

Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

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658-0123

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WEIGHING THE RISKS

“(Surgery) has its place. If you can lose weight any other way, try that first.”

Who's eating surgery costs?

When it comes to the cost of bariatric surgery, being poor may not be a bad thing.

Weight-loss operations range from \$12,000 to \$20,000, but private insurance coverage varies. Some policies pay \$500 to more than \$10,000 out of pocket each year for in-network, inpatient and outpatient care, and some medical and dental plans cover bariatric surgery as well as medical care and support services afterward, said Dr. Nancy Chutkan, a bariatric surgeon at the Cedars-Sinai Medical Center in Los Angeles.

The procedures are covered because bariatric surgery is considered a medical necessity, not cosmetic, and may eliminate conditions caused by obesity, like diabetes and heart disease. It means fewer people will get sick and fewer people will die, Chutkan said.

“There's a perception that this is a medical solution to a nonmedical problem,” said Whelan, adding that the procedures are medical, not cosmetic, if there's someone out there who wants to go to their 20-year reunion and look nice, we would not be from left to right.

Chutkan said she is seeing a 100% increase in bariatric surgery cases, and she is seeing a 100% increase in bariatric surgery cases, and she is seeing a 100% increase in bariatric surgery cases.

VCStar.com
Ventura woman prepares for weight-loss surgery.

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Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan

Great, needed article, and I am ready to weigh in. But first, I want to be clear that it is not my intention to speak against, nor unkindly toward anyone; those with weight problems (health problems more accurately), those who have had or are considering bariatric surgery, not anyone. Rather, my comments are intended to bring light to the known risks, and to advise those who don't know, that there is enormous evidence that there are better and safer ways for most people to lose weight and become healthy.

(continued on back)

Office Calendar
Office Closed
Saturday, August 25

Dr. Young Provides Wellness Program for the City of Ventura

On August 2nd, the City of Ventura and Dr. Young launched their pilot Wellness Program for City employees. As a volunteer, Dr. Young will teach 12 biweekly classes, scheduled to end on December 20th. The classes will be held at the City for one hour, for 15 employees.

Topics to be covered in the program are: Vitamins – news to use; Arthritis, Tendonitis, Bursitis – they all hurt!; What’s Your Health Plan?; Weight Loss – The Real Story; Your Blood Work – get to know it; Exercise – Really?; Sleep, Rest, Energy and Stress; Relationships, Love and NVC; Heart Disease or Heart Health?; Cancer; and Happy Aging.

Interest in the program was pronounced! Days after the program was announced, two six-month sessions had been filled, and additional employees were left waiting for a proposed 3rd session beginning in July of 2013.


Comments of participants, describing their experience at the first meeting, included: being proactive vs. reactive to my health, inspiring, healthy food, new challenges, excitement, knowledge, lifestyle change for family, encouraged, education, how cool is this program?, passionate, effective, support, plan to start a food journal.

August Vitamin Special

\$5.00 off Calcium

Bone health and more.

~ One per patient. Not valid with other offers. ~



Office open: Monday~10-6 Wednesday~10-6 Saturday~9-4 Call us at: 658-0123

WEIGHING THE RISKS

“ (Surgery) has its place. If you can lose weight any other way, try that first.”

Who's eating surgery costs?

Operations to cure obesity raise questions

Edith Reyes wants to cure her diabetes.

Edith Reyes, of Ventura, participates in a Zumba class at the Cabrillo Village community center May 22 as she prepares for gastric bypass surgery.

VCStar.com
Ventura woman prepares for weight-loss surgery.

VIDEO
A lot of complications. Thank God everything went fine.”
Weight-loss surgery is riddled with controversy and growing medical promise — issues that stretch from life to death.

See SURGERY, 2A

See MED-CAL, 2A

Dr. Young's comments on bariatric surgery, following publication of "Weighing the Risks" in the Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan

Risks to the individual are substantial. According to the Mayo Clinic, longer term risks and complications of weight-loss surgery vary depending on the type of surgery. They can include:

Bowel obstruction; Dumping syndrome, causing diarrhea, nausea or vomiting; Gallstones; Hernias; Low blood sugar (hypoglycemia); Malnutrition; Stomach perforation; Ulcers; Vomiting; Death (rare).

Additionally, there are risks to our culture by promotion of a fix that doesn't address the cause of obesity, and by the lack of attention to the lifestyle, nutritional, physiologic and emotional causes of obesity.

In my general practice, spanning almost 30 years, I have advised many patients that food allergies often cause weight gain. Removing dairy products from the diet often results in weight loss without counting calories or measuring portions. It is well known that removing gluten (the dominant protein in wheat) from the diet often results in weight loss. It is important to note that the removal of dairy and gluten don't just result in weight loss for many, but also clearly and consistently improve health, energy and mood.

A 32 year-old female patient of mine lost 65 pounds in 9 months when, as I advised, she took gluten completely out of her diet. She had struggled with her weight her entire life.

Most Americans are deficient in vitamin D; the sunshine vitamin. Turns out that low blood levels of vitamin D have been shown to correlate with difficulty shedding unhealthy pounds.

There is no single magic bullet for weight loss (the real goal is getting well, excess fat loss follows), but I can tell you that patient after patient that I treat for weight issues, has never been previously advised that dairy products, gluten and low vitamin D can be powerful factors in weight gain. These are just 3 examples of factors that most obese and overweight individuals have never had the opportunity to consider or to experiment with for themselves.

My friend, Mark Hyman, MD is a world-renowned expert on weight loss through a Functional Medicine approach. His most recent New York Times bestseller is entitled *The Blood Sugar Solution*. If you want to really look at smart and doable ways to lose weight through becoming healthy, please read his book! Dr. Hyman helped President Clinton gain the amazing health that he has today, through this plan.

For me, this discussion of the obesity part of our disease epidemic, is not about who is wrong, bad, or to blame. It is about our mutual future, that calls for us to work together in friendship for our common good, our common health.

From <http://functionalmedicinechiropractor.blogspot.com/>



Thanks for your Google reviews! Keep 'em comin'!

For those who haven't yet, will you take a minute and do this for those who need to find a good doctor?

- 1) Do a Google search for "chiropractor Ventura"
- 2) Find our office in the top 4
- 3) Click on the blue link = "22 Google reviews"
- 4) Click on blue box = "Write A Review"
- 5) sign up for a Google account if you don't have a gmail account, and write it!