



Dates to Remember:

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

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

March 26th 12-1:30 PM
March 27th 5:30-7 PM
POSTOP
"Becoming More Active"
Call 792-1414 to register

March 27th 2-4 PM
Post-op nutrition
classes

All the ABOVE classes are
held in the MUSC Weight
Management Center,
Institute of Psychiatry
All the BELOW classes are
held in the 1st floor
auditorium of Ashley River
Tower (ART) Room 1119

April 1st & 15th 12:30-
2:30 PM
Mandatory pre-op
nutrition class for
gastric bypass

April 8th 12:30-2 PM
Mandatory pre-op
nutrition class for
LAP-BAND

April 15th 5:30-7 PM
Bariatric Surgery
Support Group
5:30-6 Meet & Greet
6-7 Open Forum



Times, They Are A-Changing!

So are the days and places. After YEARS of being in the Weight Management Center, we are taking advantage of the spacious, state-of-the-art space available to us at the new Ashley River Tower (ART), located at 25 Courtenay Drive.

Starting April 1st, our nutrition classes and support group will be held in the 1st floor auditorium (room 1119). Our classes will now be taught using interactive media. Our support group meetings will be able to be a little longer now – we will start the evening with a 30 minute informal meet & greet before the formal support group starts at 6 PM.

To accommodate the demands for this room, we have had to change our monthly schedule. The monthly nutrition classes will now be held on TUESDAYS from 12:30-2:30 PM. Support group will be held the THIRD TUESDAY of the month from 5:30-7:00 PM (with the first half hour an informal meet & greet).

We hope to see you soon,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian



Calling All Men!

Our Bariatric Buddy Program is a group of bariatric patients who have agreed to be contacted by other potential patients and/or post-op patients to provide support or answer questions. We are looking for new volunteers but have a particular shortage of men on our list! If you would like to be a Bariatric Buddy, please email Debbie at petitpa@musc.edu for more information.

Nutrition Tip of the Month

Quinoa is a high protein grain choice

Quinoa (pronounced KEEN-wa) is actually a seed, not a grain, which is why it is so high in protein, fiber and some heart healthy fat.

Quinoa has a light, fluffy texture and nutty taste. To prepare, rinse one cup quinoa in water then add to 2 cups boiling water. Cover and simmer for 15 min. until seeds have popped open.

Toss cooked quinoa with diced, steamed veggies and a sprinkle of parmesan cheese. Or mix with almonds, raisins and cinnamon and try it for breakfast!

Start Walking Today

'Tis the season to start an exercise program. With the longer days and warmer weather, the easiest and most affordable way to exercise is to walk!

Start by timing how long you walk, with a goal of walking 15 min. without stopping. Once you are up to 15 min. 6 days a week, add 15 more min. to your routine (either 30 min. at once or 15 min. at two different times per day).

Once you can walk 30 min. 6 days a week, measure how far you are walking with the goal of covering 2 miles or more in 30 min. That's a 200 calorie burn and a great start to a new exercise routine!

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