



Dates to Remember:

Dec 20th & Jan 3rd
12:30 – 2:30 PM

Mandatory pre-op nutrition class for gastric bypass & sleeve gastrectomy

By Appointment Only
Mandatory pre-op nutrition education session for Adjustable Gastric Band
Call your RD to schedule

December 20th
5:30 – 7 PM

Support Group

It's our annual HOLIDAY group with tastings, door prizes and more.... you don't want to miss it!

There will be NO daytime support group this December - See you in the New Year!

NEW! Starting in 2012

Support Group
NEW Time!

First Saturday of every EVEN Month 9-11AM
(Feb, Apr, June, Aug, Oct, Dec)

Post-Op Education
NEW Class!
'the FLIP side'

Every 4th Tuesday of the Month from 12:30-2 PM

Group Therapy for Post-op Patients
NEW Time and Topics!
Every Thurs from 4-5PM
@ Behavioral Med Clinic
Register (843) 792-0686



New Year, New Classes, New You!

The MUSC Bariatric Surgery Program is constantly evolving to meet your needs, and we hear you! Starting in January 2012, we have several program changes that will help support you as you are changing!

Support Group

We heard that many of you would like to come on Saturday. You got it! Our Evening Group is the **3rd Tuesday of the month from 5:30 – 7 PM**
Our Saturday Group is the **1st Saturday of the month on EVEN months only** (Feb, Apr, June, Aug, Oct, Dec) **from 9-11 AM**
<http://www.muschealth.com/weightlosssurgery/classes/support.htm>



the FLIP Side

A NEW instructional seminar for **post-op** patients on how to maximize your weight loss - and maintain your minimum - after bariatric surgery. Come check your weight, review your diet and set long-term goals. Classes are offered the **4th TUESDAY of each month 12:30 PM - 2 PM**

Post-op Group Therapy

The MUSC Behavioral Medicine Clinic offers group treatment for individuals post bariatric surgery on **Thursdays at 4-5 PM. You must register** - Call us at (843)792-0686 to register. Insurance will be billed and you will be responsible for any co-payments. Topics rotate and include:

- 1st Week – Managing Emotions
- 2nd Week– Navigating Relationships post-surgery
- 3rd Week– Getting comfortable with the NEW YOU
- 4th Week– Bypassing and recovering from slips and pitfalls



Can You Hear Me Now?

Subscribe to our **Weight Loss Surgery Podcast Series** by visiting our webpage at: <http://www.muschealth.com/weightlosssurgery/podcast.htm>

Listen as members of our interdisciplinary team provide you with information and tips at significant time points after surgery, emailed straight to your inbox.



LIKE us on Facebook, 'MUSC Weight Loss Surgery Program'

MUSC's bariatric surgery team now has a fan page on facebook. LIKE us to stay up to date with classes, support groups, grocery store tours and more. Post what you're up to, connect with your bariatric buddies and swap tips for success!

WOW Moments: Keep the WOW moments coming!



"Thanks for making it possible to take this picture! It was taken on the Sunday closest to Veterans Day this year. For the first time in over twenty years, I can wear my old Navy uniform... the one I was commissioned in, in 1983! Thanks for all you guys do every day to help us, and encourage us, to make the program work for the long haul!"

Robert (bypass 8/2010) on Veterans Day in his old Navy Uniform!



Lorne (sleeve 8/2011) and son are logging some miles at the *Waves and Wishes 5K* on Folly Beach

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

Bariatric Surgery Program

Discovering. Understanding. Healing.

Eat This, NØt That

Mount Pleasant just got a new P.F. Chang's China Bistro at Town Center, and it's a really popular chain. They have several tasty-sounding options, but you have to be careful here with gooey sugary sauces, and the obscene amount of salt they add to most dishes. They have their Nutritionals online (<http://www.pfchangs.com/menu/nutritionalinfo.aspx>) but you have to be careful and look at the 'servings per dish' column, which is tricky! Make an informed choice and Eat This, Not That!



Eat This

Seared Ahi Tuna Appetizer:

(1 order = 2, 4 oz servings)

Nutrition for 1 order

320 calories

20 g protein

22 g fat

14 g carb (1780 mg sodium)



NØt That

Kung Pao Shrimp:

(1 order = 3, 5 oz servings)

Nutrition for 1 order

840 calories

63 g protein

51 g fat

36 g carb (3249 mg sodium!)



All seafood is not created equal; go for things without sauces and no breading! Other good choices here include Buddha's Feast (steamed) from the Kids Menu (6 oz portion = 60 calories, 0 g fat), Egg Drop Soup (7 oz portion = 60 calories, 3 g fat), Shanghai cucumbers (40 calories) or spinach stir fried with garlic (53 calories). Be careful of the rice, even brown rice has 190 calories in a 6 oz (3/4 cup) portion. Spend your calories on a lean protein and some tasty veggies!

What We're Drinking

Lipton Brisk Sugar Free Orangeade Juice Drink

A few weeks ago, a patient brought me a nice refreshing cold beverage in clinic and it was a delicious alternative to water – Brisk Sugarfree Orangeade and Lemonade are calorie-free, non-carbonated, and sweetened with a non-caloric sweetener. They can be found in some Bi-Lo and Publix stores. Check online at: <http://www.pepsicobeveragefacts.com/> or <http://drinkbrisk.com>



What We're Supplementing

Women's One-A-Day PETITE Multivitamin

All weight loss surgery patients need a complete multivitamin everyday for the rest of their life but many of you have trouble with the large multivitamin pills or hate the taste of chewable vitamins. There is a new option out there – petite versions of the women's one-a-day. Two (2) petites = One (1) regular sized multivitamin, so adjust accordingly. Can be found in most supermarkets and drugstores. <http://www.oneaday.com/>



Websites Worth Checking Out

Wear-N-Share (<http://www.wearnsharellc.com/>)

Wear-n-Share is an online resale clothing site designed to make it easier for those who had surgery to look stylish and professional throughout the process of losing the weight after surgery. Typically the fee is \$15 per year, but if you join before December 31st, membership is FREE for 120 days.



Obesity Action Coalition Bias BUSTERS

(<http://www.obesityaction.org/gettinginvolved/biasbusters/overview.php>)

Help BUST weight bias and stigma by providing an example of weight discrimination that you have experienced – email biasbusters@obesityaction.org to share your story

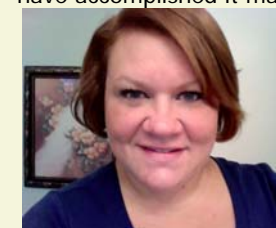


Meet... Brandy

My journey to weight loss began on March 30th, 2011. It was last day of the "old" me and the first day of the "new" me, at my heaviest I was 224. Right away I started to feel a difference. By the time I came home from the hospital on April 2nd I had already lost 10 lbs. Within two weeks I felt strong enough in my recovery to begin walking, and finally enough strength and stamina to begin running. Now, everyday I run for 30 minutes straight and have lost 96 lbs. I reached my goal of 130 lbs. which is perfect for my 5ft frame. I am a whole new



today



before

person with a new view on life. Though, I must admit that every single day is a challenge being that I am face to face with food everyday, I am determined to not go back to where I was at the beginning of the year. It is like a drug and I have to take it one day at a time. But every time I look in the mirror at what I have accomplished it makes it so much easier to look

away from the calories that are staring me in the face. It is a tough road, it is trying, and something "you" have never experienced before. But it can be done if you have the heart and will to live!