



Dates to Remember:

Sept 16th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Sept 16th 5:30-7 PM

Bariatric Surgery Support Group
"Food and Mood" with psychologist
Dr. Sherry Rieder

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

Sept 23rd 12:30-2 PM

Transition Nutrition
(for ALL post-op patients)

Sept 27th 11 AM

Walk From Obesity
Grand Park
Myrtle Beach, SC

To register, visit
www.walkfromobesity.com
and click on join a walk/Eastern South Carolina

continued...



Bariatric Surgery Program

Discovering. Understanding. Healing.

Fuel that Workout!

Exercise is an essential component of your new weight loss lifestyle. While you cut back on the amount of food you eat overall, don't skimp on the snack you have before your workout or you'll "hit the wall" and feel fatigued before you complete your routine. Eating well and staying hydrated are important parts of your training.

Carbohydrates, which are stored in the liver and muscles and circulate in the blood, provide the body with fuel so you can work out harder! Eat a carb-based snack 1-2 hours before your workout, such as a light yogurt and small box of raisins, or one packet of oatmeal made with milk, or one small banana and a handful of dry cereal. Avoid high fat choices which can cause GI distress during a workout. Recovery snacks are important too. It is within the first hour after exercise that your body starts repairing itself for tomorrow's workout. Eat a carb + protein snack such as a glass of low-fat milk, or a piece of wheat toast with a slice of deli meat or celery sticks stuffed with peanut butter and raisins.

Hydrate *before* your workout by sip, sip, sipping all day. Sip enough during your workout that you don't lose more than 1-2 pounds during exercise from sweat.

While the calories you eat to promote a good workout are the most important calories of the day, your calorie needs don't necessarily increase with exercise (unless you are doing >450 min/week). In other words, don't eat more just because you are working out!

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



Grocery Store Tour Sept. 30th

We have had many requests to do a grocery tour in the north area and one of our support group members told us about the new Super Bi-Lo in Hanahan, not far off I-526 or Park Circle. Please register for the grocery tour by calling 876-4867. We will tour the store on Sept. 30th from 2:30-3:30 (it's a big store so wear your walking shoes!). We will meet at the customer service desk. The Super Bi-Lo is located at 1000 Tanner Ford Rd. in Hanahan. Their phone number is 553-4077 if you need directions but be sure to call US to register.

To subscribe or unsubscribe to this monthly update, email WLS@musc.edu
Our support group topics, information on classes and nutrition tips can be found at

www.muschealth.com/weightlossurgery



Dates to Remember:

Sept 30th 2:30-3:30 PM
Grocery Store Tour
Super Bi-Lo
1000 Tanner Ford Blvd
Hanahan
Call 876-4867 to register

Oct 7th and 21st
12:30-2:30 PM
Mandatory pre-op
nutrition class for
gastric bypass

Oct 14th 12:30-2 PM
Mandatory pre-op
nutrition class for
Adjustable Gastric
Band

Oct 21st 5:30-7 PM
Bariatric Surgery
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

Discovering. Understanding. Healing.

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.



Nutrition Tip of the Month

Hurricane Checklist

Have shelf-stable, healthy food choices in your hurricane preparedness pack:

- Protein: canned chicken, tuna in a pack, jar of natural peanut butter, can of fat-free refried beans, can of nuts
- Dairy: powdered milk, milk in aseptic packages (like juice boxes)
- Vegetable: cans of V8 or tomato juice and canned veggies like carrots, green beans, peas, corn, beans, artichokes...
- Fruit: shelf-stable individual packs of applesauce, and fruit cups (canned in its own juice) or dried fruit like raisins
- Starches aren't that important but a box of Cheerios will do. No added fats required.
- Fluid: at least one gallon per person per day.

Don't forget your can opener. All of these foods listed can be eaten without being heated. Pack some hand sanitizer and plastic forks – then hope for good weather!

Crispy Snack

Crispy Greens is a line of freeze-dried fruit (think, astronaut food), available in Fuji apple, apricot, Asian pear, pineapple, and peaches. Fresh, ripe fruit is freeze-dried in a cold vacuum that leaves behind a crunchy, shelf-stable serving of fruit. Try them in cereal, yogurt or baked goods or just straight out of the pouch. They are perfect for the "emergency" snack you keep in your purse or desk drawer. These are also a great toddler snack.

Calories range from 36-39 with 1 g fiber per 10 g serving. Price is \$1.50 per serving can be found locally at Earth Fare.



Walk From Obesity

Advanced Surgical Associates, The American Society for Metabolic and Bariatric Surgery (ASMBS) Foundation and the Obesity Action Coalition (OAC) will host the Eastern South Carolina "Walk from Obesity" in Myrtle Beach at Grand Park, across from The Market Common, on Saturday, September 27th. Registration will begin at 9 AM and the event will kick off at 11:00 AM.



The cost to participate in the Walk is \$25. To register for the 2008 "Walk from Obesity," please visit www.walkfromobesity.com and click on join a walk/Eastern South Carolina.

This month's Recipe of the Month is Spicy Pork with Watermelon Salad. Check it out at www.mushealth.com/weightlossurgery/nutrition/recipes