



Dates to Remember:

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)

Jan 20th 12:30-2:30 PM

Mandatory pre-op nutrition
class for gastric bypass

Jan 27th 12:30-2 PM

Transition Nutrition
(for ALL post-op patients)

Feb 3rd & 17th

12:30-2:30 PM

Mandatory pre-op nutrition
class for gastric bypass

Feb 10th 12:30-2 PM

Mandatory pre-op nutrition
class for Adjustable Gastric
Band

Feb 17th 5:30-7 PM

Feb 26th 12-1:30 PM

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.

Winter Woes

For many of us, the shortest day of the year, December 21st, passed without much notice but as the thermometer tops at a blustery 40 degrees this weekend, there is no doubt that winter is here! Even in the beautiful south, we tend to hibernate in the winter and it's difficult to keep up with a healthy diet and lifestyle.

First, physical activity declines, especially if your exercise routine requires you to go outside. This time of year, you need a back up plan. Find somewhere indoors where you can still walk such as the mall or Wal-Mart. Just make sure you walk first and shop later! Or find a gym to join or purchase a used treadmill or stationary bike (check the newspaper or Craig's list) for your house. The Wii Fit has been very popular for many of our patients and a fun way to get active indoors. Then there is old fashioned dancing – turn on your favorite CD for a half hour and break a sweat. Not only does staying active help you manage your weight, but it keeps your spirits up even when the sun goes down too early.

Cold weather and long nights also tend to bring on the carb cravings. Keep them at bay with nourishing, healthy foods like warm soups and stews that can cook in the crock pot all day or can be heated on a moments notice in the microwave (try split pea, hearty vegetable, low-fat beef stew, black bean, lentil or chicken and veggies). Round out the meal with plenty of fruits and veggies to avoid those rampant cold and flu bugs.

Finally, stay hydrated. This is harder to do when the temperature drops and you don't sweat as much but you still need at least 8 cups of fluid per day. Try warm liquids such as herbal tea or broth. You may prefer your water at room temperature instead of ice cold or even fully heated with a squirt of lemon. The occasional sugar-free hot cocoa is nice a treat too.

Stay Warm,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian

New Tools for the New Year



With the New Year, we have many new resources available to you. We now have TWO support group meetings each month – one in the evening and one at noon (see calendar to the left). We have a new Back on Track program (see page 3) for those who need the focus. Plus one-on-one counseling sessions with a registered dietitian. We have a great website with recipes, sample menus, grocery tips and more! For more info on any of this, visit our website or call (843) 876-4867.

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

Bariatric Surgery Program

Discovering. Understanding. Healing.

Highlights

from our Protein Supplement Taste Testing at the December 2008 Support Group Meeting



Some brave souls testing a few of the 20+ protein supplements.



Some were quite tasty.



But not ALL of them were a hit!

Our Top Picks:

There were some differences of opinion, but the protein supplements that came out on top were:

- Syntrax Matrix in Orange Crème (mixed with milk and crystal light and blended with ice)
- Smart Forme Bari-15 in Wildberry Passion and Peach Mango
- Click – a mocha flavored powder with a caffeine kick
- Worldwide Pure Protein Shake in Banana Crème – open the can and drink
- BSN Synth6 in all flavors
- Robard's BariCare chocolate shake and creamy custard



Our dietitians, Debbie and Nina, with Becky's help, serving up some shakes.



We had many wonderful holiday door prizes. Congrats to all our winners!



Some of the handouts and samples that were available

It's All About You

It's 8 pm the night of the December Holiday WLS Support Group meeting. While I sit here digesting way more than 60 grams of protein samples, I cannot help but smile when I think about the wonderful patients who have allowed me to be part of their lives this past year. I have met many of you as you have entered the program; most of you have been around a lot longer than me. I have witnessed life transforming weight losses and conversely had times when I wonder if it is all worth it. Then something like tonight happens. Through all the seemingly endless work, the reason I chose healthcare as a profession often gets buried somewhere under phone messages and agendas. Then all of you remind me why I do this. I enjoy watching your successes and helping when things are not going quite right. I (almost) cried watching the interaction tonight between patients awaiting surgery, patients who have lost a great deal of weight and everyone in between. You inspire me to be a better PA. Let me inspire you to be healthier in 2009.

Congratulations to everyone doing great and keep up the good work. To anyone who has gained weight or has not been to clinic in a while, this is my personal invitation to return and get inspired. If you have not been to clinic or had lab work done in the past year, call 792-7929 and make an appointment. If you are 18+ months from surgery and have not realized your weight loss goals, try Back on Track (Call 876-4867 for details). Do it for you, do it because you are worth it! Diana



Diana Axiotis, PA



Bariatric Surgery Program

Discovering. Understanding. Healing.

Eat This, NØt That

Eating on the run is a quick way to pile on the calories but not if you Eat This, Not That!

Drink This,

Chick-fil-A Chargrilled Chicken Sandwich (no sauce)
260 calories
3g fat (0.5g saturated)
27g protein
33g carb (7 g fiber)



NØt That

Chick-fil-A Chicken Sandwich
410 calories
16g fat (3.5g saturated)
27g protein
93g carb (2 g fiber)



Chick-fil-A uses whole breast meat chicken in their sandwiches and none of their sandwiches have more than 500 calories (that doesn't include wraps or "salads"!)

Skip the sauces! The 'chick-fil-A' sauce has 140 cals and 13 g of fat! Your best sauce would be the buffalo sauce with 10 calories, and no fat or sugar. They also list all of their nutrition info on their website so you can make an informed choice! <http://www.chick-fil-a.com/#nutrition>

What We're Eating

Flat Out Healthy Grain- Multi-Grain

Each wrap is about 2 ounces, and it is large and oval shaped (you may only need half) 100 calories, 2.5g fat (0 saturated), 9g protein, 17g carb, 8g fiber (they also come in a Light with 90 calories)



Nina uses them to make 'flatbread' pizzas with low fat ricotta cheese, sautéed spinach, and fat free mozzarella cheese; quesadillas made with fat free refried beans, low fat cheese and salsa; traditional wraps with lean turkey, low fat cheese, and plenty of veggies! Check out their website for other ideas: <http://www.flatoutbread.com/>

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:

- 5 week program
 - Every Friday, February 20th -March 20th from 12:30-2 pm
 - 1st floor Auditorium at the Ashley River Tower
- \$250 fee includes:
- Five 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 registered by Feb. 13th

Meet...Keith

In early September 2008, I underwent gastric bypass surgery with Dr. Byrne. Working as Mayor of North Charleston over the years always kept me busy, but between desk work and business lunches, my weight became more difficult to control. After heartfelt discussions with my family and physicians, I knew the procedure would greatly improve my health.



today

Before the surgery, I read all of the assigned literature and began adapting my meals, eating less starches and sweets. Now that I have undergone surgery, meals are definitely different, but I understand the great benefits that are coming with the sacrifices that I have made.

As I continue to drop weight and see my health improve, I look forward to being more active with my first grandchild that is on the way. Undergoing gastric bypass surgery has not been without its difficulties, but thanks to my family and the talented members of the MUSC Bariatric Surgery Team, I could not be happier.



before