

**Mayo Clinic 150<sup>th</sup> / Sesquicentennial**

**O22 Gastric Bypass Surgery: One Patient’s Journey**

Intro: The first bariatric surgery was performed 60-years ago. Mayo Clinic studies have shown it’s not only the most effective way to lose large amounts weight, but also the most effective solution for obese people with Type-2 diabetes. Beyond the operating room, however, it requires a total commitment from patients, both physically and mentally.

**Video**

**Audio**

TRT 3:55	/// music
Audrey Caseltine speaking	“I just thought that was the way it was. This is my body, this is the way it has to be.”
Dennis Douda speaking	Since childhood - Audrey Caseltine has struggled with the challenges of weight .. and over-eating. At the age of 34, she says, grocery shopping had become one of her favorite activities ... and biggest challenges.
Audrey Caseltine speaking	“Being in the candy aisle, everything would talk. And, you know, before I knew it I would have 6 or 7 sweet treats in my bag or my cart.”
Dennis Douda speaking	Try as she might to diet and exercise, Audrey says her obsessive sugar cravings always seemed to win out.
Audrey Caseltine speaking	“I’ve also really stopped buying ice cream ‘because I know I just can’t control myself around it. Trying to find the happiness at the bottom of the pint. When I’m emotional and I’m sad I can’t grocery shop. “
Dennis Douda speaking	Audrey was diagnosed with depression. She wondered - Was it the driving force behind her obesity or one more side effect? Her back ached constantly. She developed chronic acid reflux.
<b>Jon Ebbert, M.D. Mayo Clinic Primary Care</b>	“As a primary care provider I think about all the co-morbidities, you know the diabetes, the high blood pressure, the orthopedic problems that come along with it.”
Dennis Douda speaking	Mayo Clinic’s Jon Ebbert is Audrey’s primary care physician. His diagnosis - a food addiction she’s likely struggled with most of her life.
Audrey Caseltine speaking	“I remember being 8 or 9 and being grounded for something and actually

	lowering a basket out my bedroom window so my friend Danielle could put candy in it.”
Dennis Douda speaking	As a teenager, bullying added to her body image stress. She remembers one tormentor in particular.
<b>Audrey Caseltine Gastric Bypass Patient</b>	“She would often call me cow. The last time I wore shorts she asked me if a cow had to try them on to make sure they would fit.”
Dennis Douda speaking	Doctors elected to treat Audrey’s mental health first.. with anti-depressants and a medication to calm her eating compulsions. She went to private counseling and group sessions. Dr. Ebbert prescribed lifestyle changes.
Dr. Jon Ebbert speaking	“Starting with some basic things like keeping a diet diary, physical activity, food modification, caloric restrictions.”
Audrey Caseltine speaking	“The more I tried, the more frustrated I became.”
Dr. Todd Kellogg speaking	“The problem is, dieting is impossible. For this population of patients, that approach just doesn’t work.”
///NATS Audrey in surgery	///NATS
Dennis Douda speaking	Together, Audrey and her physicians agreed she was a good candidate for weight loss surgery; a gastric bypass.
<b>Todd Kellogg, M.D. Mayo Clinic Surgeon</b>	“Bariatric surgery is not an easy fix. It takes a lot of courage. It takes a lot of dedication. It takes a lot of motivation to be successful and to take that leap.”
Dennis Douda speaking	Mayo Clinic surgeon Todd Kellogg modified Audrey’s digestive tract with a 3-hour minimally invasive operation called the Roux-en-Y procedure.
Dr. Todd Kellogg speaking	“So the first step is to form the stomach, the new, little stomach pouch, which is essentially the size of an egg, a small egg and that, we do that by cutting the stomach. Find the bowel and measure it and cut it, bring one end up and attach it to that little egg-size pouch.”
Dennis Douda speaking	Now, not only will Audrey have to eat less, only a fraction of her small intestine will be able to absorb calories. She works with a dietician to carefully plan her meals. Tiny portions put patients at risk for protein, vitamin and mineral deficiencies.
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Dennis Douda speaking	Exactly four months later, Audrey has lost 64 pounds; down from her surgery day weight of 346. She's nearly 100-pounds lighter than when she first began considering having gastric bypass 18 months ago.
Audrey Caseltine speaking	"If I can get below 200 that would be pretty fantastic."
Dennis Douda speaking	Audrey's starting to jog again and looks forward resuming her passion for horseback riding. She says she's also feeling lighter - emotionally.
Audrey Caseltine speaking	"I've limited myself so much because of my weight. I hope it just leads me to live more."

For more information on gastric bypass surgery, click here: <http://www.mayoclinic.org/tests-procedures/bariatric-surgery/basics/what-you-can-expect/prc-20019138>