



Dates to Remember:

March 17th 5:30-7 PM

Support Group

“Motivating yourself for long-term change” with our psychologists

(The first half hour is an informal meet & greet)

March 17th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

March 26th 12-1:30 PM

Support Group

“Nutrition Nuts & Bolts” with our dietitians

(The first half hour is an informal meet & greet)

March 31st 2:30-3:30 PM

Grocery Store Tour

Call 876-4867 to register

April 21st 5:30-7 PM

April 23rd 12-1:30 PM

Support Group

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

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How Do You Measure Up?

How do you measure success after weight loss surgery? For many, success is measured by a scale and pounds lost. Which does make sense. After all, weight is why most people opt for weight loss surgery and research does show that weighing yourself on a regular basis keeps you on track for the long term. But what happens that week when you don't get the number you expect? Or worse – the numbers move in the wrong direction? Or the amount you lose doesn't compare to what you hear about on obesityhelp.com or The Biggest Loser? Does that mean you're not successful?

Perhaps you realize your success when something completely unexpected happens. Something you weren't actively working toward but when it happens to you, it puts you on cloud 9 for the rest of the day. Maybe it's the first time you gave away clothes that were just too big. Or the time your doctor wanted to talk to you about cutting your diabetes medication instead of increasing it. Or someone from your past doesn't recognize the new you.

Wow! moments like these can help you realize how successful you are when the scale no longer provides you the feedback you're accustomed to. Write them down. Share them. Remember them. These moments will help you to stay focused on the healthy lifestyle you work toward every day. As you move farther out from surgery, make sure you continue to reassess your long-term goals and what you need to do daily to get there or stay there (Perhaps come to our “Motivation for long-term change” support group meeting with our psychologist March 17th).

Thank you to everyone who has shared some recent Wow! moments. We hope these successes motivate you and put a smile on your face.

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



Grocery Store Tour March 31st

Our next grocery store tour will be at the James Island Harris Teeter, at 675 Folly Rd. Please register for the grocery tour by calling 876-4867. We will tour the store on March 31st from 2:30-3:30. We will meet at the customer service desk. Our theme for this tour is “Eating Healthy on a Budget”

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

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WOW! Aren't y'all doing great?

Sherri

I have had many wow moments. Sitting in a movie theater seat with the arms down without realizing the arms were down until after I sat, fitting in an airline seat without an extension, people not recognizing me and going "wow". My latest WOW moment was shopping for an interview outfit in a real store. I put on this outfit which was much smaller than I imagined I could wear and thought "Damn. I look good"



Bridget

I bought my car several years ago, the seatbelt never fit - NEVER FIT !!! According to the owners manual, I could have gone to the dealership and been MEASURED for a seatbelt extension. Yeah!!! What a goodtime that would have been...NOT... Anyhow, it now fits great !!! I'm safe and I don't have to hide from the police anymore. Yes, a very special WOW moment!!!

Heike

After a couple of days home my blood sugar kept dipping too low and I had to stop taking my diabetes medication!!! A few days!!!! Not weeks, or months like I had expected! WOW WOW WOW!!!

David

My wow moment was when my 8 year old baby girl was able to put her arms around me when giving me a hug. I realized at that moment it was all worth it. The reason I had the surgery done was to be here for her for as long as I could. 6/18/2008: 309 lbs. Today: 202 lbs.



Doug

I recently had the opportunity to make a weight loss surgery public service ad for MUSC and the wonderful team who assisted me in achieving my weight loss goals. I have been overwhelmed by the response from friends and those I barely know. Everyone has been very supportive and enthusiastic about the program. Wow would be an understatement.....

De'Andra

I had surgery April 24, 2008. As of March 2, 2009 I have lost 99 lbs. This includes the fact that I just delivered a son on January 17th, 2009. I found out I was pregnant with him when I went for my 30 day follow-up after surgery. I am so excited about getting back on the weight loss trail now that I have had my son. I look forward to getting to some meetings now that he has arrived.



David, from his wife

I need to give you a "WOW" moment for my husband, David. We were just getting ready for bed one night and something came on CNN about fat men - criticizing them for not caring, having low self esteem and not taking care of how they look. I looked at David and you could tell it cut him to the bone. Hurt was most apparent in his face. Then he quickly remembered he had lost 96 pounds since his gastric bypass last March and the cutest smile came over him when he realized he was no longer the "fat man" the news was talking about. Funny thing when you have actually lost the weight, but, your heart still remembers the over weight time.

Pam

I went to my second spinning class and actually kept up with the pack! And I am adding a second class each week on Saturdays. AND, I declined part of a chocolate bar today.

More WOW! moments coming next month. Email yours to WLS@musc.edu

New Ways to Take Calcium

Having trouble swallowing 6 calcium pills a day? (Yes, take 2 pills with each meal). Now you have some options:

Bariatric Advantage Calcium Crystals dissolve readily in water and most other liquids leaving minimal taste. They are available in Tubs or convenient individual serving packets in unflavored and Lemon-Lime. 600 mg calcium per packet. (\$0.27/pkt)

Bariatric Advantage Sugar-free Chewy Bites are individually wrapped and chocolaty tasting PLUS have 250 mg calcium (and 15 calories) each. (\$0.17/each)

Tropical Oasis is an orange flavored liquid that supplies 252 mg calcium per tablespoon. One 16 ounce bottle contains 32 tablespoons and you can buy it from our pharmacy for \$14/bottle.

Supplements at the ART Pharmacy

The Ashley River Tower pharmacy sells the vitamins and minerals that we recommend after bariatric surgery. They also sell two protein supplements: Unjury and BariCare.

Unjury is available in chocolate, vanilla, unflavored and chicken soup and per scoop has 100 calories, 20 g protein and no carbs. It costs \$25/can with 17 scoops/can.

We tested BariCare supplements at our taste-testing in December - it was yummy! It comes in chocolate and vanilla as well as a custard. The shakes are 140 calories and 20 g of protein. The custard is 130 calories and 20 g of protein but concentrated in just two ounces! It costs \$24/box of 7.

The ART Pharmacy is open Mon-Fri. 8:30 AM – 5:30 PM. Call them at (843) 876-5585. They can accommodate some special orders.

To subscribe or unsubscribe to this monthly update, email WLS@musc.edu

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Eat This, NØt That

If you visit the Ashley River Tower any time soon, you may notice the grand opening of our new Starbucks. Just be sure when you stop in for your cup of Joe, you Eat This, Not That!



Eat This,

Starbucks Oatmeal

140 calories
2.5 g fat (0.5 g saturated)
5 g protein
25 g carb (4 g fiber)
Info is for oatmeal only, without additional nuts or dried fruit



NØt That

Starbucks Pumpkin Scone

280 calories
6 g fat (3 g saturated)
2 g protein
55 g carb (0 g fiber)



Starbucks Americano (16 oz Grande)

15 calories
0 g fat
0 g protein

Starbucks Café Latte (16 oz Grande)

240 calories
11 g fat (7 g saturated)
10 g protein

What We're Eating

PB2 Powdered Peanut Butter

Thanks to Lana for introducing us to Bell Plantation's PB2 Powdered Peanut Butter. This company takes slow roasted peanuts and "squeezes out" the fat. You reconstitute 2 Tbsp. of the peanut butter powder in 1 Tbsp. of water. The result has only 53 calories (vs. 200 calories in natural peanut butter)



We had a small group taste test this reconstituted product, with rave reviews! Other ideas for this product: dip fruit directly into the powder, mix with a non-dairy frozen topping, make a milkshake or smoothie, or add it to a protein drink for improved flavor and increased protein content. This product has not been sighted in local stores. Order it online at www.bellplantation.com. PB2 costs \$4/jar plus shipping, sold in packs of 4.

Research Opportunity that Pays!

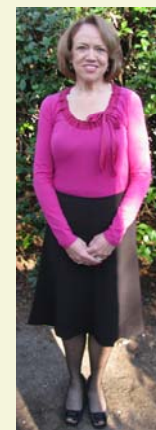
Dr. Ling is conducting a pedometer study with people with a BMI > 40. The study lasts for a month and all you have to do is wear a pedometer and record the steps you take daily. This is not an exercise intervention.

You meet with Dr. Ling twice - first to get a pedometer and second to return the step log. At both meetings they answer a short questionnaire and have some measurements (height, waist, hip and weight) taken. At the last session you get a \$15 Wal-Mart card plus you get to keep the pedometer! If you are interested, please contact Dr. Ling directly at 843.701.2508 or lingcg@musc.edu



Meet... Vicki

I underwent gastric bypass in May of 2008. The day I went in to surgery, I weighed in at 258 pounds. I suffered from hypertension, chronic backaches, bad knees and a horrible self esteem as a result of my obesity. Today at less than a year out from surgery, I weigh 142 pounds and wear a size 8, I no longer have hypertension and do not have to take advil every day for painful joints. For years I struggled and tried every diet program that I could get my hands on; I always felt like a failure, because I would lose a little weight and then gain it all back, plus some. I have tried to follow all the instructions from the wonderful team at MUSC to make my tool work. I attend the support group monthly and love to try new weight loss surgery "friendly" and healthy recipes. My husband has been very supportive in my journey and even loves and eats everything I cook. His eating habits have also improved since my surgery! I enjoy life more than I ever have. It is so nice to feel like a normal person.



today



before

This month's Recipe of the Month is Turkey Enchiladas.
Check it out at www.muschealth.com/weightlossurgery/nutrition/recipes