

MEDICATIONS VS SURGERY: CHOICES, CHOICES...

THE UNIVERSITY BARIATRICS PROGRAM NEWSLETTER



Welcome to our March 2024 newsletter. The main motif for this issue is updated information about the new medications for weight-loss, which is a hot topic not only in the media but also the bariatric surgery circles. You will also find some healthy recipe suggestions from one of our allied bariatric nutritionists. We also want to thank those of you who responded to our annual longterm bariatric surgery survey. The link to the results is listed as well. Finally, there are links for our free bariatric support meetings & other topics of interest. We hope you'll **share this newsletter** with others whom are either embarking on a surgical weight loss journey or are on the fence about it. Your feedback is always welcome.

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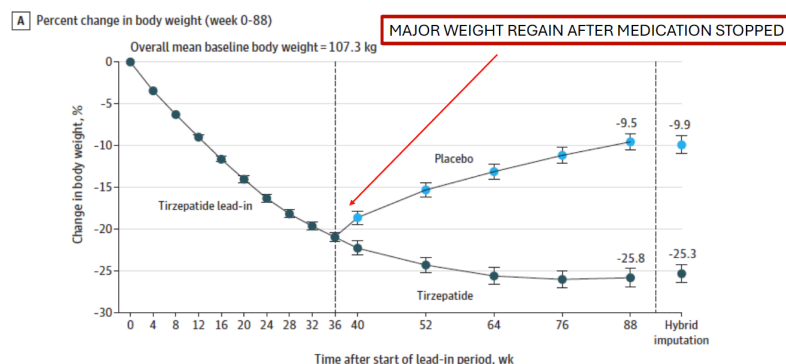
Medications vs Surgery: debate continues.....

Amir Mehran MD, FACS

The new GLP-1 agonists continue to make news on a daily basis, both positive and negative. Literally there is always something online or on TV ads about them. Within the bariatric surgery circles, the same holds true. It is a popular subject in both the medical literature as well as at our bariatric surgical meetings. We also covered this subject in our Fall2023 newsletter. <https://www.universitybariatrics.com/newsletter>. JAMA recently published the results of a tirzepatide trial where all recipients received the medication for 9 months and some stopped it for three months and others continued it. The former group experienced a major weight regain, which is expected and similar to the experience with all other medications marketed prior to it. Finally, at our most recent regional meeting, the use of medications was discussed extensively as well, both as an adjunct to initial surgery or in lieu of any revisional surgery or as a pre-surgical weight loss modality. None thought it could replace surgery especially since it requires lifetime use, costs can be problematic, they all have side effects, and less than 1/3 stay on them beyond a year. Whereas the drugs vs surgery debate may not get settled anytime soon, it is universally agreed that obesity is a chronic disease, associated with many co-morbidities, and there is no one shot fix to it and all tools need to be used. But doing something is better than allowing the obesity related medical issues to persist and get more difficult to treat or even develop new ones over time.

TIRZEPATIDE = MOUNIARO, ZEPBOUND JAMA. 2024;331(1):38-48. doi:10.1001/jama.2023.24945

Figure 2. Effect of Tirzepatide vs Placebo on Body Weight and Waist Circumference



FRESH & FUN RECIPES FROM OUR BARIATRIC DIETITIANS

By Shannon Solomon, RDN. Dignity St. Johns Bariatric Program. (shannon.Solomon@CommonSpirit.org)

St. Patty Day Shamrock Protein Shake

- 8 oz. Vanilla Soy Milk, Vanilla No Sugar Added Almond Milk or Non Fat Milk
 - 1 scoop of Vanilla Protein Powder
 - 1 1/2 Tablespoons Sugar Free Peppermint Torani Syrup or 1 drop Peppermint Extract
 - Few drops of Green Food Coloring
 - 3-4 Ice Cubes
 Optional: No Sugar Added, Homemade Whipped Cream.
 Blend on high and enjoy

Lemon Chicken Piccata

- 1 ¼ pounds boneless, skinless chicken breasts
 - ½ teaspoon salt
 - ¼ teaspoon ground pepper
 - 2 tablespoons extra-virgin olive oil
 - 1 medium shallot, minced
 - 3 cloves garlic, minced
 - 2 teaspoons all-purpose flour
 - ½ cup low-sodium chicken broth
 - ½ cup dry white wine
 - 2 tablespoons lemon juice
 - 1 tablespoon butter
 - 1 tablespoon capers, rinsed
 - 2 tablespoons chopped fresh parsley
1. Place the chicken breasts between 2 pieces of plastic wrap and gently pound with a meat mallet, rolling pin or small skillet to an even thickness of about ½ inch. Pat the chicken dry and sprinkle with salt and pepper.
 2. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until well browned on both sides, 6 to 8 minutes. Continue to cook, flipping often, about 3 minutes more until . Transfer to a clean cutting board and tent with foil to keep warm.
 3. Reduce heat to medium and add shallot to the pan. Cook, stirring often, until softened, 1 to 2 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and wine, scraping up any browned bits. Simmer until reduced by half, 3 to 5 minutes. Remove from heat and stir in lemon juice, butter, capers and parsley. Serve the chicken with the sauce.
- Ideas to Serve with Chicken; Cauliflower Rice, Brown Rice, Vegetables, Protein Pasta

Fiesta Egg Bites

2 Green Onions, diced
 1/2 cup canned Diced Tomatoes with Chilies
 1/2 cup Cheddar Cheese, grated
 1/2 cup canned Black Beans, rinsed and drained
 5 eggs, beaten
 1/2 teaspoon Kosher Salt
 1/2 teaspoon Oregano
 a few twists of Black Pepper

Preheat oven to 350.
 Mix all ingredients together.
 Spoon into lightly greased (non-stick spray works great for this) mini muffin tins.
 Bake for 30 minutes at 350. Let them cool a few moments they pull away and pop right out. Makes 24.

2024 annual long-term bariatric patients' survey results: https://youtu.be/EMDITHKx_FE?si=UeqwygYA_ISzwN9k

Your feedback is always appreciated: <https://www.healthgrades.com/review/XLCJK?CID=18psIMMP0001>

Interested in attending bariatric support meetings? <https://www.surveymonkey.com/r/BARIATRICSUPPORTMEETING>

Know someone who is suffering from their LAPBAND or REALIZE Band? Have them watch this informational video: <https://youtu.be/XkNZzgZ1As>