full liquid phase on to pureed (smooth) foods. To maintain protein intake, continue with concentrated high protein full liquids as you add the thicker consistency pureed foods. Here is a high protein pureed recipe that many of our message board readers swear by.

Sounds delicious!

SHELLY'S BAKED RICOTTA

8 oz of ricotta, part skim cheese
1/2 cup grated parmesan cheese
1/4 cup egg substitute, beaten
1 teaspoon Italian seasoning
salt & pepper to taste
1/2 cup Marinara Sauce
1/2 cup shredded part skim milk Mozzarella Cheese

Mix ricotta cheese, parmesan, beaten egg, seasonings together and place in a oven proof dish. Pour marinara on top and top with mozzarella cheese. Bake it in the oven @ 450 for about 20-25 minutes (best) or microwave until hot and bubbly. Makes 4 servings.

Nutrition information per serving: 143 calories; 11 grams protein; 7 grams fat; 5 grams carbohydrate; 346 mg sodium.





REWARD YOURSELF

This month, you could earn a SPECIAL GIFT for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by March 31, 2009. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or www.barixinfo.com



CONSIDERING SURGERY

Once most people have attended a consultation and decided to have bariatric surgery, they want to schedule surgery as soon as possible. The next months can be trying as you look forward to surgery, but you need to meet medical and insurance requirements first. Based upon your individual health history, the surgeon may order clearances to clarify your health status. Insurance companies also have very strict criteria and will not approve the procedure unless their criteria are met. These requirements vary from insurance company to insurance company and can be time consuming and difficult to meet.

Understanding the requirements and process may make these hurdles and time delays more bearable.

Both the group practice and the insurance department will be working with you following your consultation. They will be happy to assist you in obtaining the necessary clearances and documentation. However, it is very important that patients take an active role in obtaining the needed documentation. A joint effort in acquiring the documentation speeds up the entire process.

The next step after the consultation is to get a prior authorization from your insurance company to move forward with surgery. Your Barix insurance coordinator will utilize the notes made by the surgeon at your consultation

and additional documentation to justify medical necessity of the surgery and obtain this prior authorization. Your coordinator will let you know what documentation your insurance company requires. Most insurance plans require documentation of previous attempts to lose weight. For some, Weight Watcher's receipts are adequate, but others require physician-supervised diet programs. The insurance department can clarify your insurance company's specific requirements and let you know which types of documentation they will accept. Once all the documentation required by your insurance company is received, a letter of medical necessity will be generated on your behalf to your insurance company. Your assigned insurance coordinator will follow up with your insurance company to check on the status of your request for prior authorization and confirm that any additional documentation has been received and is being processed in a timely manner. They will also keep you apprised of any new developments in your case. It usually takes 3-6 weeks to obtain a response back from the insurance company. After the approval is received, your case will be sent back to the group practice for review of any outstanding medical clearances.

While the insurance coordinator is working on obtaining pre-authorization from your insurance company, you can schedule and obtain the ordered medical clearances. You may need the

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help of your primary care physician. He/she may need to write a letter stating that you are medically cleared for surgery, document previous weight loss attempts or refer you to specialists for clearances. It can be intimidating to talk to your primary care physician regarding bariatric surgery if you sense that he/she will not be supportive. Many times people are relieved to find that their doctors are supportive of the decision to have surgery. If not, it may be helpful to set up an appointment to talk to him/her about the importance of the procedure to you. You may want to take a family member or friend with you for support.

A group practice representative will stay in contact with you to review what (if any) medical clearances are still needed. Once all pre-operative clearances are received, your case will be sent to your surgeon for final review and sign off before sending your case to the hospital scheduling department.

During this time period the hospital admitting department will contact your insurance company to get an explanation of your surgical benefits. An admitting representative will contact you to review this information and give you an estimated amount that you will owe for the surgery. This is only an estimate so the amount owed may be

more or less. If you have any questions or want to hear an explanation of your benefits yourself, you may do so by calling the customer service number listed on the back of your insurance card.

Once all these things are completed, the surgical scheduler will contact you to schedule your pre-admission testing and surgery. Pre-Admission Testing is typically scheduled about 2 weeks prior to surgery and includes nutrition education, a physical exam, electrocardiogram (EKG), pulmonary function test, blood tests, and an ultrasound of your gallbladder. You will receive detailed instructions on how to prepare for pre-admission testing when the appointment is scheduled.

The group practice, insurance department, hospital admitting, schedulers and pre-admission testing staff are here to walk you through each step of the process--to get you from the consultation to surgery. They will do their best to consistently communicate with you through each step on your road to surgery.

Please feel free to call and ask questions, clarify requirements or check on the status of your case at any time.



IN THE NEWS

Oxford University researchers published a study about the effect of obesity on lifespan and found a clear relationship between excess weight and a shortened lifespan. The greater the excess weight, the shorter the lifespan. The fact that obesity shortens the lifespan was not surprising, but the extent of lost life was higher than expected. The study found that a body mass index (BMI) even slightly above the ideal range of 22.5-25 leads to a higher death rate. Just an additional 5 units on the BMI scale is corresponded with a 40% increase in deaths from cardiovascular disease, 60-120% from diabetes, liver or kidney disease, and a 10% increase in deaths due to cancer. Those with a BMI in the moderate obesity range (a BMI of 30-35) have a reduced lifespan of 2-4 years. A BMI of 40-50, considered severe obesity, is associated with a decrease in lifespan of 8-10 years.

This study reminds me that often bariatric surgery patients report that their entire family benefits from their new food choice and lifestyle. Not only are people promoting their own health through bariatric surgery, but they may also be giving their family the gift of a healthy weight, a longer lifespan and a higher quality of life.

Before you can be scheduled for pre-admission testing and surgery:



A written pre-authorization letter from your insurance company must be received.

All pre-operative medical clearances must be received and the surgeon must review and sign off on them.

A benefits verification that outlines your out of pocket expenses must be obtained.

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On Track With Barix

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RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to http://www.barixclinicsstore.com/share_your_story.html. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

RECIPES

CARROT CAKE

1 cup egg substitute
1 cup 100% apple juice frozen concentrate, thawed
2/3 cup canola oil (or other vegetable oil)
1/4 cup water
3 cups unbleached white flour
1 Tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons cinnamon
1/4 teaspoon nutmeg
2 cups raisins
2 cups grated carrots (4-6 medium carrots)

FROSTING

12 oz light cream cheese
1 1/2 Tablespoons margarine, softened
2/3 cup Splenda®
2 teaspoons vanilla
0-2 Tablespoons skim milk if needed to thin frosting

Preheat oven to 350 degrees. Put raisins in warm water to plump. Stir together egg substitute, apple juice concentrate, oil, and water. Set aside. Sift together dry ingredients: flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Gently stir wet ingredients into dry ingredients just until moistened. Drain raisins, and fold in carrots and raisins.

Spray 2 round 9" cake pans with non-stick pan spray. Pour batter into cake pans, and bake at 350 degrees for 25 to 30 minutes. Then reduce heat to 325 degrees for 8 to 12 more minutes. Cool completely (may refrigerate).

Prepare frosting. Beat together cream cheese, vanilla and margarine. Then stir in sweetener and beat until smooth. Add milk as needed to obtain the right consistency. Frost cake and serve immediately or refrigerate until serving. Makes 8 servings.

Optional: Decorate with Peeps sugar free bunnies.

Nutritional information per serving:
387 calories; 9 grams protein; 13 grams fat; 59 grams carbohydrate; 522 mg sodium.

EASTER BREAKFAST STRATA

1/2 pound turkey breakfast sausage
2 cups onion, chopped
1 medium red bell pepper, seeded and diced
3 cups egg substitute
4 cups 1% milk
1 teaspoon salt
Freshly ground pepper to taste
6 cups cubed, whole-wheat country bread (about 7 slices, crusts removed)
1 tablespoon Dijon mustard
1 1/2 cups grated Swiss cheese (4 ounces)

Spray a 9-by-13-inch baking dish with cooking spray. Cook sausage in a large nonstick skillet over medium heat, crumbling with a wooden spoon, until lightly browned. Transfer to a plate lined with paper towels to drain. Add onions and bell pepper to the pan and cook, stirring often, until softened, 3 to 4 minutes. Whisk egg substitute, milk, salt and pepper in a large bowl until blended.

Spread bread in the prepared baking dish. Scatter the sausage and the onion mixture evenly over the bread. Brush with mustard. Sprinkle with cheese. Pour in the egg mixture. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.

Nutrition information per serving:
201 calories; 16 grams protein; 7 grams fat; 19 grams carbohydrate; 550 mg sodium.

