



Dates to Remember:

Feb 21st 6-7 PM
Bariatric Surgery
Support Group
Open Forum

Feb 27th 12-1:30 PM
POSTOP
"Relationship Changes"
Call 792-1414 to register

Feb 28th 2-4 PM
Post-op nutrition
classes: Transition
Nutrition & Beyond
the Basics

Feb 28th 5:30-7 PM
POSTOP
"Relationship Changes"
Call 792-1414 to register

March 6 & 20th 2-4 PM
Mandatory pre-op
nutrition class for
gastric bypass

March 13th 2-4 PM
Mandatory pre-op
nutrition class for
LAP-BAND

March 20th 6-7 PM
Bariatric Surgery
Support Group
"Transfer Addiction" with
Dr. Suzanne Thomas

All classes are held in the
MUSC Weight
Management Center,
Institute of Psychiatry
67 President Street



Look What's Cooking!

There are many challenges in learning how to *eat* healthy, not the least of which is *cooking* healthy. Our new cooking classes will teach you how to cook healthy, delicious meals that are high in protein, fiber, fruits and vegetables and low in fat. Classes will include demonstration, hands-on participation and taste-testing!

Classes are from 4:00-5:30 PM on March 4th, 11th, 18th, and 25th. The cost is \$25 for all four classes. **Registration by Feb. 28th is required.** Call 876-4867 to register (minimum 5 people). Visit our website for more information.

If you can't make our cooking classes, check out a new cookbook from your local library for some fresh ideas. Any heart healthy, diabetic or low-fat cookbook is a good place to start. The "recipe corner" on our website has patient-provided recipes too.

Eat Well,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian
petitpa@musc.edu



The Bariatric Surgery Program has moved to the new Ashley River Tower. *clinic* appointments are in this beautiful state-of-the-art facility (classes, and support group are still in the Weight Management Center).

New Numbers:

We've Moved!
Debbie Petitpain (Dietitian) 876-4867
Nina Crowley (Dietitian) 876-4307
Diana Axiotis (Physician's Assistant) 876-4868
Amanda Budak (Program Manager) 876-7211
Fax 876-4199 or 876-4201

Nutrition Tip of the Month

*Heart disease is the #1 cause of death.
February is American Heart Month.*

A healthy diet and lifestyle are the best weapons you have to fight heart disease. The American Heart Association (AHA) recommends:

- Eat plenty of beans, fruits and vegetables
- Choose lean meats and poultry without skin and prepare them without added fats
- Select fat-free, and low-fat dairy products
- Avoid fried foods
- Limit your cholesterol (<300mg/day) and salt (<2300mg/day)
- Do 30 minutes of exercise daily

Heart Healthy Fats

Omega-3 fatty acids are essential fats: we can't make them in the body and must get them from our foods. Omega 3's may reduce the risk of heart disease and are part of a healthy diet.

The best sources are oily fish (salmon, tuna, herring, mackerel, anchovies, sardines). The AHA recommends eating fish at least 2 times per week. Other sources include ground flax seed (try in it oatmeal), flax oil (use for salad dressing), omega-3 eggs, fortified milk, canola oil, and walnuts.

If you don't regularly eat these foods, ask your primary care physician about an omega-3 supplement.

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