



Dates to Remember:

April 21st 5:30-7 PM
Support Group

“Heart Health in a Hurry: Real Nutrition for Real Families” with Amy Mendez, MPH, RD, LD
Cardiology Dietitian
(The first half hour is an informal meet & greet)

April 23rd 12-1:30 PM
Support Group

“Relationships” with our psychologists
(The first half hour is an informal meet & greet)

April 28th

12:30-2 PM

Transition Nutrition
(for ALL post-op patients)

May 5th and 19th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

May 12th

12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

May 19th 5:30-7 PM

May 28th 12-1:30 PM

Support Group

Open Forum

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

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



Bariatric Surgery Program

Discovering. Understanding. Healing.

Getting Healthy Hearts

No matter how old you are when you decide to make the health of your heart a top priority, the healthy lifestyle that follows weight loss surgery is a great first step to keeping that ticker ticking.

Weight loss of even 10% of your body weight (that's 25 lbs lost on a 250 lb person) confers health benefits, yet weight loss surgery often yields even more weight loss than that. A low fat diet – avoiding fried foods, added butter or oil and greasy snacks – is another healthy step as is cutting back on salt, both of which inevitably happen as you change cooking techniques, eat out less and consume more fruits and veggies. Exercise not only accelerates weight loss but also strengthens the heart. Generally, this healthy diet and lifestyle will lower blood pressure, cholesterol and triglycerides – other key factors in heart health.

Looking for something else you can do to prevent heart disease? Try on a positive attitude. New research supports the idea that a cheerful outlook on life, as well as stress reduction, prevents undue stress on the heart. Most of our surgery patients embrace their new life after surgery with vim and vigor!

To learn more about healthy eating, come to our support group meeting on April 21st and listen to Amy, the dietitian for MUSC's cardiology division, discuss "Heart Health in a Hurry: Real Nutrition for Real Families". If you still want more information on the prevention of cardiovascular disease (which includes heart attack, stroke, etc.), visit www.americanheart.org or attend the Women's' Heart Health Symposium on April 25th (see below).

Eat Well,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian

3rd Annual Women's Heart Health Symposium

This special FREE event is designed to help women understand heart disease and its treatment in women. Speakers will include MUSC cardiologists, as well as specialists in nutrition, exercise and stress reduction. Event features include exercise demos, heart healthy lunch, fashion show and prizes and did we mention it's FREE? To register or to learn more, visit www.mushealth.com/whhs or call 792-1414.

Saturday, April 25, 2009 @ 9 AM – 3 PM
Gaillard Auditorium, 77 Calhoun Street, Charleston



Our support group topics, information on classes and nutrition tips can be found at

www.mushealth.com/weightlossurgery

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WOW! Aren't y'all doing great?

Pat

My regular Dr. has taken me off of all of the meds I took for my Diabetes except for insulin which I'm only having to use once or twice a day and at a third of the dosage. I consider it a very nice change from 4 shots a day plus pills.

Adrienne

I had my Realize Band Surgery on January 21, 2008, by Dr. Byrne, 2 days after my 60th birthday. I have always been overweight and have tried everything in the books and not in the books to lose. I know what I have done so far is not a big WOW, but I just want everyone to know that in 6 weeks I have begun to feel like a "NEW WOMAN". I have lost about 15 pounds so far and I have had no problems whatsoever. I will be seeing Stephanie on Monday for my first adjustment and I can hardly wait! I overcame leukemia four years ago and now I hope to overcome diabetes and hypertension and sleep apnea. I know that I can be who I have always wanted to be - a healthy, happy woman who loves life!

Thank you for sharing all of your WOW! moments last month and this month. If you have one, email it to WLS@musc.edu

Danielle, from her mom I am going to "wow" on my daughter: President's scholarship to Vanderbilt University for grad school and recently engaged. Loving Nashville (on her own!!!). Her confidence is back!! As a person (and ESPECIALLY as MY kid), she rocks and WOWS!



Nellie

Last week, I went to my huge walk in closet, filled with all of my nice suits and one by one I took each out and trying them all on was a shock. Every pair of slacks or jeans I tried on, I could fit my granddaughter in with me. I haven't lost but about 70 lbs on the scale, but the clothes gave me a reality check. I had a rough start at first and felt I let others down when I didn't drop a lot of weight fast, but I had to realize. I did this for ME, no one else.

Lana

Mom and I went to the Flowertown Festival in Summerville, and at one point we got separated slightly in this open circular area of booths with people all around. I turned around and saw her across the way looking past me. When I started to walk closer to her, she all of a sudden recognized me and said I'd gotten so skinny that she didn't recognize me in a crowd anymore!!!

About Jen

I have been involved with the Summerville Playhouse for several years, Recently I saw "Into the Wood" where one of the characters, the witch, was this ugly looking hag. Farther in the play the witch disrobes her over garments revealing this gorgeous girl in a beautiful red dress. She was posed atop of a log, one arm up with a shifted hip, giving the impression of "Look at me World" The only thing that came out of my mouth was "WOW".

That girl was Jen (a WLS patient), after talking to her I found out that she lost over 135 pounds, and has begun a new life for herself. I later casted her in "Don't Dress for Dinner", and she stole the show.

That's my wow, thanks Jen for all the inspiration, I am in the works to also have the operation, hopefully some day soon.



Get Your Hands Dirty

This is the time of year to eat local, freshly harvested foods. In season this month: salad greens, arugula, collards, baby beets, sweet onions, radishes, and lots of strawberries!!

You can pick your own berries at local farms like Ambrose Family Farms (www.ambrosefamilyfarm.com) or Boone Hall Plantation (843-856-5366). For farms outside Charleston County, visit www.pickyourown.org/sc.htm.

Local farmers markets, which provide fresh, seasonal commodities (without all the dirt), can be found downtown, on MUSC campus, in Summerville, Johns Island, Goose Creek and more. Find one near you at <http://www.charleston.net/news/2009/apr/08/marketlist77877>

Google your ingredient to learn how to cook your kohlrabi, fennel or other new (future favorite) food.

Join Spark People Today

We have created a place for MUSC's Bariatric patients to chat, share stories and successes, and ask questions of other patients! Get started by signing on to www.sparkpeople.com and create a free account. Navigate the site, and join our Spark Team "MUSC WLS".

You will find team forums, photos, and links. You can also set up your own spark page to post your story, pictures, and weight loss. Sparkpeople.com is a great way to track your food intake with the Nutrition Tracker and your exercise with the Fitness Tracker, as well as monitor your progress with the Weigh-In feature (with a built-in graph to track your weight).

Sparkrecipes.com allows you to enter in favorite recipes to calculate its nutrition totals, share with others or add to your daily nutrition tracker. Plus, all areas of the site have video tutorials to help you navigate the site!

To subscribe or unsubscribe to this monthly update, email WLS@musc.edu

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Eat This, NØt That

Wraps and burritos are a convenient way to eat but the portions are so big and the extra fatty sides like cheese, sour cream, guac and chips can get you in trouble but not if you Eat This, Not That!

Eat This,

Streaker Joey Bag of Donuts

Chicken, black beans, rice, lettuce, cheese, Pico de Gallo w/out the shell

445 calories
15 g fat (6.5 g saturated)
36 g protein
37 g carb



Cut the calories further by boxing half before sitting down to eat.

Check out the nutrition facts for your personalized dinner at www.moes.com/menu and click on nutrition.

NØt That

Homewrecker Burrito

with chicken, black beans, rice, sour cream, lettuce, cheese, guacamole, and Pico de Gallo

890 calories
33 g fat (14.8 g saturated)
46 g protein
93 g carb

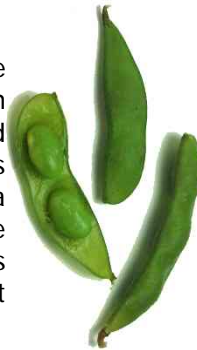
Watch out for the side of chips and queso which have a whopping 880 calories and 51 g fat per serving – yikes!



What We're Eating

Edamame

These little, green soybean pods are a yummy source of fiber, B vitamins, iron, calcium, and zinc. They can be found shelled or in the pods in the frozen food section at local supermarkets and are also delicious dry roasted. Shelled edamame (looks similar to lima beans) tastes wonderful in soups, on salads, as a side dish or in a stir-fry while edamame in the pod makes a great vegetable side dish or quick snack - just heat and serve!



Get Back on Track

If you are 18+ months from surgery with suboptimal weight loss or weight regain, *Back on Track* is just for you!

The basics:

- 6 week program
- Every Tuesday, June 16th – July 21th, 4-5:30 PM
- GI Surgery Clinic Conference room, 1st floor, Ashley River Tower

\$250 fee includes:

- Six 90-minute classes
- Food logs for tracking goals, meals, and physical activity
- Support from your peers
- Personal coaching from the Dietitians
- A commitment to your success!

Visit our website or call (843) 876-4867 for more information. You must be paid and registered by June 5th.

Meet... Gay

My husband, Noah, and I had 2 very stress filled years, with 3 moves, and 2 job changes in that short time. We finally feel like we've landed in paradise, in SC. Our life has happily settled down, I retired after 31 years in Nursing, and the time was right for a brand new ME. I had RNY gastric bypass at MUSC in April '08, and in the short 11 months since, I have completely transformed my life, physically, emotionally and spiritually. I am blessed to be able to spend my days volunteering at a Christian academy, exercising regularly at Curves, and walking 3 - 4 miles 2 times a week.



today



before

I attribute my weight loss success to this routine, but another major factor for me has been the support group at MUSC. We are happy to drive the 150 miles round trip because of the encouragement information, and experiences we are able to share with our friends in the group. In addition, the online support group at Obesity Help.com has been a constant companion for answers to questions, and another whole group of friends. Now it is Noah's turn. He had his surgery last month, and is having a healthy recovery.

This month's Recipe of the Month is all about Smoothies – Carrot Cake Smoothie and Yogurt Berry Smoothie. Check it out at www.muschealth.com/weightlosssurgery/nutrition/recipes