

# The Weekly Hash

Volume 3, Issue 15 May 6th, 2010



**District Governor:**

Janice Gage

**Dis. Governor Nominee:**

Alan Cain

**Assistant Dis. Governor:**

Jeanne Cain

**President:**

Paul Bailey

**Vice-President:**

Bill Hall

**Secretary:**

Frieda Dubois

**Treasurer:**

Dwight Beeson

**Past-President**

Dan Lowry

**Board Members:**

Dwight Beeson

Carol Callaghan

Frieda DuBois

Dan Silveria

**Programs:**

Sandy Stevenson

RI Foundation

Dan Silveria

Bill Hall shared his recent decision to have gastric bypass surgery and how it has affected his life. Below explains the surgery and the diet that follows.

**Roux-en-Y gastric bypass (RGB):** This operation is the most common gastric bypass surgery performed in the U.S. First, a small stomach pouch is created by stapling part of the stomach together or by vertical banding. This limits how much food you can eat. Next, a Y-shaped section of the small intestine is attached to the pouch to allow food to bypass the duodenum as well as the first portion of the jejunum. This causes reduced calorie and nutrient absorption. This procedure can now be done with a laparoscope (a thin telescope-like instrument for viewing inside the abdomen) in some people. This involves using small incisions and generally has a more rapid recovery time. Gastric bypass surgery that causes malabsorption and restricts food intake produces more [weight loss](#) than [restriction operations](#), which

only decrease food intake. People who have bypass surgery generally lose two-thirds of their excess weight within two years.

**Phase 1: Liquid diet**

You won't be allowed to eat for one to two days after your gastric bypass surgery so that the staple line in your stomach can start to heal. After that, while you're still in the hospital, you'll start a diet of room temperature liquids and semisolid foods to see how you'll tolerate foods after surgery.

**Phase 2: Pureed foods**

Once you're able to tolerate liquid foods for a few days, you can begin to eat pureed foods. During this two- to four-week-long phase, you can only eat foods that have the consistency of a smooth paste or a thick liquid, without any distinct pieces of food in the mixture. **Phase 3: Soft, solid foods**

With your doctor's OK, after a few weeks of pureed foods, you can add soft, solid foods to your diet. If you can mash your food with a fork, it's soft enough to include in this phase of your diet. During this phase, your diet can include ground or finely diced meats.

**Happy Pot!**

Seab- 4,000 mile trip, glad to be home!

Sandy-Cinco de Mayo Open House

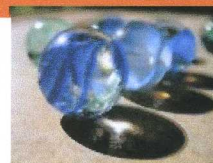
Rod-Great Cinco de Mayo joke

Dan-Happy to live here, but very concerned about the county.

**MARBLE GAME.**

Harry Boulade, Sorry

No winner Today!



**REGISTER FOR THE DISTRICT CONFERENCE ONLINE TODAY!**

[www.regonline.com/district5190conference2010](http://www.regonline.com/district5190conference2010)

**The 2010 District Conference will be held May 21st-23rd, 2010 at the Grand Sierra Resort & Casino in Reno.**



Upcoming Events: Open House at United Country Reality Friday May 7th at 5:30

Program Schedule: May 13- Willy Hagge, May 20 Alan Hopkins, May 27 Jerry Hoxsey