



THE EQUALITY STANDARD

October 2010

This is the monthly publication on women's issues, local and global, published by Fifty-Fifty Leadership, A non-profit organization promoting women's equal leadership

October is Domestic Violence Awareness Month and Breast Cancer Awareness Month

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Our Vision

That 50% of leaders are women

Our Mission

To transform the culture within which we live to one that naturally includes women on an equal basis in the selection of leaders

Visit our website, www.5050Leadership.org or give us a call at 818.243.2322

IN THE NEWS



This week Domestic Violence Awareness month got off to a rocky start as California Governor Schwarzenegger vetoed a bill that would have helped fund domestic violence shelters in the state by adding a \$10 fee to marriage licenses. Many shelters may not survive while legislators find a solution more to the Governor's liking.



For years all the taxi drivers who worked Cairo, Egypt's notoriously packed streets were men but now eight women have broken the monopoly.

While they have faced opposition from some more conservative Egyptians, they have proved a hit with many women passengers, who say they feel safer in their cabs.



Michele Bachelet, Former President of Chile, was sworn in as the first head of UN Women, the new agency created to raise the profile of gender and women's issues. A single mother and a survivor of imprisonment, torture and exile under the Augusto Pinochet regime, which killed her father, Bachelet can understand the difficult lives of many women around the world whose rights she will now promote and defend.



FIFTY-FIFTY LEADERSHIP EVENTS

FIFTY-FIFTY LEADERSHIP LAUNCHES ITS NEW SALON SERIES

Sunday, November 7th

2:00 – 5:00 p.m.

A Conversation with an Artist, Alice Asmar

Alice, an octogenarian, will open her studio to us
Pauline Field, Chair of Fifty-Fifty Leadership will lead an
informal conversation, asking Alice about her life,
her art, and how her background as an engineer



for Lockheed led her to her career as an
artist with work in museums around the world.

There will be plenty of time for your questions also.

There will be an opportunity for holiday shopping as Alice will have cards and museum-grade prints for sale.



Do visit her website at aliceasmar.com

Location – Burbank. Address will be given when you RSVP .

To ensure a more intimate atmosphere and discussion,
this Salon will be limited to 25 people

Suggested Donation:

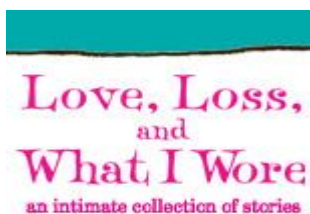
\$15 for Members and non-members up until 10/15

\$20 for all reservations after 10/15

To pay be credit card,

email tickets@5050leadership.org or call 818-243-2322

Or to pay online, [click here](#)



written by

Nora Ephron and Delia Ephron

**FREE tickets for all Paid
Subscribers to The Equality
Standard
Love, Loss & What I Wore**

Saturday October 16th

3:00p.m. and 8:00 p.m.

Geffen Theater, Westwood

Call or email for tickets today!

tickets@5050leadership.org

818-243-2322

Not a subscriber?

Now would be a great time to subscribe to take
advantage of these tickets

(Regular price of each ticket is \$71!)

SUBSCRIPTIONS ARE JUST \$15 PER YEAR

[Click here to subscribe](#)

Love, Loss, and What I Wore, an intimate collection of stories by Nora Ephron and Delia Ephron is based on the best-selling book by Ilene Beckerman, as well as on the recollection of the Ephrons' friends. Like the popular book, *Love, Loss, and What I Wore* uses clothing and accessories and the memories they trigger to tell funny and often poignant stories that all women can relate to. The production is performed by a rotating cast of five all-star actors, who will perform in four-week cycles.

Don't miss out on this **FREE** event!

Members email – tickets@5050Leadership.org,

or call 818-243-2322



FEEL GOOD AND DO GOOD

During October you have the opportunity to do something good for yourself and share it with Fifty-Fifty Leadership. Mabel M. Liota is donating 10% of her fee to Fifty-Fifty Leadership when you book a therapy session with her and mention Fifty-Fifty Leadership.

Mabel M. Liota is a California Certified Massage Therapist with 13 years of experience. Part of her experience consists of working in the established and highly sought after physical therapy offices of Wilshire Linden in Beverly Hills and Fortanesce & Associates in Arcadia. She also works as a volunteer at the Program for Torture Victims in Los Angeles.

Her theory of practice is based on the dynamic relationship of body, mind and spirit. She weaves a combination of techniques into a structure of touch which embodies a balance between healing and relaxation, for absolute well being. Therapies offered include: Massage/Swedish, Deep Tissue and Shiatsu; Raiki; The Healing Touch; CranioSacral Therapy; Spiritual Massage (Energy based healing therapy created by Brazilian Healer, Maria Lucia Bittencourt Sauer)

Mabel M Liota can be reached by phone at 310-721-7038 and by email at soyyomml@yahoo.com



ELECTIONS

We have the right to vote, let's use it

Elections are coming up next month.

Make your voice heard through your vote.

Are you registered to vote?

If not, get all you need from Smart Voter at:

[Voting Information](#)

Joy Morrissey, an Insurance Specialist, Feminist and Member of Fifty-Fifty Leadership sent us this item:

A project, sponsored by the Grace Institute for Democracy and Election Integrity, is putting action into positive solutions offering truly meaningful improvements to improve the public right to see much more information about the counting of the vote.

It's already being used -- now in TWO counties in California -- and it works like this: Using this system, ballots are counted side by side with the county's voting machines, scanned and made public for all to see. The ballots are anonymous of course -- no ballot can be connected with the person who cast it. You could count them one by one if you want, but the free, open source software developed by Mitch Trachtenberg provides you with a tool to count and analyze all the ballots, even in large locations with hundreds of thousands of votes. It is a FREE, OPEN SOURCE, PUBLIC software that anyone can use on their own computer to examine batches of ballots.



WOMEN AT WORK

Be a part of California's Government

It's with great pleasure that Fifty-Fifty Leadership introduces to you the **California Women's State Appointment Project 2010.**

The mission of this nonpartisan project is to encourage and recruit women statewide to apply for an appointment on boards, commissions, or in agencies within the new gubernatorial administration that will be elected this November. California Women Lead, the National Women's Political Caucus-California, Leadership California, the California Commission on the Status of Women, HOPE (Hispanas Organized for Political Equality), and Black Women Organized for Political Action comprise the Coalition of organizations leading this effort to ensure we have a rich, diverse pool of women from all corners of the state included.

The end goal is to present to the next governor and their transition team binders containing the names and resumes of women who are interested in serving within the new administration in order to provide a significant pool of qualified women to serve as appointees. We will recruit women from all backgrounds and for all level of positions - high level, paid and volunteer. Many of these boards and commissions need women to serve in public positions, so women should not think they need to be an expert in a specific area to apply. There are many women currently serving on boards and commissions who learn as they go!

We know there are many amazing women throughout California. As the state faces so many challenges we need to engage women from across the state and encourage them to serve. The Coalition's goal is to not only increase the number of women in appointed office, but also to ensure that boards and commissions reflect the rich diversity of California.

We encourage all our readers to fill out the application located on the California Women Lead website, www.cawomenlead.org/cwap so you may be included in this project.

On this site, they have included information to answer any questions about the process and offer inspiration on the rewards for serving to potential appointees from women who are currently serving on and have served on boards and commissions around the state.

We look forward to increasing the number of women in appointed office in California. If you have any questions, please do not hesitate to contact California Women Lead at cwap@cawomenlead.org. You may also contact Rachel Michelin, Executive Director/CEO, California Women Lead at Rachel@cawomenlead.org or (916) 551-1920 with any specific questions regarding this project.



Nominate a Woman of the World!

Deadline: November 12, 2010

3rd Annual Women of the World Awards

Fifty-Fifty Leadership and UNA-USA Pasadena invites you to nominate someone you know personally or professionally who has made a difference in the lives of women and girls in another country.

We are looking for nominations of women of all ages, heritages, countries and professions. These leaders will be honored at the 3rd Annual Women of the World Awards on Saturday, March 12th, 2011.



Last year's Honorees (l-r): Whitney Kroenke, Dr. Shilpa Sayana, Dr. Riane Eisler

To nominate a Women of the World:

Final Submission Deadline: Friday, November 12th, 2010 at midnight

To Submit:

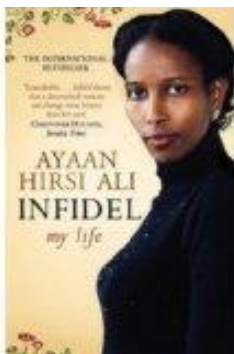
1. The nominee's name, organization, title, email address, phone number and postal address
2. A summary, 200 words or less, of the impact this leader has
3. Your relationship to the nominee, and your contact information: name, email address, phone number, and postal address
4. Send your nominations to WOW@5050leadership.org

The Awards: The 3rd Annual Women of the World Awards will be held on Saturday, March 12th, 2011 at the lovely Brookside Golf Course in Pasadena. Please save the date! We would love for you to be with us.

Fifty-Fifty Leadership, P.O. Box 11202, Glendale, CA 91226 www.5050Leadership.org
UNA-USA Pasadena, 75 So. Grand Ave, Suite 217, Pasadena, CA 91105 www.UNAPasadena.org
Fifty-Fifty Leadership: 818-243-2322 / 818-694-0588 UNA-USA Pasadena: 626-449-1795



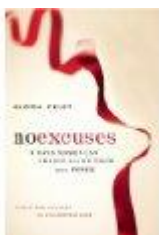
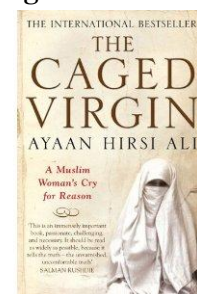
BOOKS



*Once in a while I read a book that I feel is a “must read.” **Infidel** by **Ayaan Hirsi Ali** is one of them. This is the story of Ms. Ali’s life from being born in Somalia in a strict Muslim household, to becoming a Member of Parliament in the Netherlands and now hidden somewhere in the U.S., under tight security to ensure her safety.*

Readers with an eye on European politics will recognize Ms. Ali as the Somali-born member of the Dutch parliament who faced death threats after collaborating on a film about domestic violence against Muslim women with controversial director Theo van Gogh (who was himself assassinated). Even before then, her attacks on Islamic culture as "brutal, bigoted, [and] fixated on controlling women" had generated much controversy. In this suspenseful account of her life and her internal struggle with her Muslim faith, she discusses how these views were shaped by her experiences amid the political chaos of Somalia and other African nations, where she was subjected to genital mutilation and later forced into an unwanted marriage. While in transit to her husband in Canada, she decided to seek asylum in the Netherlands, where she marveled at the polite policemen and government bureaucrats. Ali is up-front about having lied about her background in order to obtain her citizenship, which led to further controversy in early 2006, when an immigration official sought to deport her and triggered the collapse of the Dutch coalition government. Apart from feelings of guilt over van Gogh's death, her voice is forceful and unbowed and she delivers a powerful feminist critique of Islam informed by a genuine understanding of the religion.

Now I can hardly wait to read her first book, *The Caged Virgin*



No Excuses: 9 Ways Women Can Change How We Think About Power
by Gloria Feldt.

*Gloria Feldt is a nationally renowned activist and author whose passion for social justice has propelled her life's work. Her previous books include the New York Times bestseller *Send Yourself Roses*, coauthored with actress Kathleen Turner, *Behind Every Choice Is a Story*, and *The War on Choice*. She is former president of Planned Parenthood Federation of America. The following is an excerpt written for Care2Causes.*

- What makes you angry enough to take action?
- What makes you inspired enough to take action?

"I love your T-shirt," chuckled Jenny, my twentysomething personal trainer, as she stretched my aching legs. "I never saw that before."

I hadn't noticed which of my many message T-shirts I had thrown on when I rolled out of bed before sunrise. Most of the folks who populate New York's Columbus Circle Equinox gym sport workout clothes that bear designer labels, but seldom do I see any that pack a message punch. I figure my chest is valuable real estate -- why not use it to communicate my convictions?

I looked down and saw that I'd grabbed one of my favorites: Well-Behaved Women Rarely Make History. Historian Laurel Thatcher Ulrich's wry observation became one of the guiding principles of the women's movement during the 1970s, and living it seems as natural to me now as balance ball crunches do to my lithe trainer.

Perhaps because of their delicious candor laced with felicity of expression, these words have become a slogan for boundary-breaking women everywhere. But just because it's proudly emblazoned on mugs and bumper stickers and, yes, T-shirts, doesn't mean we should let the message be reduced to merely a personal assertion of gutsiness. The context of Ulrich's observation, the thing that actually makes it true, is both personal and political. Although history is often taught in schoolbooks as a sequence of significant acts by Important Men (and the occasional important woman), what Ulrich recognized is that making history is a communal act, requiring us to break the boundaries of what is considered proper behavior.

And she's certainly not the only one. When Rosa Parks refused to take a seat at the back of the bus, she became a hero -- a symbol of the civil rights movement's then-new direct activism -- because she refused to be well behaved anymore.

It was an individual act, but Parks was also part of a larger movement, one of a burgeoning group of people who were collectively refusing to behave according to rules they considered unjust. People who kept the pot stirring and the important issues front and center. Her seemingly individual act in turn sparked thousands of other women and men, long discriminated against, to take their rightful seats at the front of the bus, at lunch counters, in classrooms, and in their own minds.

Individual women who break rules may sometimes galvanize those around them to action. But just as often, even when we summon the courage to act alone, we are punished or shamed for our so-called transgressions against propriety or "nature." Shame is a powerful mechanism for controlling people. It can stop you cold, make you question your worth, silence you. It can make you feel like you need to make excuses for yourself just for being, but especially so if you're transgressing some custom, even if you feel certain it should be transgressed because isn't right or just.

When women come together and collectively decide to stop being well behaved -- to shuck the shame and have the courage to stand up for ourselves, with our sisters -- then that's a movement. Banding together to speak our truth and effect change allows us to get through the barriers of shame and fear, as well as barriers of law and custom. Together we're a force to reckon with -- and people might as well get out of our way.

For example, when you're up against a work-life balance problem that requires changing a long-used process -- perhaps you're trying to change a policy like creating flextime, ensuring sick leave, or getting more women onto the executive team -- you can, to a limited extent, improve your situation independently of others by negotiating your own terms of employment. But that won't alter the underlying structure that perpetuates the problem. If you want to change the system, you need to function like a movement.

I learned about building a movement on the front lines of a great one -- the reproductive justice movement. It has overcome epic challenges to fight for the individual woman's rights and health.

From my experience in social movements, I've taken away three simple principles of movement building that can produce wildly successful results for women who want to live an unlimited life. They apply to any aspect of life and leadership, whether in work, politics and civic engagement, or personal life. I call them Sister Courage. Be a sister. Have courage. Put the two together and act with Sister Courage to create a movement, or join a movement that exists to do the work that stokes your passion.

What are you angry enough or inspired enough about to create a movement? Or to join an existing movement? What's on your shirt?



WOMEN'S HISTORY MUSEUM

The Washington Post reported on Sunday, October 3rd that efforts to get a National Women's History Museum has so far taken 15 years.

In 1995, the 75th anniversary of women receiving the right to vote, a group formed to have a marble sculpture of women's rights advocates Susan B. Anthony, Lucretia Mott and Elizabeth Cady Stanton moved from the basement of the Capitol to the Rotunda. That took almost two years, and the group had to raise \$86,000 to move the seven-ton sculpture.

After that victory, the organizers kept bringing up the idea that Washington, and the Mall in particular, was ignoring an important swath of American history and needed a women's history museum. Their legislative fight began with the sponsors suggesting existing locations, such as the annex at the Old Post Office Building and the Smithsonian's Arts and Industries building.

For seven years, Sen. Susan Collins (R-Maine) introduced legislation to establish such a museum, and it passed the House last October and a key Senate committee in April.

The bill simply names a desired site at 12th Street and Independence Avenue SW. It stresses that the museum planners will pay for the federal land and build the museum with private money. The estimated cost is \$150 million.

"The only political statement we are making is to correct omissions in history," Collins said at a gala dinner last month.

Backers have accumulated \$8 million and say they sense some momentum. But two senators, Tom Coburn (R-Okla.) and Jim DeMint (R-S.C.), placed a hold on the measure in July, blocking a vote before the full Senate. "At a time when we face a crushing national debt of more than \$13 trillion and annual deficits of more than \$1 trillion, it is simply not the appropriate role of this Congress to approve legislation with the potential to put taxpayers on the hook for millions of dollars for purposes of establishing an entity that is duplicative of more than 100 existing federal, state, and private efforts," Coburn wrote. So the organizers did what their suffragist predecessors did: started a petition. This time, an online petition.

Meryl Streep summed up the frustration recently: "We are not asking for a check -- we want to give *them* a check."

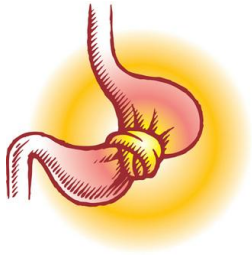
The actress has been the campaign's honorary spokeswoman since 2006, when she made a video appealing for support. The museum would tell the story of women, some famous and others forgotten, who contributed to American history, sports, politics, medicine, business and culture. To increase their campaign's visibility, the staff of the museum effort and historians have created an online museum, with features such as a history of women in early film, and developed education materials for teachers and traveling exhibits. The online museum, NWHM.org, links to 28,000 education institutions, the organizers say.

[Read the article](#)



HEALTH

The first of a special two-part series on weight loss.



Weight Loss Surgery - A Solution for Obesity: Part 1

Having struggled with weight all my life, I have been intrigued by the thought of being able to have some kind of surgery that would magically help me lose weight and keep it off. I have envisioned a scenario something like see the nice doctor, pop into the hospital for a day or two and there I am thin – forever more (and then my life will be perfect altogether).

Although only for one short period have I been heavy enough to be called obese, I nonetheless seem always to have either been on a diet, or off one. I was sixteen when I went on my first diet, and it was a doozy. I had heard only part of a diet that was being touted as the best diet of the moment, so for three weeks ate nothing but bananas and milk. I loved bananas and thought this would be a blissful way to lose weight. I could eat as many bananas and drink as much milk as I wanted. Sounded good.

Have you any idea how unappetizing the eleventh banana is? After a couple of days I was eating only enough to keep me going. After three weeks of this, I had lost twenty pounds. I was ecstatic. I wasn't fat any more! I had solved my fat problem.

That, of course, was anything but the truth and for the next 40+ years I have been on and off diets, some almost as crazy as the bananas and milk, others much healthier.

At the research department of Kaiser Permanente where I work, I was delighted to learn that one of our scientists, Dr. Karen Coleman, was going to giving a presentation on her work in researching bariatric surgery, the generic name of several types of weight loss surgeries.

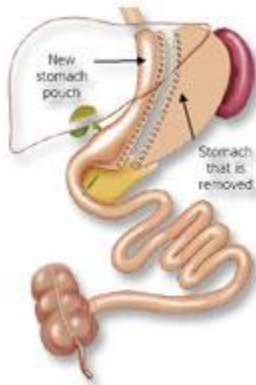
I was amazed at how ill-informed I was about these procedures. Despite the fact that I know several people who have had some version of this type of surgery, I found I really knew very little.

Overview of Weight Loss Surgery:

There are basically three types of weight-loss or bariatric surgery that alter the

gastrointestinal tract:

Sleeve Gastrectomy



Restrictive



Adjustable Band Gastroplasty

Combination



Roux-en-Y Gastric Bypass

1. *Gastric Bypass Surgery*, (Roux-en-Y) is a two-step operation that involves stapling the stomach to create a small food pouch about the size of a walnut and then connecting the pouch to a part of the intestine much farther down from where the stomach normally attaches to the small intestine. The smaller stomach pouch can hold only about an ounce of food; because of the bypass, fewer calories and less fat are absorbed in the intestines. With this surgery, rapid weight loss ensues through the combined effects of the small pouch and the upper portion of the intestine being “bypassed” where a large part of food breakdown and absorption takes place.

2. Adjustable gastric band (on billboards and on the radio as “Lap Band”) - is a less invasive procedure in which an inflatable band or ring is placed around the stomach near its upper end to create a small pouch with a narrow opening into the rest of the stomach. The pouch holds only about an ounce of food, but the narrow passageway makes that food empty slowly in the stomach, contributing to a longer-lasting sense of fullness. Doctors can tighten or loosen the band later without surgery, depending on changes in a patient’s weight. The adjustable gastric band doesn’t require stapling the stomach or rerouting the intestines (as with gastric bypass), but weight loss may not be as dramatic.

3. Vertical “sleeve” gastrectomy is a newer, simpler operation than gastric bypass, it involves stapling two thirds of the stomach, creating a new stomach that is the shape and size of a banana. There is no rerouting of the intestines.

4. Biliopancreatic diversion with a duodenal switch (sometimes simply called duodenal switch) starts with a sleeve gastrectomy but also rearranges the small intestine to reduce the absorption of calories while maintaining a part of the first section of the small intestine called the duodenum (hence the name). This surgery is now being done more frequently but those who choose it are at higher risk for malabsorption and nutritional deficits.

Who is eligible to have bariatric surgery

Let’s face it, if we are really fat, we know it. There’s a measurement known as “Body Mass Index” or BMI, that is a ratio of height to weight and is used as criteria for obesity. As a general rule of thumb, 20-25 BMI is ok. Anything over, it is time to make some changes in eating habits.

The medical community’s general criteria for someone to be considered for surgery is that if you have a BMI between 35-40, you also need to have another medical issue such as diabetes, sleep apnea, or cardiovascular disease to be considered eligible for surgery. If your BMI is 40 or over, then you are pretty much automatically considered

eligible. It should be noted that it is the surgeon, however, that makes the ultimate decision about whether a patient gets the surgery, not the patient, so you can't just walk in, ask for it and expect a ready "yes."

Factors that make a difference in the success of the surgery

Younger people do better. As with surgery in general, younger people's bodies rebound better. There is a push to do bariatric surgery in teenagers. The medical community is divided, but unfortunately they sometimes consider there to be no other options for an obese teenager.

Gender makes a difference also. Men do more poorly than women. Race and ethnicity is a factor. While there is little in the research that points to why gender, race and ethnicity make a difference, "We think this is because the African-American and Hispanic cultures make it more challenging to modify their diet because of the family/food connection" said Dr. Coleman. It seems that the researchers do not have such a great diversity to work with either, because the vast majority who get surgery are white women.

How patients are prepared for surgery

Originally there was a six-month pre-operation program which had a dual purpose: preparing the patient for surgery and for what comes after, and assisting people to lose weight, both before and after surgery. There used to be a requirement at Kaiser that patients lose 10% of their body weight *before* surgery. If the patient was not able to do that, it gave the surgeon an indication that maybe this person was not ready to make the changes necessary for after-surgery compliance.

Today, the course at Kaiser is three months and the purpose is to prepare for surgery, what to expect and what they need to do after the surgery, and to help the patient make some changes in their lifestyle. The pre-surgical weight loss is no longer a goal.

Apparently there is no empirical evidence as to whether people do better if they are prepared. Some centers (not Kaiser) only do one to two days of preparation. There is some anecdotal evidence from the surgeons who say that people who have done the preparation do better. The data, however, do not agree with that, bringing up the question of whether any preparation at all is necessary as it just delays access to the surgery.

Post surgery is complicated and with all the surgeries, there is still a responsibility, and necessity, for the patient to change her or his lifestyle and eating habits. According to Dr. Coleman, there is still the unanswered question of what level of information and help is needed.

Risks of bariatric surgery

"It is very safe" said Dr. Coleman, but then just like the ads touting drugs on tv, she went into the factors that make it not so safe, or at least provide complications. If you abuse the procedure, for instant, you can get reflux which causes its own problems. There are serious nutrient absorption issues after surgery so special multi-vitamins are needed to be taken *for the rest of your life* to avoid malnutrition and even permanent, irreversible nerve damage.

"There is a very low death rate, lower than just about any other surgery," says Dr. Coleman. Much of the surgery is done laproscopically, so there is a lower infection rate. This is very different from the early surgeries which were not so safe, leading to major problems such as beri beri disease, a central nervous system ailment, and even permanent brain damage because of the lack of absorption of essential nutrients.

Success rate of weight-loss surgery

If I was considering this surgery I would want to know the chances of success, in particular, will I be thin forever if I have this surgery? From the research I have reviewed and from speaking with people for whom this has been successful, the answer to my question is that just like any other weight-loss method, maintenance takes work: eating right, exercising, making changes in lifestyle

There really is no way to know with a great deal of accuracy what the overall success rate is because patients who are successful tend to go away and not come back to the doctors. Having lost the weight and learned how to keep it off, they go about their lives making it hard to know how, over time, how they have fared. The ones the doctors see are those that fail. It is thought, however, that the success rate is better than conventional weight loss methods. In Australia and Sweden the researchers claim that 10-15% of people gain their weight back over a period of 10-15 years. This is a better result than any other treatment for obesity.

Despite my limited view of what success would mean (a model's figure for the rest of my life), it turns out that there are different criteria for success.

First of course is the weight loss and this is measured in terms of Excess Weight Loss, the excess above what is considered a patient's normal weight. So mostly what is measured is the percentage of excess weight that is lost. According to the medical community, success is considered losing 50% of excess weight. So, if a person weighs 350 lbs and both the patient and the doctor agree that 130 lbs is an ideal weight, then 220 lbs is what that patient is aiming to lose. If they lose 110 lbs, therefore, they are considered successful. Typically, for those that do lose at least this percentage of their excess weight, they usually lose it within 18 months. At that time many patients plateau and in the 2nd year some start to regain weight.

Another measure of success is not having certain diseases any more.

For instance, it usually puts type 2 Diabetes into remission. So, whether or not the person loses the weight, the medical community will often define success as having put Diabetes into remission. This can sometimes happen just 72 hours after surgery. No small benefit.

Sleep apnea is another problem that goes away, as does hypertension, and high cholesterol which normalizes with a massive weight loss.

It should be noted, however, that if the patient gains much of the weight back, some of these other health problems also return. When this happens, it is usually 5-6 years out, although there are no longitudinal studies to show just how much returns.

Can a person who has gained so much weight really make that drastic of a lifestyle change to now eat so differently? Dr. Coleman points out that when we eat to obesity, there are perhaps permanent changes in the brain, the mind and the hormones; in sum, one's whole relationship to food. "The brain of an obese person has brain chemistry similar to a cocaine addict's. These people are addicted to food and it changes the way the body reacts to food." What an uphill battle the patient faces.

After surgery, the body fights the weight loss. Losing 100, 150, 200 lbs is almost like the body is starving to death, or so it seems from the body systems' point of view, so as the body's natural survival instinct doesn't want you to die it will fight you in the weight loss.

Lap Band surgery

This surgery has the highest rate of weight regained.

There are more complications than with other types of bariatric surgery. For instance, if you eat too much you can dislodge it, causing ulcerations

in your system, gastric blockage, and more. It takes a lot of monitoring and adjustment and both the patient and the doctor can be remiss in complying with this. If it is not adjusted properly, it can lead to such problems as anorexia.

With the lap band, as you lose weight, the band gets loosened and you can start eating more regular food, and when you have lost the weight, it can be removed. Theoretically, it seems to be the least drastic of the options, but in fact the complications make it the least attractive.

Why some people gain the weight back after surgery

It is very hard to gain the weight back. It means eating 4-5,000 calories a day, for instance eating multiple entrees in a sitting, eating very high-fat foods or eating all day long. It means making yourself very sick, causing such problems as esophageal ulcers, terrible diarrhea, lots of gastro-intestinal stress.

Unfortunately, people are still obese in their heads. They need help, but unfortunately there is no behavioral component to the recovery process. No counseling, no social support, no psychiatric care. Suicide rates are higher after surgery than in the general population, substance abuse is higher, as patients are looking for ways to cope. Part of the substance abuse is also thought to be a physiological effect, because there is often different absorption of drugs and alcohol after surgery.

The preparation classes are so important because of the psychological component. Patients are told that they are not going to be able to eat with friends and family the same way they used to. No more pizza or ice cream or other high fat, high sugar “comfort” foods – *for the rest of their life!*

Weight-loss surgery - no silver bullet

Patients need to be responsible for their wellbeing. Without a commitment to change, you can make yourself sicker than before, maybe even have more problems. Surgery does not remove the need to alter behavior: you need to exercise, you cannot eat some foods, moderation is important. This is a big, serious undertaking and takes a real commitment.

The medical community, however, is often more interested in disease remission that comes with these surgeries, so it does see bariatric surgery somewhat as a silver bullet, even if a patient loses only 10 lbs, which is not that unusual with the lap band.

Are you ready to pick up the phone and schedule an appointment with your health care provider to get the surgery? Before you do, you might want to wait for next month’s article comparing a non-surgical method of weight loss. The changes in lifestyle are similar, as are the results.

Next month we will have an interview with a patient who lost all her weight and has kept it off for four years, plus the experience of several people who have used a faith-based approach to weight loss through several different food-oriented 12-step programs.

Further Reading:

Coleman KJ, Toussi R, and Fujioka K. “Do Gastric Bypass Patient Characteristics, Behavior and Health Differ Depending upon how Successful Weight Loss is Defined?” *Obesity Surgery*, epub 07/09/2010.

Omalu BI, Ives DG, Buhari AM, Lindner JL, et al. “Death Rates and Causes

of Death After Bariatric Surgery for Pennsylvania Residents, 1995-2004.” Archives of Surgery, 2007;142(10):923-928.

Shafipour P, Der-Sarkissian JK, Hendee FN, Coleman KJ. “What Do I Do with My Morbidly Obese Patient? A Detailed Case Study of Bariatric Surgery in Kaiser Permanente Southern California.” The Permanente Journal, Fall 2009;13(4):56-62.

✿ The standard treatment for endometrial cancer is a total hysterectomy with the removal of the uterus and ovaries, but this solution leaves a woman sterile. However, promising early findings show that an intrauterine device, or IUD, can halt and even reverse cancer growth by delivering progesterone-like hormones to the womb lining. The IUD, combined with monthly injections of gonadotropin-releasing hormone, may allow young women to delay hysterectomy long enough to have children. This process has already enabled nine women with very early womb cancer to have babies. Source: *LBN Alert*



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EVENTS - Southern California

Tell us about events in YOUR area that we can post here.



Domestic Violence Awareness Month –
Learn How To Defend Yourself –
Learn more about this scourge that affects so many and what you can do about it

IMPACT Personal Safety has self-defense classes starting this month:

TEENS: Intro Workshop (Teens Only), October 10 3:30pm-6:30pm, Karate4KidsUSA in NoHo

WOMEN: Women's Basics, Sundays October 10-November 14, 10:00am-2:00pm, Cirque School LA in Hollywood

KIDS: Kids Class, October 17 & 24, 10:00am-1:00pm, Karate4KidsUSA in NoHo

(323) IMPACT 8 (323 467-2288)

impactpersonalsafety@gmail.com



Peace Over Violence has several events for Domestic Violence Awareness month including:

October 12th, 7-9 pm
Screening of Law and Order SVU episode "Behave"
and panel discussion

It is estimated by experts in the federal government, including the Department of Justice and member of Congress, that there are hundreds of thousands of untested rape kits sitting in storage across the United States. Each one represents lost justice and a lost opportunity for healing for a survivor of sexual violence. Help us end the rape kit backlog by joining us for this special viewing and discussion event.

Location: POV Metro Headquarters

RSVP to Tiffany at 213-955-9090 or tiffany@peaceoverviolence.org

October 20, 6-9 pm
Self Defense workshop

Peace Over Violence and the Institute for Girl's Development present self defense and education workshops for adult women and teen girls at POV's Pasadena Office.

Location: Peace Over Violence West San Gabriel Valley Center

RSVP to Monica at mvaldivia@instituteforgirlsdevelopment.com.



Breast Cancer Awareness Month

Friday, October 29th
7:00 a.m. – 3:30 p.m.
State Senator Carol Liu presents
10th Annual Women's Health Conference
"Knowledge is Power"

Pasadena Convention Center

With knowledge, we can help ourselves and others. Your attendance today helps us reach our first goal: to increase awareness of female-related health issues, their prevention, detection, treatment, and cure.

Our second goal is to make you the messengers of this information by empowering you to spread the word to family members, friends, co-workers, and other associates about the absolute importance of healthy living, regular screening, and early detection and treatment.

I ask you to join me in this mission.

Lena L. Kennedy Director of Special Projects
Office of Senator Carol Liu
710 S. Central Blvd.
Glendale, CA 91204
818/409-0400
818/409-1256 (fax)
[lena.kennedy@sen.ca.gov](mailto:lana.kennedy@sen.ca.gov)



Sunday, October 24
2:00 p.m.
Barbara Robison will speak on
The Fight for the Right to Vote: Women Changing History
at La Canada Thursday Club's Afternoon Tea and program

Barbara is a descendent of early suffrage leader Carrie Chapman Catt, and she is currently writing a novel about Ms. Catt, founder of the League of Women Voters and the International Suffrage Alliance.

Reservations can be made by email valkath91214@yahoo.com
or by phone 818-249-2669

The La Canada Thursday Club is located at
4440 Woodleigh Lane , La Canada



EVENTS – AROUND THE COUNTRY

October 10th

3-6pm

Chicago

3rd Annual Fear No Fashion

Benefiting PAVE: Promoting Awareness, Victim Empowerment, an international nonprofit that uses education and action to shatter the silence of sexual and domestic violence

Join hundreds of participants as Lather Chicago with Agency Galatea present the third annual Fear No Fashion on 10/10/10 with models, dancers, performance art, and local celebrities including TV Host/Model April Rose and TV/Radio Personality Jenner Evans. This event will be hosted by Jennifer Roberts from 101.9 The Mix.

Please come join us for an unforgettable interactive experience because fashion is about feeling Beautiful, Sexy and Empowered!

The featured designers are: Borris Powell, Wanda Cobar, Crescendo Apparel, and Anna Hovet. Fear No Fashion's objective is to promote personal empowerment.

Performances by: Joel Hall Dancers, The Revelettes, The Chicago Redline, and The Chicago Spirit Brigade Dance Squad.

Your donations benefit PAVE: Promoting Awareness, Victim Empowerment, an international nonprofit that uses education and action to shatter the silence of sexual and domestic violence using social, educational, and legislative tactics.

PAVE is celebrating its 10 Year Anniversary – so this year's Fear No Fashion will be held on 10/10/10!

JUST ADDED! An appearance by Miss Illinois USA Ashley Brandarich!

AND a very special guest performance by acclaimed poet Steve Connell coming from Los Angeles....

Steve Connell is the Poetry Slam Champion and 2003 National Champion (team LA). His work has been featured on a wide variety of media outlets, including ABC World News, Good Morning America, MSNBC's Hardball, HBO's Def Poetry (twice), Showtime's Crossover, MTV's World AIDS Festival,

BET's Lyric Café, as well as Oprah Winfrey's celebration of Maya Angelou's 75th birthday and Quincy Jones' Lifetime Achievement Award celebration.



Visit the website for more information: www.FearNoFashion.org
Or [Click here for tickets](#)

NOTE: THIS IS A 21+ EVENT! MUST BE 21 TO ENTER.



FINAL WORDS

“The secret to staying younger is to live honestly, eat slowly, and just not think about your age.”

Lucille Ball



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