



Dates to Remember:

Jan 17th 6-7 PM
Bariatric Surgery
Support Group
“Meet the Team”

Jan 17th 6-7 PM
Mandatory pre-op
nutrition class for
gastric bypass

Jan 24th 2-4 PM
Post-op nutrition
classes: Transition
Nutrition & Beyond
the Basics

Jan 30th 12-1:30 PM
POSTOP

Jan 31st 2 PM
Grocery Store Tour
Piggly Wiggly
445 Meeting St.

Jan 31st 5:30-7 PM
POSTOP

Feb 7th 2-4 PM
Mandatory pre-op
nutrition class for
gastric bypass

Feb 14th 2-4 PM
Mandatory pre-op
nutrition class for
LAP-BAND

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



Happy New Year!

Congratulations for surviving the holidays!

This New Year brings new things to our bariatric surgery program. We are most excited about our upcoming move to the Ashley River Tower. Beginning February 4, 2008, all clinic appointments will be in this state-of-the-art facility. An updated MUSC campus map can be found at: <http://academicdepartments.musc.edu/vpfa/planning/gettingaround/campusmap.pdf>

Also for 2008, we have great support group meetings planned, new cooking classes and grocery store tours and a whole new look to our monthly email.

It's a new year and a new start! We look forward to seeing you soon,

Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian
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You've been given the tool. But maintenance is required.

Whether you are weeks, months or years out from your bariatric surgery, there is something for you at our **new cooking classes**, coming this March. We will teach you how to prepare lean proteins without added fats, increase your fruit and vegetable intake, make sugar-free sweets and, of course, taste-test new foods. For more information:

<http://www.muschealth.com/weightlosssurgery/classes/cookingclasses>

Nutrition Tip of the Month

Be sure to take your calcium citrate with vitamin D as directed every day.

Vitamin D, which is actually a hormone and not a vitamin, is involved in bone density, muscle strength, gingivitis and tooth attachment and more research is published daily linking vitamin D to other chronic diseases.

There are limited sources of vitamin D: vitamin D fortified low-fat milk and sunlight. The malabsorptive component of the gastric bypass may further limit the vitamin D available to the body.

Adequate supplementation is important! Annual lab work will monitor your vitamin D status. Bring your calcium supplements to clinic to verify you are taking the right thing.

Set SMART New Years Resolutions

Many people set inspiring New Years Resolutions only to throw them out by the Valentine's Day. To stay on track, make your new goals SMART!

Specific – define the who, what, where and when of your goal

Measurable – make it objective: how many? How much? How often?

Attainable – set a goal that you can actually reach; take baby steps to reach a larger destination

Realistic – are you willing and able to reach the goal? Do you believe you can do it?

Timely – when will you start? When do you aim to reach the goal?

Finally – write it down and share it with a friend to help you stay focused!

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/weightlosssurgery