



Dates to Remember:

April 15th 12:30-2:30PM

Mandatory pre-op nutrition class for gastric bypass

April 15th 5:30-7 PM

Bariatric Surgery Support Group - Open Forum

(The first half hour is an informal meet & greet)

April 23rd 12-1:30 PM

April 24th 4:30-6 PM

POSTOP - "Motivation"

Call 792-1414 to register

April 22nd 12:30-2 PM

Transition Nutrition

(for post-op patients)

April 29th 2:30-3:30PM

Grocery Store Tour

Earth Fare, Folly Rd.

Call 876-4867 to register

May 6th & 20th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

May 13th 12:30-2 PM

Mandatory pre-op nutrition class for LAP-BAND

May 20th 5:30-7 PM

Bariatric Surgery Support Group - "Healthy Eating for the Whole Family" with Janet Carter, RD

(The first half hour is an informal meet & greet)

All classes (except POSTOP) are held in the 1st floor auditorium of Ashley River Tower (ART) Room 1119



Get our 2¢ on your supplements

Last October, we had everyone bring their vitamins and minerals to support group and not one person was taking their calcium correctly! So *bring your supplements to our Open Forum support group meeting this coming Tuesday*, and we'll check them again to make sure you are getting what you need. If you can't make it to support group, bring your supplements with you to your next clinic visit. This is the easiest way for us to be sure you are taking the right thing at the right dose.

The ART pharmacy is now carrying all the supplements we recommend to our patients so you can pick up what you need while you are here for your visit. They have multivitamins, calcium, and B12 as well as protein powder, iron and vitamin D for those patients who've been instructed to add a little something extra. If you have a particular product you would like us to carry, please just let us know!

We hope to see you soon,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian
petitpa@musc.edu

Grocery Store Tour April 29th



Our tour of The Pig last January was a great success. This time, we are going to tour a local health food store to help you decipher the unusual choices you might find there, and provide recipes for preparing some of these items. Please register for the grocery tour by calling 876-4867. We will meet in the "Tea Room" in the back of the Earth Fare on Folly Rd at 2:30 PM on April 29th. The tour will last approximately one hour.

Nutrition Tip of the Month

As the temperature soars, drink more

64 ounces (or 8 cups) is the minimum requirement of fluid each day. But as it gets hotter, and you sweat more, you need to drink even more.

Anything that is fluid at room temperature (soup, sugar-free Jello and popsicles, crystal lite, diet green tea) helps to meet your fluid needs. But water is still best. Spice up your plain water with:

- a squirt of fresh orange and freshly grated ginger root
- cucumber slices and basil leaves
- strawberries and mint leaves
- honeydew melon slices and a twist of lime

Ahhhhhhhh!

How Far is That?

If you're wondering just how much distance you are covering during your 30 minute walk (remember: you burn 100 calories for every mile covered) visit <http://www.usatf.org/routes/> to map out your route - it will automatically calculate the distance.

Here is how it works:

- Click on the link
- Click on Create a route
- Select a City or State or ZIP code
- Zoom in until you see the street names
- Click on the map where you want to start your route
- Keep clicking on the different points in your route. On the left you will notice that the distance will automatically be calculated for you.

To subscribe or unsubscribe to this monthly update, email petitpa@musc.edu
Our support group topics, information on classes and nutrition tips can be found at

www.muschealth.com/weightlossurgery