



Together we will find a way to healthy living!

TORONTO WESTERN HOSPITAL
Patient & Family Library News



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Patient & Family Library

Open Monday to Friday
8:30 am - 4:30 pm
Toronto Western Hospital
West Wing, Room 421
Contact: 416-603-6277
twpfl@uhn.on.ca
uhnpatienteducation.ca



NEW! Read Consumer Health Books Online!



A free service from the Patient & Family Library for UHN staff, patients and family members

Access E-books any time from your home computer, laptop, or mobile device!

- Choose from many health books on healthy lifestyle and common medical conditions such as diabetes, heart disease, arthritis, mental health, and more.
- Register as a TWH Patient & Family Library client to get access to E-books.
- Contact our Library to get your personal access code.

Do you want to learn more about **Weight Loss & Obesity?** Check out our Library collection!

Healthy solutions to lose weight and keep it off / Julie Corliss -- Boston, MA : Harvard Medical School. Health Publications Group, 2009 (Book)

Weight loss surgery for dummies / Marina S. Kurian -- Hoboken, NJ : Wiley Publishing, 2005 (Book)

Mayo Clinic wellness solutions for weight loss / Mayo Clinic -- GAIAM, 2007 (DVD)

Recipes for life after weight-loss surgery / Margaret M. Furtado and Lynette Schultz -- Beverley, MA : Fair Winds Press, 2006 (Book)



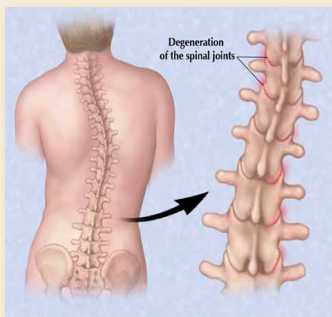
How can you use our Library?

- Watch videos or DVDs in our video/reading room
- Sign out books, videos, DVDs or audio books
- **Read E-books online**
- Take home free pamphlets on many health topics
- Use our computer to search for health information
- Ask Library staff to do a tailored information search for you

Library Health Letter Subscriptions

Mayo Clinic Health Letter April Issue:

- Adult scoliosis : dealing with spinal imbalance
- Cancer vaccines : the quest heats up
- Clostridium difficile : a super serious bug
- Inside whole grains : the gritty details



Harvard Health Letter April Issue:

- Putting the placebo effect to work
- 6 ways to tame the modern muffin
- Update on cataract surgery and replacement lenses

Patient & Family Library subscribes to the Mayo Clinic Health Letter and Harvard Health Letter. Please ask Library staff for assistance to read articles in printed or electronic format.



Patient Education and Patient & Family Library present health talk on: Weight Management and Bariatric Surgery

When: Friday, May 25, 2012, 1-3 pm

Where: Auditorium, 2nd floor, West Wing
Toronto Western Hospital
399 Bathurst St. (north of Dundas St. W.)

To register and arrange for interpretation, please contact Sarah Cunningham at 416-603-5800 extension 6475 or e-mail: Sarah.Cunningham@uhn.ca

Toronto Western Hospital Bariatric Surgery Program

All patients who are interested in getting bariatric surgery go first to the TWH Bariatric Surgery Clinic. There, they will be assessed by a doctor and will learn more about bariatric surgery. They are then assigned to one of these hospitals for surgery:

- Toronto Western Hospital
- Toronto East General Hospital
- St. Michael's Hospital

Follow up appointments will be back at the TWH Bariatric Surgery Clinic.

The TWH Bariatric Surgery Program aims to help patients improve their quality of life. Their goal is to help patients reach a healthy weight and to improve their functioning.

Contact Info: Bariatric Surgery Program
Toronto Western Hospital, 399 Bathurst St.
4th Floor, East Wing, Room 460
Tel: 416-603-5800 x6145

What is bariatric surgery ?

Bariatric surgery can be done to help you lose weight when other treatments for severe obesity have not worked. The goal of the surgery is to change the gastrointestinal (GI) tract so it limits the amount of food you can eat. It will make you feel full more quickly when you eat, which means you will eat less.

What is severe obesity?

Severe obesity means being more than 100 pounds overweight or having a body mass index (BMI) of 40 or higher. The BMI is a measure of your weight relative to your height. Severe obesity is also sometimes called morbid obesity.

Obesity is a serious condition. It increases your risk of poor health and major illnesses. Some of these illnesses are:

- heart disease
- stroke
- cancer
- diabetes

Research has found that those who have severe obesity also often have depression. Obesity not only affects your health but also can affect your relationships, employment, and self-esteem.

What are the benefits of the surgery?

Usually, the surgery helps people lose 50% to 90% of their unhealthy extra weight within 12 to 18 months. Losing the unhealthy weight can help you treat or prevent other serious health problems such as heart disease and diabetes. It helps lower your blood pressure and cholesterol. Weight loss can also help these health problems go away or become less severe:

- diabetes
- GERD (chronic heartburn)
- sleep apnea
- joint pain
- asthma
- polycystic ovarian syndrome
- gout

Your life expectancy will increase. Having the surgery before getting pregnant can reduce the chance that a woman will have serious problems during pregnancy, like eclampsia. The chance that their babies will grow up to become severely obese children is also lowered.

These are all great benefits but weight loss surgery is still pretty new. Research is still trying to find out how long or well these health benefits will last through a person's life.

What could go wrong during or after bariatric surgery?

Here are some of the things that can go wrong:

- infection
- bleeding or blood clots
- narrowing where the stomach pouch is attached to the small intestine
- blockages of the bowel
- gallstones or kidney stones
- stomach leaks
- malnutrition (because your smaller digestive system cannot digest as many nutrients.)

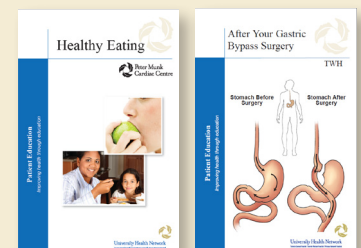
Not getting all of the nutrients you need could cause problems such as anemia (lack of red blood cells) or osteoporosis (thinning of the bones). Some of these problems can cause death. If something does go wrong from the surgery, you may need more surgery.

There is also a chance that you may not lose as much weight as you had hoped. Over time, you may also get tired of very restricted eating. If you stop restrictive eating, you may gain some weight back. For the rest of your life, you will still have to control what you eat and how much you eat.

UHN brochures on Weight Loss:

available at the Patient & Family Library

- After Your Gastric Bypass Surgery
- Healthy Eating



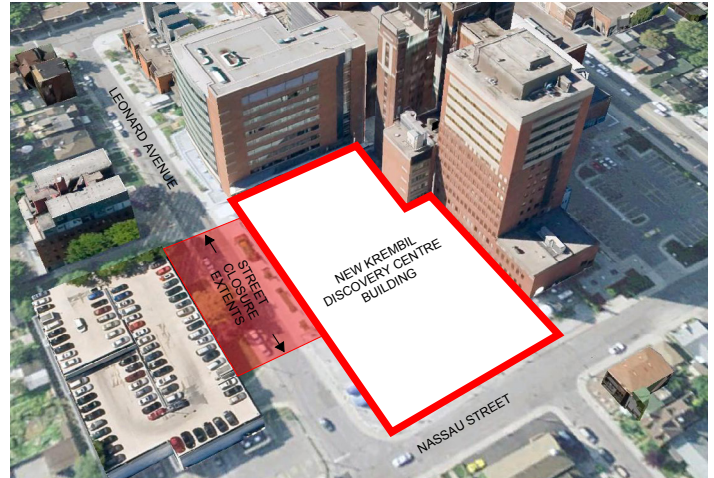
Hospital Community News

Dear Residents,

This spring, Toronto Western Hospital will be working to 'green' the parking garage area located on the corner of Leonard and Nassau Sts. This will mean the addition of new sod as well as new planters housing plants and trees, as well as painting the garage. We're looking forward to this transformation and wanted to share this exciting update with you.

And as the weather warms up, construction on the new Krembil Discovery Centre is also moving forward. We have a major milestone on the horizon - the 'topping-off' – a construction term used to refer to the building's structure reaching its final height. We expect this to take place in July. However, ahead of this event, major mechanical and electrical equipment must be lifted to the roof and will require a large crane to do so.

In order to facilitate the use of this large crane, a temporary road closure will be required on Leonard Street from mid-July through to September. The closure will only run the length of the construction site itself. And residents on Leonard Street will be able to access their parking areas and pedestrians will not be impacted.



If there are any questions or concerns of residents, as always, the Krembil Discovery Centre call-in line is available at 416.619.0106 and your call will be returned within 24 hours.

We thank you for your understanding and are committed to keeping you informed. And we look forward to celebrating the "topping-off" with you this summer.

Sincerely,
Kathy Sabo
Senior Vice President, UHN
Site-Lead, Toronto Western Hospital

Patient & Family Library Newsletter Editorial Board:

Valeria Raivich (Librarian), Po-Lin Cheung-Leung (Information Specialist), Rita Kang (TWH Patient Education Manager), Denice Koo (Patient Education Specialist), Sarah Cunningham (Administrative Assistant), Kristin Foster (Graphic Artist)

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