OVERCOMING OBESITY

Healthy habits
Giving kids a brighter future

Addressing obesity
A proactive approach to your health

Bariatric surgery
Key facts you need to know

CHANGE STARTS WITH YOU

Education and a supportive environment are your first steps to lifelong well-being

 THERE’S A PLACE THAT CAN GIVE YOU HOPE.

Losing weight is hard. That’s why we’re committed to giving you the best information on weight loss surgery options. To learn more call 312.996.5100 or visit HOSPITAL.UILLINOIS.EDU/WEIGHTLOSS

University of Illinois Hospital & Health Sciences System
Changing medicine. For good.
PATIENTS SHARE THEIR STORIES OF HOPE AND JOY

Four patients that underwent bariatric surgery share their personal weight loss success stories.

**Lyndsey Mayfield**, a mother of three beautiful boys weighed more than 230 pounds when she realized that if she kept up with her unhealthy lifestyle, she would not be around to see her children grow up. “I looked at my three boys one day and began to cry, thinking that I might not be around tomorrow to see them play.” said Lyndsey. Today, Lyndsey weighs 120 pounds; she successfully lost more than 100 pounds and is enjoying her life and children more than ever.

**Felicia and David Green** combined, lost more than 300 pounds. “We are each other’s support system. We attend support groups together at Little Company of Mary and we make healthy decisions as a couple.” Both Felicia and David expressed their gratitude towards Little Company of Mary’s Bariatric Surgeon, Dr. Gerald A. Cahill, M.D., F.A.C.S. “Dr. Cahill gave us our life back, we couldn’t be happier.”

As an adult **George Cavelle** struggled with weight however he did nothing about it until one summer day he found himself embarrassed at a local amusement park. “I was asked to get off a roller coaster ride because I was too overweight to safely ride the roller coaster. “I was embarrassed for my young children, they witnessed their father walk down the exit ramp,” said George. That day I committed to the Little Company of Mary program and I stand here today giving testimonial that I have lost more than 230 pounds, Thank You Dr. Cahill and thanks to the weight loss team at Little Company of Mary, You saved my life.” Said George. George later expressed that last summer he rode the roller coaster ride 30 times; this was the same roller coaster he was previously too overweight to ride.
Research shows that when children miss too many days of school, particularly in kindergarten and first grade, they are at greater risk of dropping out of high school.

Helping our children eat right, get enough sleep, and stay physically fit ensures that they will be alert and ready to learn.

To focus attention on this crucial piece of the education puzzle, National PTA designated November Healthy Lifestyles Month and developed a grant program to help PTAs improve and expand their healthy lifestyles activities. But families should focus their attention on ways to make healthy lifestyles a year-round habit in their home and school communities.

It is not easy to balance the demands of everyday life. First Lady Michelle Obama talks about her own struggle to “do it all”. Sometimes, she admits, it was easier to go to the drive-thru for dinner than to make a healthy meal from scratch. We shouldn’t feel guilty for taking some short cuts once in a while; however, when we find ourselves taking these short cuts on a regular basis, it is time to take stock and make some changes.

Research has shown that the physical activity and eating behaviors children adopt are shaped by parental health behaviors. It is important for us to be a role model for our children and the students with whom we interact at school and during PTA activities.

We can set children up for success by limiting the sugar-sweetened beverages available in our homes and in the school cafeteria. Let’s help our children appreciate the lovely, sweet taste of carrots, apples, and other healthy foods. If you are a parent who asks your children to clean their plates before they can leave the table, try serving smaller food portions. That way, you can get that clean plate without encouraging your children to overeat.

Finally, physical activity is a must for maintaining a healthy weight and reducing stress. So, let’s turn off the television, put away our computers and cell-phones, go out, and get active! Getting and staying healthy is a great way to reconnect with our families and the world around us.

Experience Matters.

Choose a Center of Excellence. Choose the area’s most experienced weight loss surgeon. You get both at Little Company of Mary.

Little Company of Mary’s Bariatric Surgery Center effectively treats patients with a safety record that is unmatched locally. Dr. Gerald Cahill, Medical Director of the Midwest Bariatric Institute, leads the highly successful Bariatric Center and has performed more than 2,500 successful weight loss surgeries to date. He was joined by Dr. Richard Zhu in 2009. Little Company of Mary’s Bariatric Surgery Center was the first in Chicago’s Southland, when it opened in November 2001. Today, Little Company of Mary’s Bariatric Surgery Center proudly upholds its distinguished role as a Center of Excellence certified by the Metabolic Bariatric Surgery Accreditation and Quality Improvement Program. LCM offers the most surgical weight loss procedures within the context of a comprehensive, multidisciplinary, patient-centered program.

Don’t Miss!

Healthy Habits Are the First Step

Finding the best options for you involves understanding your options and creating a supportive environment.

If you are thinking about weight loss surgery, I urge you to choose a multidisciplinary center, one that includes specialists in obesity, nutrition, psychology, and exercise. Having a team behind you is the best way to ensure your success! Bariatric Surgery is not a “magic bullet”—it’s a tool. Find a center that will work with you to make a healthy eating and exercise plan that you can maintain to live a healthier life. Not only that, centers should be there after your surgery to help you reach your goals. Support groups are important as they help you talk with people who’ve been there. Some people worry about having surgery and possible complications or lengthy recovery periods. However, the very best centers use minimally invasive surgical techniques, which allow surgeons to make smaller incisions. This means a shorter recovery period for you; some patients return to work in a week.

At the University of Illinois Hospital & Sciences System we are proud to be the only Level 1 American College of Surgeons’ Center of Excellence in Chicago — because you deserve the best.

Dr. Ayloo
editorial@mediaplanet.com

Dr. Subhashini Ayloo, MD, FACS
Director of Bariatric Surgery Program, Asst. Professor of Surgery, Division of Minimally Invasive Robotic Surgery, University of Illinois Hospital and Health Sciences System

Ask The Expert

Setting our children up for success

Dr. Ayloo
editorial@mediaplanet.com

BETSY LANDERS, NATIONAL PTA PRESIDENT
editorial@mediaplanet.com

The FitKidS Foundation
Healthy Kids Through Fitness

Little Company of Mary Bariatric Surgery Center
2800 W. 95th St. • Evergreen Park, IL 60680

Gerald A. Cahill, MD
Richard Zhu, MD