



Dates to Remember:

Nov 18th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Nov 18th 5:30-7 PM

“Wellness after Weight Loss” with Dr. Baker

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

Nov 25th 12:30-2 PM

Transition Nutrition (for ALL post-op patients)

Dec 2nd and 16th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Dec 9th 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Gastric Band

Dec 16th 5:30-7 PM

Open Forum

PLUS OUR ANNUAL PROTEIN SAMPLE TASTE-TESTING AND HOLIDAY DOOR PRIZES

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



Tis the Season!

When is the last year you were able to go from Halloween to New Year's Day without gaining weight? This year, go into the holiday season with a plan to keep your weight on track, your body nourished & your mind sane.

With all the food-based holidays coming up, it's important not to lose focus on your meal plan. Decide ahead of time what you are going to eat for the day. Then, write down (on paper or online) everything you eat or drink so you are less tempted to snack on extra treats or dishes. If you have party to attend, bring a high protein, low calorie plate so you have something healthy to eat. Make sure you eat breakfast – skipping meals will only make you hungrier and make it harder to make good choices at the party. Stay hydrated with calorie-free drinks.

Balance your diet by maintaining – or increasing – your exercise. Register for an upcoming walk or join a gym so you have a warm, safe place to exercise this winter. Treat yourself to some new music or a new exercise video to keep your exercise fresh. Or buy yourself an early Christmas present such as the popular Wii Fit or a new bike or new walking shoes.

Take a “time-out” once a day to de-stress and focus on your personal health goals. Sit in a quiet place and take some deep breaths or take a hot bubble bath. Make sure you still get plenty of sleep. Sleep deprivation has been linked to obesity – plus it makes it harder to eat well or get in your exercise when you are overtired.

And if Thanksgiving day is the only day of the year you can have your favorite turkey stuffing, then have a bite and enjoy – just cut back somewhere else and go for an after dinner walk.

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



ANNUAL HOLIDAY SUPPORT GROUP MEETING

Yes – we have one more holiday party to add to your busy schedule. At our Dec 16th support group meeting, we take time to mingle, talk about our positive changes over the last year and give out some great holiday prizes. We also have lots of protein shakes for taste-testing if you like. If there is a product that you would like us to have for sampling, please let us know. Hope you will join us!

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

Bariatric Surgery Program

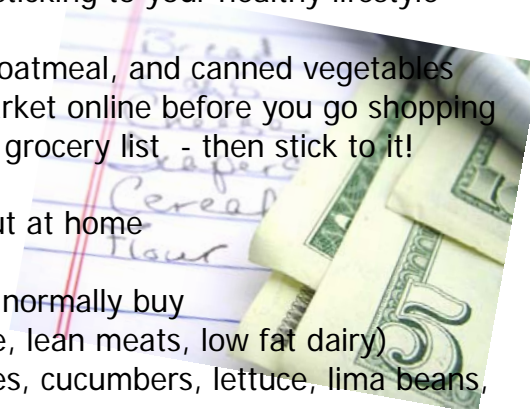
Discovering. Understanding. Healing.

Be Cheap AND Healthy

There is a common misconception that eating healthfully — including lots of fruits, vegetables, whole grains, lean meat and low-fat dairy products — is beyond your budget. You can make your healthy lifestyle work for you, even in hard economic times!

Here are some easy ways to stretch your food dollars while sticking to your healthy lifestyle after surgery:

- Stock up on non-perishable staples like beans, brown rice, oatmeal, and canned vegetables
- See what is on sale- browse sale ads, or visit your supermarket online before you go shopping
- Take the time to plan your meals for the week and make a grocery list - then stick to it!
- Use generic or store brands
- Look for bigger containers or boxes that you can portion out at home
- Use the unit price to compare prices of similar items
- Find coupons, but use them only for things that you would normally buy
- Shop the perimeter of the store for fresh products (produce, lean meats, low fat dairy)
- In season produce is always cheaper. In season now: apples, cucumbers, lettuce, lima beans, peppers, scallions, tomatoes, sweet potatoes, lettuce
- If an item is not in season and you can't freeze it for later use, it is often cheaper to buy frozen or canned versions of the food.
- You will always pay a price for convenience! If you can buy something and portion it out at home in Tupperware or glad ware, you can make your own convenience foods and save!



For more information on eating cheap and healthy, visit www.mushealth.com/weightlossurgery

Follow-up is required for life

Getting weight loss surgery is just the beginning. Follow-up with your surgeon (and dietitians!) is required for life so we can assess weight loss and nutrition status. At a minimum, we want to see you at post-op months 1, 3, 6, 12, 18, 24 and then annually for at least the first 5 years. If you need to make an appointment, call (843) 792-7929.



Parking at MUSC

Starting in January '09, we will no longer be validating for parking at our classes or support groups. If you park in a MUSC visitor lot, the cost is \$0.75/half hour (not to exceed \$3). Or, you can use the valet parking for a flat \$5. Of course, legal city parking is always an option (if you can find it!)

Come and get it, twice a month!

Support that is. Starting in January 2009 we will have TWO support group meetings each month – an evening group on the 3rd Tuesday of the month and a day group at noon on the 4th Thursday of the month. Both groups will be held in the first floor auditorium of the Ashley River Tower. The first half hour will continue to be an informal meet and greet to allow you to mingle and chat with other patients and support persons. Our full schedule for support group can be found on our website under “classes and resources”.



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

Bariatric Surgery Program

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Eat This, NØt That

The typical Thanksgiving dinner averages over 2000 calories! Not this year if you Eat This, Not That!

Eat This,

- Skinless turkey breast (30 cal/oz)
- Steamed or canned green beans (22 cal/half cup)
- Small, baked sweet potato, topped with applesauce (75 cal)
- Stuffing (180 cal/half cup)
- Baked apple (80 cal)



NØt That

- Fried turkey (50 cal/oz)
- Green bean casserole (130 cal/half cup)
- Candied yams (150 cal/half cup)
- Stuffing with gravy (280/half cup)
- Apple pie (300 cal/one-eighth slice)

Also watch out for cranberry jelly which has 20 grams of sugar per quarter cup. Try our sugar-free cranberry sauce recipe and some of the pumpkin recipes we have in our recipe corner – crustless pumpkin pie, high protein pumpkin pudding, pumpkin cheesecake, etc.

What We're Eating

Think outside the crust for holiday goodies this year! Pumpkin puree is high in fiber, potassium, and vitamins A & C and even has trace amounts of protein.



Nina created a healthy version of pumpkin ice-cream: Mix equal parts pumpkin puree (1/4 c) and lite cool whip (1/4 c) and add some pumpkin pie spice (allspice, nutmeg, ginger, cinnamon), and about 3-4 packets of Splenda. Put it in the freezer and enjoy this 60 calorie dessert! Visit our Recipe Corner for more recipe ideas using pumpkin puree.

One-on-One Nutrition Counseling

Debbie and Nina, your registered dietitians, are now available for one-on-one nutrition counseling. Appointments are currently available on Fridays at 12, 1, 2, and 3 pm. Call 843-792-7929 to schedule a session with the Bariatric Dietitian. You will register at the Outpatient Clinic on 1st floor of ART and be seen in clinic. This service does generate a fee.

MORE Cooking Videos

If you are looking for more cooking videos beyond what you find at our website, try some of these:

- www.monkeysee.com (also has videos on how to exercise)
- www.youtube.com (search for "cooking")
- www.foodnetwork.com/how-to/index.html
- or – the best yet – for cooking demos and weight loss commentary by AJ and Becky
www.youtube.com/watchmegetskinny.com

If you prefer "live" lessons, check out Fork and Spoon Kitchen Studios in West Ashley (475-0629), Charleston Cooks downtown (722-1212) or Janet Gaffney's The Art of Cooking in Mt. Pleasant (971-7871)

Meet...Deb

Hello, my name is Debra. I had gastric bypass Dec. 20, 2006 performed by Dr. T.K. Byrne. I have worked with Dr. Byrne since July 2003, therefore, I have had first hand experience with gastric bypass patients. After working with Dr. Byrne & his wonderful staff, I decided 2 1/2 years later to move forward with having it done. I decided in June 2006 to have the surgery after 15 years of battling with hypertension & knee problems.



before



today

Having gastric bypass gave me another chance at life. It changed my whole life mentally & physically. In one month, I had lost 36 lbs, at 3 months, I had lost 67 lbs & at 6 months I had lost a total of 98 lbs. One month shy of 2 years & I have lost a total of 136 lbs. I went from a size 30-32 in clothing to a size 12-14. I get my support from Dr. Byrne, GI staff & gastric patients. My health is so much better. I walk & ride my bike long distance now without having shortness of breath, I feel good about myself, my whole outlook on life has changed. I am truly a new creation inside & out. I thank God for Dr. Byrne & his staff who has given me the best of care & support these last 2 years.

This month's Recipe of the Month is Shrimp Seviche.

Check it out at www.mushealth.com/weightlossurgery/nutrition/recipes