



## Dates to Remember:

June 16<sup>th</sup> 5:30-7 PM

Support Group

“Exercise” – a discussion with our psychologists  
(The first half hour is an informal meet & greet)

June 16<sup>th</sup> and July 7<sup>th</sup>

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

June 23<sup>rd</sup>

12:30-2 PM

Transition Nutrition  
(for ALL post-op patients)

June 25<sup>th</sup> 12-1:30 PM

Support Group

Exercise with resistance bands (demo/practice) with Stef Owczarski, PA  
(The first half hour is an informal meet & greet)

June 30<sup>th</sup> 4-5 PM

Grocery Store Tour

Call 876-4867 to register

July 14<sup>th</sup> 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

July 21<sup>st</sup> 5:30-7 PM

Support Group

“Plastic Surgery“ with Plastic Surgeon Dr. Schimpf

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



## Take the Palmettovore Challenge in June

A Palmettovore is a person who attempts to eat only produce and products grown and processed in South Carolina. Although the term Palmettovore is new, the concept has been around for a long time - eat more local food!

The Palmettovore Campaign cites several incentives for participation including: access to fresher, better tasting, healthier and safer local produce; decreased environmental impact in the form of a traveled food carbon footprint; and support of the state economy. Only 6% of the food being consumed today by people in South Carolina is actually grown in our state. South Carolina has an abundant amount of fresh, locally grown fruits and vegetables available for you to eat.

In an effort to further support this new program, the South Carolina Legislature has declared June 2009 as Palmettovore Challenge Month. During this month, participants can join a statewide group that is committed to eating locally grown foods and increasing their support of Certified SC Grown. To sign up for the Palmettovore Challenge, please visit: [www.palmettovore.org](http://www.palmettovore.org).

One of the easiest ways to succeed during the challenge is to purchase produce at local Farmers Markets. Currently, there are over 80 community farmers markets operating across the state that are filled with fresh, local produce. For more information about locating your community farmers market please visit [www.agriculture.sc.gov](http://www.agriculture.sc.gov). Another great way to meet the Palmettovore Challenge is by visiting local restaurants that participate in the Fresh on the Menu Program. These restaurants have pledged to use at least 25% South Carolina ingredients in their menu items when in season. “Ask for South Carolina. Nothing’s Fresher. Nothing’s Finer”.

Eat Well,  
Debbie Petitpain, MS, RD  
MUSC Bariatric Surgery Dietitian

Adopted from the June Eat Smart Move More newsletter



### Grocery Store Tour June 30<sup>th</sup>

Our next grocery store tour will be at Costco, at 3050 Ashley Town Center Drive in West Ashley. Please register for the grocery tour by calling 876-4867. We will tour the store on June 30<sup>th</sup> from 4-5 PM. We will meet in the food court. Tell the store greeter you are there for the MUSC tour to get in. Our theme for this tour is “Healthy Foods at Wholesale Grocers”

Our support group topics, information on classes and nutrition tips can be found at [www.muschealth.com/weightlossurgery](http://www.muschealth.com/weightlossurgery)

# Bariatric Surgery Program

Discovering. Understanding. Healing.

## Cardiac Rehab's new home

The MUSC Cardiac Rehab program helps our weight loss surgery patients learn how to exercise! In this facility, patients can develop an exercise and physical activity program under medical supervision in a safe environment staffed with a physician, nurse, exercise physiologist and dietitian. Patients benefit from the professional staff as well as the camaraderie and support of the other patients.

The Cardiac Rehab program has moved into a new space located on the 2<sup>nd</sup> floor of the Bee Street garage, just 1 block from the Ashley River Tower. This new space, three times the space at the Gazes building, has a large cardio area with treadmills, stationary bikes, free weights, balance balls and resistance bands. There is also parking right in front of the center, locker rooms and showers.



Our patients are able to register into the Phase 3 program with a referral. This is a clinic, not a gym, so there are restricted hours. The hours are Monday, Wednesday and Friday from 1:30 to 6 PM and Tuesday and Thursday from 8 AM to noon. The plan is to expand these hours in the future.

You may join this facility on a month to month basis, which allows you to develop a program you can do at home or a gym of your choice. Or you can stay in the program indefinitely. To get a referral to cardiac rehab, just call Diana at 876-4868 or Nina at 876-4307 or ask during your next clinic visit.

### Strive for Perfection

Check out this moving video on YouTube.

<http://www.youtube.com/watch?v=GePUJa5Mg84>

It is a collection of promises that the YouTube WLS support group has made to themselves... what they want, what they can, what they will and what they won't do or hope for.

Perhaps you will be inspired to document in some way your own dreams following weight loss surgery.

You can also join the YouTube WLS support group by subscribing to others videos and commenting and such or by going to the unofficial group link:

<http://www.youtube.com/group/wslslosersbench>

Please be sure that you verify *any* diet or medical information you read online with your medical team as that info is not tailored to your individual medical history or needs.

### Big Mac = \$3.50 and 540 calories

Large U.S. chain restaurants, criticized for their role in the country's obesity epidemic, agreed on 6/10/09 to support legislation that would require them to disclose calories on their menus.

Chain restaurants with 20 or more locations would have to list on their menus the number of calories per item and would also have to make available upon request other nutritional information such as the amount of sugar, salt or cholesterol.

Last year, California became the first U.S. state and NY city the first US city to require fast-food restaurant chains to list calories on their menus. More than a dozen states (although NOT South Carolina) are considering similar health code provisions. National legislation would make the available information consistent from state to state.

To subscribe or unsubscribe to this monthly update, email [WLS@musc.edu](mailto:WLS@musc.edu)

# Bariatric Surgery Program

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## Eat This, NØt That

When it comes to our time-crunched lunch breaks, we often grab a frozen dinner to quickly satisfy our hunger. Luckily, more “healthy” selections are popping up, but all are not created equal. Take a look at the difference in calories, fat, and carbohydrates in a classic microwave entrée so you can Eat This, Not That!

### Eat This,

#### Weight Watchers Smart Ones

##### Sweet & Sour Chicken

210 calories  
2 g fat (0 g saturated)  
16 g protein  
31 g carb



### NØt That

#### Healthy Choice

##### Sweet & Sour Chicken

400 calories  
10 g fat (1.5 g saturated)  
13 g protein  
31 g carb



## What We're Eating

### *Liquid Smoke*

Make your favorite beans, greens or soup healthier by using liquid smoke instead of ham hock or bacon to cut back on the fat and cholesterol while keeping the delicious smoky taste. Liquid smoke, found next to hot sauce in the grocery, is a concentrated seasoning that infuses a smoldering hickory flavor into food. It has zero calories, fat, and total carbohydrates. Check out <http://www.colgin.com/public/recipesbrowse2.aspx> for more ways to use Liquid Smoke in your dishes,



## June is Fresh Fruit and Vegetable Month

Most people don't get enough foods of color in their diet. At least half of your diet should consist of fruits and veggies (the rest being lean protein sources like soy, beans, eggs, fat-free dairy and low fat meats). To be sure the starches aren't taking up more than their fare share on your plate, fill at least ½ of your plate with fruit and veggies at every meal.

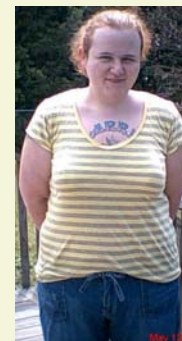


Celebrate the foods of color this month by looking for fresh, seasonal choices. In season this month: apricots, green beans, blackberries, blueberries, carrots, cherries, collards, corn, cucumbers, figs, melons, okra, peaches, summer squash and tomatoes.

Get the whole family excited about trying new foods by picking it yourself. Call the farms in your local area to find out who has a U-Pick-It program. In the Charleston area, Boone Hall Farms (Mt. Pleasant) has blackberries, blueberries and tomatoes are coming soon. Ambrose Family Farm (Wadmalaw) and Champney's Farm (Ravenel) have blueberries. Just pick, wash and eat – the perfect fast food!

## Meet... Heather

Having been overweight my whole life, it was a wake up call when I had my daughter. I couldn't get on the floor with her; I could barely give her a bath. That's when I decided that it was time to make a change. I had RNY surgery 6 months ago and have lost 95 lbs. Before surgery, we all hear that it's a tool, and not until I started my post op journey did I come to understand what that meant. I give credit to the surgery, "my tool," and to the wonderful people at MUSC, but I give equal credit to myself. I've worked hard and learned so much. I have self esteem now that I never had before.



today



before

I want to thank Dr. Baker, Diana, Nina and Debbie for helping me change my life. I want to thank all of you at group who are always there to give support and advice; you are like my bariatric family! Before surgery, I was a size 28, but the other day I bought a size 14, and I thought to myself, it just can't get much better than this!

This month's Recipe of the Month is all about Protein Pancakes.  
Check it out at [www.mushealth.com/weightlossurgery/nutrition/recipes](http://www.mushealth.com/weightlossurgery/nutrition/recipes)