



Dates to Remember:

Aug 19th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Aug 19th 5:30-7 PM

Bariatric Surgery Support Group Open Forum

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

Aug 23rd 8 AM – Noon

Health Screening for the community Ashley River Tower

Aug 26th 12:30-2 PM

Transition Nutrition (for ALL post-op patients)

Sept 2nd and 16th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

continued...



Count those Calories!

If you eat lunch in New York City anytime soon, you will find the calorie count in the same size and format as the name or price of food on menu boards. NYC is the first to enforce this “menu labeling” public health policy, where restaurants such as McDonald’s, Subway and Starbucks can get fined as much as \$2,000 for not listing calorie info.

Cal		Subs From The Oven!
560	Meatball Marinara	6" Sub or Wrap 2.99
450	Italian B.M.T.*	3.69
480	Spicy Italian	3.29
400	Steak & Cheese	4.29
380	Subway Melt*	3.69
580	Chicken & Bacon Ranch	3.69

Hungrier? Make it a FOOTLONG!



Would knowing the calorie information help you decide what to order? There is no “menu labeling” policy in SC (yet) but that’s no excuse for not knowing how many calories are in that latté. Most restaurants, including those above, have nutrition information on their websites. Or visit www.calorieking.com, www.dailyplate.com, or www.fitday.com to enter in your daily food choices and tally how many calories you are eating. Every single bite counts and don’t forget your liquids.

Keep a pocket calorie counting book (like the Collins Calorie counter) in your purse or car for tough, on-the-go decisions. The best bet, however, is to eat at home or have some homemade low-cal snacks on hand.

Eat Well,
Debbie Petitpain, MS, RD, LD



So many recipes, so little time!
Thank you to Joann, Lana and Doug who provided us with some new tasty recipes for our recipe corner. We’ve re-organized this web page into 4 categories: recipes from patients, recipes for the pureed diet, other delicious recipes and recipes with cooking demos. Some recipes will appear in more than one spot. This month, we added Lana’s Faux KFC bowl, Doug’s Edamame Hummus, Joann’s Family Casserole, Must-try Muffins-in-a-Minute, Rosemary-Orange Chicken and our video demonstration: Sloppy Lentils. Email your favorite recipe to: WLS@musc.edu

Follow-up is required for life

Getting weight loss surgery is just the beginning. Follow-up with your surgeon (and dietitians!) is required for life so we can assess weight loss and nutrition status. At a minimum, we want to see you at post-op months 1, 3, 6, 12, 18, 24 and then annually for at least the first 5 years. If you need to make an appointment, call (843) 792-7929.



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

www.muschealth.com/weightlossurgery



Dates to Remember:

Sept 9th 12:30-2 PM
Mandatory pre-op
nutrition class for
Adjustable Gastric
Band

Sept 16th 5:30-7 PM
Bariatric Surgery
Support Group –
“Food and Mood”
with psychologist
Dr. Sherry Rieder
(The first half hour is an
informal meet & greet)

Sept 27th 11 AM
Walk From Obesity
Grand Park
Myrtle Beach, SC

Sept 30th
Grocery Store Tour
Time and Location
TBD
Call 876-4867 to register

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



A Second Page?

Yes! There is just too much information to squeeze onto one. This e-newsletter is now formatted to regular, letter-sized paper (8 ½ x 11) so you can print it if you want to share (however, please consider the environment before printing).

Nutrition Tip of the Month

What CAN you have on hand to snack on for < 100 calories?

- ½ of container (2.5 oz.) tunafish (BumbleBee Easy Peel Sensations, Lemon & Cracked Pepper) on 3 Reduced Fat Triscuit crackers
- 2 cups light popcorn (94% fat free)
- 14 unsalted almonds
- ½ cup individual unsweetened applesauce with 4 walnut halves
- Trail Mix baggie: ¼ cup high-fiber dry cereal (Kashi Heart to Heart) with 15 raisins and 7 almonds
- An apple, banana or orange
- Wasa multigrain crisp with a smear of natural peanut butter and all-fruit jam

For more ideas, visit <http://www.muschealth.com/weightlossurgery/nutrition/100caloriepacks.pdf>

Our New Bariatric Surgeon

The MUSC Bariatric Surgery Program is proud to announce a new addition: Dr. Rana Pullat. He received his MD from Madras Medical College India and completed his residency at MUSC. His specialty is general and GI surgery, including bariatric surgery. Welcome Dr. Pullat!



Walk From Obesity

Advanced Surgical Associates, The American Society for Metabolic and Bariatric Surgery (ASMBS) Foundation and the Obesity Action Coalition (OAC) will host the Eastern South Carolina “Walk from Obesity” in Myrtle Beach at Grand Park, across from The Market Common, on Saturday, September 27th. Registration will begin at 9 AM and the event will kick off at 11:00 AM.



The cost to participate in the Walk is \$25. To register for the 2008 “Walk from Obesity,” please visit www.walkfromobesity.com and click on join a walk/Eastern South Carolina.

Marcia Hansen from Advanced Surgical Associates will stop by Support Group on Aug. 19th to give us more information, hand out flyers and answer questions.

