



# Covenant Health *Wise*

## Diabetes is No Longer a Dilemma

Bariatric Surgery at Parkwest Led to More than Weight Loss for Area Resident

**G**astric bypass surgery at Parkwest Medical Center cured JoAnn Massengill's diabetes and greatly improved her asthma symptoms – that's in addition to the weight she's lost.

The 56-year old wife, mother, and grandmother has slimmed down approximately 80 pounds since her surgery almost a year ago – dropping from a size 24 to a size 14.

More of her family members have diabetes than don't, so genetics was a culprit in her overall declining health.

Each day she was taking 18 pills along with five shots for her diabetes.

When she added Restless Leg Syndrome to her list of medical conditions, she quickly saw her health limiting her from the things she enjoyed most.

"My doctor told me something's got to give or your organs are going to shut down, so I knew I had no choice," Massengill said.

She attended a Weight Loss Seminar at Parkwest and, as a result, underwent gastric bypass surgery performed by Dr. Robert Williams.

"Ms. Massengill had a very good response with regards to weight loss and resolution of comorbidities," Dr. Williams said. "Her Type II Diabetes has gone into remission meaning she no longer requires any medications and her blood glucose – sugar levels – is normal."

Dr. Williams says this is remarkable because just prior to surgery Massengill required more than 100 units of insulin daily and two medications by mouth to control her blood sugars.

"In our practice, 90 percent of patients who undergo gastric bypass no longer require diabetic

medications," Dr. Williams said. "The response to diabetes often happens so rapidly after surgery that it cannot be explained by weight loss alone. The dramatic effects seen on Type II

Diabetes are actually the result of alterations in intestinal hormones that occur when food is diverted away from the upper small intestine by bypass surgery."

As the pounds began to drop from her 238-pound frame,

Massengill found herself no longer being a captive in her own body. She was able to play with her grandchildren again and improve her overall quality of life. Carrying less weight and becoming more active also decreased the severity of her asthma.

"I had gastric bypass surgery to protect my health and it's been more than worth it," she said.

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Dr. Robert Williams,  
Parkwest Bariatric Surgeon



**JoAnn Massengill no longer needs 18 pills and five shots a day for her diabetes. Since undergoing gastric bypass surgery at Parkwest Medical Center, Massengill's diabetes has been resolved and she's lost 80 pounds.**

**Want to Learn More About Bariatric Surgery?** Weight Loss Seminars are held at Parkwest Medical Center, Methodist Medical Center and Fort Sanders Sevier Medical Center. For seminar dates, more information or to register, visit [covenantweightmanagement.com](http://covenantweightmanagement.com) or call (865) 541-4500.

## Research Reveals Bariatric Surgery Resolves Diabetes

**M**ore studies are showing that weight loss surgery can cure diabetes. Patients who had surgery to reduce the size of their stomachs were five times more likely to see their diabetes disappear over the next two years than were patients who had standard diabetes care.

"Gastric bypass surgery is very effective against diabetes," Dr. Stephen Boyce with Parkwest's Bariatric Center of Excellence said. "Remission can be achieved in a matter of days or a month."

While diabetes traditionally has

been considered a chronic, progressive disease, weight loss surgery now represents a realistic cure for most patients.

"The evidence is growing that bariatric surgery is an effective tool for managing diabetes," Dr. Boyce said. "This is the most significant advance in the management of diabetes since the discovery of insulin."

Doctors have long known that losing weight can alleviate Type II diabetes. Some, however, have been surprised to discover that many patients see their blood sugar level return to normal very quickly

following bariatric surgery – often within days and before they have lost much weight.

In a study published in last month's The American Journal of Medicine, researchers analyzed 621 studies from 1990 to April of 2006. The results showed that 78.1 percent of diabetic patients had complete resolution and diabetes was improved or resolved in 86.6 percent of patients as a result of bariatric surgery.

"These studies are documenting what we are seeing in our practice," Dr. Boyce said. "It's the best therapy we have for diabetes today."

**Lose weight for less**  
Final week for discount

Covenant Weight Management Center is offering a 10 percent discount on its highly recommended medically supervised diet (MSD) to new members who enroll before June 22, 2009. Lose weight for less than \$5 a day.

Clients receive personalized attention from the center's nurse practitioner, dietitian, and exercise physiologist with an individualized weight management program. Special programs like cooking demonstrations, grocery store tours, make-over demonstrations, and dining out with clinicians are also offered. Clients usually enroll for a six month program.

For more information, please contact the Covenant Weight Management Center at (865) 531-5243 or the website at [www.covenantweightmanagement.com](http://www.covenantweightmanagement.com).

**Covenant HEALTH**

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