



Dates to Remember:

Dec 16th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Dec 16th 5:30-7 PM

Open Forum

PLUS OUR ANNUAL PROTEIN SAMPLE TASTE-TESTING AND HOLIDAY DOOR PRIZES

Dec 23rd 12:30-2 PM

Transition Nutrition
(for ALL post-op patients)

Jan 6th and 20th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Jan 13th 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Gastric Band

Jan 20th 5:30-7 PM

Annual "Meet the Team" with the Bariatric Surgery Team

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

Jan 22nd 12-1:30 PM

"Stress Management"

(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



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Resolution Solutions

"This year, I'm going to eat better, exercise more and lose weight!" Sound familiar? Most Americans give up on their New Years Resolutions by Valentine's day because they don't know the art behind making resolutions that can keep you focused and motivated.

First, make sure your resolution is SMART – Specific, Measurable, Attainable, Realistic and Timely. So, instead of saying, "I'll exercise more", say "On Mon, Wed, Fri, dance to some music for 15 minutes before hitting the shower" (see more SMART resolutions on the next page).

Next, make sure you tell someone about your resolution. If your spouse knows you are avoiding fried foods, s/he will be less likely to make them or will help you find alternatives when eating on the run. Support from those around you – including from our support group - will help when the going gets tough.

Write your resolution down and track your progress. If you are improving your diet, keep a food journal (paper and pencil or online). If you are exercising more, log your minutes or hire a personal trainer to keep you accountable. If you are being more vigilant with your vitamins, put a gold star on your calendar every day you get in all those calcium pills!

Finally, reward yourself. Healthy living is a journey, not a destination. Don't wait until you "get there" to pat yourself on the back and do something nice for yourself. Reward yourself with something other than food – a long hot bubble bath, a movie-date with your best friend, a new CD. Ask those around you to recognize your success as well and share with them non-food ways they can support you. We look forward to supporting your journey in the New Year.

Happy Holidays,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian

GREAT GIFTS AT OUR NEXT SUPPORT GROUP MEETING



At our Dec 16th support group meeting, we have some wonderful door prizes to give away in celebration of the holidays: A catered dinner for four, delivered or pick-up, by chef Waldrop from True Charleston Cuisine (a \$400 value); a one month membership to the MUSC Wellness Center; a one year Gold Pass to Charleston County Parks; a AM/FM armband radio for exercising; cookbooks; protein sample packs and more! You must be present to win.

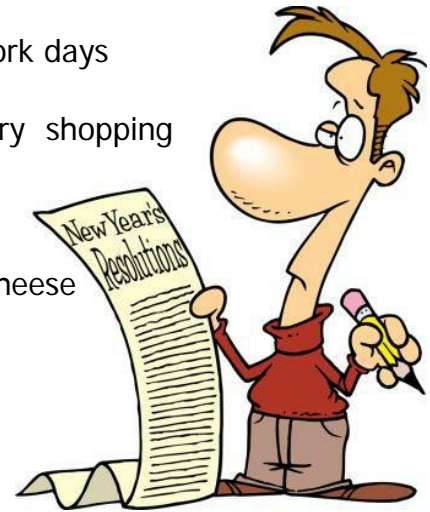
Our support group topics, information on classes and nutrition tips can be found at www.muschealth.com/weightlossurgery

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SMART Resolutions

- I will attend 16 support group meetings this year (see our SG schedule at www.muschealth.com/weightlosssurgery)
- I will eat fruit instead of crackers for snack after work
- I will take 2 calcium pills with breakfast, lunch and dinner every day
- I will walk for an hour on my days off since I can't exercise for as long on work days
- I will try one new vegetable per week
- I will buy only fat-free dairy (milk, cheese, cottage cheese) when I am grocery shopping
- I will sit quietly for 10 minutes before bed to relax and reduce my stress
- I will go to bed by 9:30 pm so I'm not tempted by late night snacks
- I will eat at least one cup of veggies at lunch and dinner
- I will pass on high-fat condiments like butter, salad dressing, mayo, cream cheese
- On Dec 31st, I will do a "winter cleaning" of my fridge and cabinets
- I will write down everything I put in my mouth to be sure I stay on track
- I will still eat breakfast on Sat and Sun
- I will buy a heart healthy cookbook and try one new recipe per week
- I will carry a (full) bottle of water with me everywhere I go
- I will pack my lunch the night before work so I'm not tempted to eat out
- I will increase the amount of time I walk by 10 min each week until I reach 200 min/week
- I will ask my co-workers not to bring treats into the office
- I will set a timer and make my meals last at least 15 minutes long
- I will make a follow-up appointment with the Bariatric Surgery Team for 2009



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.



Parking at MUSC – NEW INFO

If you park in a MUSC visitor lot, the cost is \$0.75/half hour, maximum of \$3, with a validated ticket. *We will still be validating tickets for nutrition classes and support groups!* Or, you can use the valet parking for a flat \$5. Of course, legal city parking is always an option (if you can find it!)

Come and get it, twice a month!

Support that is. Starting in January 2009 we will have TWO support group meetings each month – an evening group on the 3rd Tuesday of the month and a day group at noon on the 4th Thursday of the month. Both groups will be held in the first floor auditorium of the Ashley River Tower. The first half hour will continue to be an informal meet and greet to allow you to mingle and chat with other patients and support persons. Our full schedule for support group can be found on our website under "classes and resources".





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Drink This, NØt That

Festive holiday drinks like apple cider, champagne and cocoa will weigh you down but not if you Drink This, Not That!

Drink This,

Silk Soy Nog (per ½ cup)
90 calories
2g fat (0g saturated)
3g protein
15g carb (12 g sugar)



NØt That

Hood Light Egg Nog (per ½ cup)
140 calories
4g fat (3g saturated)
4g protein
22g carb (22 g sugar)



And these are the alcohol-free stats!

Traditional Egg Nog is made with whole milk, egg yolk, cream and sugar. The soy version is lower fat, lower calorie and lactose free. Still watch out for added sugars by keeping your portion small. Or try some of our yummy holiday nog recipes on our website

What We're Eating

Many people enjoy sausage for breakfast in the cold winter months or as a crucial ingredient to many holiday dishes like stuffing and casserole. Traditional sausage, however, is too high fat.



Try Morningstar Farm Veggie Patties. This is a soy based sausage with ½ the calories and ¼ the fat of regular sausage and a zesty, bold flavor. Just nuke in the microwave for 2 minutes or brown for a minute on each side (don't overcook). All processed foods, however, are high in sodium and should be eaten only occasionally.

One-on-One Nutrition Counseling

Debbie and Nina, your registered dietitians, are now available for one-on-one nutrition counseling. Appointments are currently available on Fridays at 12, 1, 2, and 3 pm. Call your dietitian to make an appointment. You will register at the Outpatient Clinic on 1st floor of ART and be seen in clinic. This service does generate a fee.

Enjoy the Holidays Without Weight Gain

Did you know that most people gain much less than they think over the holidays (0.8 lbs vs. 5 lbs)? Expecting to gain weight during the holidays only sets the stage for "allowing" yourself to over indulge. The weight management center developed tips for avoiding weight gain during this festive, stressful time of year. The complete handout is available on our website. The bottom line? Don't use the holidays as an excuse to go overboard although it may be more realistic to focus on weight maintenance vs. weight loss this time of year. Further, you don't need to wait until Jan 1st to get healthy – a healthy life starts today! Happy New Year!

Meet...Judy

Judy had gastric bypass in Nov. 2007 by Dr. Byrne and has lost 130 lbs. She recently shared with us the things she does and does not miss since having her surgery.



today

Things I miss:

Fried chicken wings
Marbled steak
Donuts
Apple pie
Peach cobbler
Diet coke
Sparkling wine
Chicken fried steak with gravy
Hot wings
Chocolate milk
Ribs

Things I DON'T miss

Pain in my knees
Swelling in my legs
Not riding a bike
Plus size clothing with NO style
Not being able to wear high heels
Taking medication for high blood pressure, high cholesterol, reflux
Not fitting in the seat on a plane, train or bus
Worrying that the folding chair will collapse when I sit in it
Walking at a snail's pace
Not being able to bend over
Incontinence, sleep apnea, shortness of breath
Having trouble shaving my legs or painting my toes
Not keeping up with my granddaughter



before