



Dates to Remember:

Oct 21st 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Oct 21st 5:30-7 PM

Open Forum

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

Oct 28th 12:30-2 PM

Transition Nutrition
(for ALL post-op patients)

Nov 4th and 18th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Nov 11th 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Gastric Band

Nov 13th 6:30 PM

Holiday Festival of Lights
Holiday Fun Run and Walk

<http://www.cprc.com/in dex.asp?NID=1060>

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



Trick or Treat?

Halloween, and the holidays in general, are coming! Before you decide whether or not to indulge in a little treat, consider this. One M&M is 5 calories of sugar-coated chocolate composed of 39% fat, 55% carbohydrate and 6% protein. Not exactly a balanced meal but kids of all ages do admire the array of red, green, yellow, blue and brown candies. To burn off a single M&M (regardless of its color), you need to walk 48 seconds on a treadmill at 3.5 mph and a 5% grade (or incline). Or you could walk the length of a football field – end zones included (based on a 150 pound person).

Not too bad except who eats just one M&M? The small 55-cent bag holds about 50 shiny pieces, otherwise known as a handful. To burn a bag of 50, you're talking 50x48 seconds of treadmill walking or 2400 seconds, commonly called a 40-minute aerobic workout.

How does this compare with other treats? 1 package of Twix is 45 minutes of treadmill walking. A snip of celery...10 seconds. 1 slice of pecan pie... 1 hour and 20 minutes. One apple... 9 minutes. One piece of hard candy 5 minutes. A Big Mac, fries and a shake 4 ½ hours!

You can calculate how long it will take to burn off a holiday treat. Take the calories in your treat and divide by 6. That equals how many minutes of walking (example: 1 serving of candy corn has 100 calories. $100 \div 6 = 17$ minutes of walking). Remember – the slower your pace, the more minutes you need to walk.

Keep Moving,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian



Grocery Store Tours

We've had 4 fantastic grocery store tours this year. The next grocery store tour will not be until next year. However, if you've missed a tour, you can find our handouts on the website in the recipe corner. If you have a particular grocery store you would like us to tour, please let us know. Consider that tours are done in the afternoons (specifically the 5th Tuesday of the month when we don't have other classes) when the stores are less crowded and more willing to accommodate 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.

Double the Support

We are excited to announce that starting in January 2009 we will have TWO support group meetings each month – our traditional evening group on the 3rd Tuesday of the month and a new group at noon on the 4th Thursday of the month. Our psychologists Dr. Josh Brown and Dr. Pat O’Neil will help us facilitate some of these groups and will be addressing behavior-based challenges after surgery. (For those of you who’ve been advocating for POSTOP, this is our way of incorporating those much needed topics into our well established, fabulous support group). For those of you who have been coming to support group for years, you will remember that Josh attended group regularly but has not been able to since we moved it to Tuesday nights – welcome back Josh!



Dr. Josh Brown

Both our evening and daytime groups will be held in the first floor auditorium of the Ashley River Tower (we validate parking in the garage but not the valet parking). 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” but here is a glimpse of what you can expect over the next few months:

	EVENING GROUP 3 rd Tuesday of the month, 5:30-7 PM	DAYTIME GROUP 4 th Thursday of the month, 12-1:30 PM
Nov	18 th “Wellness after weight loss” with Dr. Megan Baker	NA
Dec	16 th Open Forum (protein sampling & holiday door prizes!)	NA
Jan	20 th “Meet the Team” with the MUSC Bariatric Surgery Team	22 nd “Stress Management” with our psychologists
Feb	17 th Open Forum	26 th Open Forum with our psychologists
Mar	17 th “Motivating yourself for long-term change” with our psychologists	26 th TBD



Dr. Pat O’Neil

Hope to see you soon!

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.



Old News

If you are new to our email list and would like to read some of our previous newsletters, we have just posted them all on our website. Visit the Nutrition Nook on our website and click “old news”. Newsletters are listed by month. You can view them all on screen but they don’t all print well. The format was changed in August to make them more printer friendly. (However please consider the environment before printing).



Our New Band PA - Stephanie

Stefanie Owczarski is very excited to join the weight management team at the Medical University of South Carolina. She graduated from the University of Florida in 1999 with a Bachelor of Science in Exercise and Sport Sciences; and in 2002 with a Masters Degree in Physician Assistant Studies. She has been with the Department of Surgery at MUSC since 2003. Stephanie is available in clinic and will be taking a very active role with our band patients. She has always been interested in health and fitness, and is excited to help Bariatric patients achieve their wildest dreams.

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

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Eat This, NØt That

Yes, it's true, sometimes you have to eat on the run. Taco Bell's pinto beans *can be* a good choice, if you

Eat This,

Fresco Style Pintos – beans, fiesta salsa, red sauce
120 calories
2g fat (*0g saturated*)
6g protein
7g fiber



NØt That

Pintos 'n Cheese – regular style with beans, cheddar cheese and red sauce
160 calories
6g fat (*3g saturated*)
9g protein
7g fiber



Order just the beans for 100 calories, 2g fat, 5 g protein, 7g fiber. Also, Taco Bell's Fresco Menu offers a calorie reduction of 20-110 calories. "Fresco" means they replace the cheese and sauce with fiesta salsa. Keep in mind that items still have 150-350 calories and up to 3 servings of starch, 1-2 fats, and only 1 meat serving.

What We're Eating

If you've talked to Nina lately, you know how she loves these new peel and eat Chicken of the Sea tuna and salmon cups.



These easy-to-open cups give you a quick protein source. With no draining required, this wild-caught tuna and salmon is perfect for on-the-go lunches and snacks. Enjoy them alone, toss them on salads or stuff them in a pita! Each single serving container serving provides 80 calories, and 14-18 grams of protein.

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. We can help:

- create personalized meal and exercise plans
- increase your knowledge about healthful food choices
- teach you how to shop for and prepare healthful meals
- provide you with realistic ways to lose or maintain your weight
- get you through a weight plateau
- assist in setting a reasonable calorie intake by testing your resting metabolic rate.

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.

Meet...Debra

Hello, my name is Debra. I had gastric bypass February 7, 2008 performed by Dr Byrne. From my 1st visit I have had exceptional care from his staff. One month after surgery I had lost 34 lbs. 3 months after surgery I had lost 63 lbs & 6 months I had lost 84 lbs. Dr Byrne is straight & to the point & I respect him for that. Dianna, his physician assistant is wonderful & puts you at ease. Debbie & Nina, the dieticians, also are direct & helpful so that you get all the nutrients & supplements you need. I have had no complications with my surgery.



before



today

Attending the monthly support group has been a great tool to my weight loss. Having others supporting you along the way is very helpful. I can't express enough how much better I feel physically, mentally & emotionally. I am walking 3 to 4 miles five days a week & riding my bike 4 miles two days a week along with doing light weight for toning. My health is so much better. I can't say enough about Dr Byrne and his team.

This month's Recipe of the Month is White Bean Dip and Black Bean Salsa. Check it out at www.mushealth.com/weightlosssurgery/nutrition/recipes