



Dates to Remember:

Aug 16th & Sept 6th
12:30-2:30 PM

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

Aug 16th
5:30 – 7 PM
Support Group
Open Forum

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

Aug 23rd
12:30 – 2 PM
Support Group
Open Forum

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

Aug 30th
12 – 4 PM

Bariatric Bootcamp for the post-op gastric bypass or sleeve patient.

Registration and \$40 fee are required.

Call 876-4867 for more info

Sept 13th
12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

NEW! Group Treatment for Post-op Patients

**Every Thurs, 11 AM -12 PM
@ Behavioral Med Clinic
Register (843) 792-0686**



Bariatric Surgery Program

Discovering. Understanding. Healing.

Healthy Selfishness – a good thing to have

During our July support group meetings, Dr. Goldman led us in some great discussion. Read more on her thoughts [here](#).

Surgery makes it physically easier to adjust your eating and lifestyle habits, but YOU still have to do some work. Surgery is NOT a quick fix nor is it the end; it is the beginning of a journey towards health and lifestyle changes.

We all have choices to make. We may wake up and decide to do our morning exercise, or we may decide to skip it; we may decide to eat a healthy breakfast, or an unhealthy breakfast. There are many decisions that we make in life and every day we are confronted with several decisions. YOU decided to have bariatric surgery. YOU decided to get healthy, but now YOU have to decide to continue on that journey.



Sometimes your decisions may feel 'right' but other times not. We need to accept the decisions that we make, but we also need to constantly be revisiting our decisions and allow ourselves to be flexible. Maybe you decide to participate in your morning exercise, but then you feel guilty for taking that time away from other things. First of all, it was your decision, so own it. Secondly, think about why you made that decision to begin with. Did you do it because it seemed appropriate at the time? Did you do it to make yourself feel better? We all deserve to do things in life that make us feel better and that promote physical and emotional health. We have needs and are entitled to fulfill them. This is a "healthy selfishness" - knowing what you need to do and allowing yourself to achieve it.

You need to take control of your health and your life. Ask those around you for support and to cooperate with your efforts. It is not easy, there can be rocks in the road, but we can always step over them, or take another path to get to the same place. This is the beginning of your journey; don't let those rocks become boulders; don't allow others to take control of your life. You decided to have bariatric surgery for a reason. Think back to the initial reason you chose to pursue surgery. Keep breaking that thought down to the essence of what you truly wanted. What does it mean to lose weight? Inevitably you pursued surgery to get healthy. Perhaps you wanted not to have to use a CPAP machine any longer, to not have to take all of those medications, to be able to be active and enjoy your family, to be able to ride on an amusement park ride, or to be able to comfortably walk around the mall.

You made a decision to get healthy. So, make a decision to be okay with having a healthy selfishness. Accept it, own it, and do it! Allow yourself to continue the journey of health and you WILL succeed!

Rachel L. Goldman, Ph.D. - Post-Doctoral Fellow, Bio-Behavioral Medicine

Our support group topics, information on classes and nutrition tips can be found at

www.muschealth.com/weightlossurgery

Bariatric Surgery Program

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Grill This, NØt That

The weather is just about perfect for firing up that grill and inviting the neighbors over for a meal. Pre-portioned, frozen turkey patties can be an easy alternative to beef. Just be sure to double-check that package since not all turkey patties are low fat. Look for turkey burgers that are made of 100% white turkey. If you make your own, look for ground turkey BREAST that's at least 97% lean. While the calories may not be different, the fat content will be significantly lower, meaning the protein is higher. You will get better nutrition for the same caloric cost when you Grill This, Not That!

Grill This

Turkey Bubba Burger
(1/4 lb or 4 oz burger):
160 calories
5g fat (1.5g saturated)
25 g protein



NØt That

Jennie-O Turkey Burgers Original
(1/4 lb or 4 oz burger):
170 calories
12 g fat (3.5g saturated)
16 g protein



What We're Drinking (out of)

Thermos Thermax Insulated Water Bottle

One of our patients turned us on to this hot item which uses stainless steel double-wall vacuum insulation to provide maximum temperature retention even in the blazing sun! She said she'd ride around town for hours with her ice cold water, the ice cubes never melting. Fill it up with Powerade ZERO, Propel ZERO, or tap water flavored with Mio. Find it online at target.com.



Bariatric Bootcamp – it's for YOU

This half-day class is designed specifically for the post-op patient (bypass or sleeve) to help you better understand your bariatric procedure and how to maximize your weight. It is NOT an exercise program or only for those who have lost their weight or regained weight. This class just one a **NATIONAL AWARD** for contributing to original and innovative efforts in food and culinary education. We are now only offering this class only once or twice per year so don't miss it! **Registration is required by 8/19/11.**
<http://www.muschealth.com/weightlossurgery/classes/bariatricbootcamp.htm>

We will focus our discussions on:

- A review of your new anatomy after bariatric surgery (bypass or sleeve) and tips on how to maximize the mechanics of your procedure
- The food groups, including hands-on measuring of appropriate portions, taste-testing and cooking tips
- Products we love, Grocery shopping, and eating out
- Exercise goals and realistic expectations
- Tools for monitoring long-term success

Bootcamp Basics:

- **½ day program, 12 PM – 4 PM**
- **Tuesday, Aug. 30, 2011**
- 1st floor Auditorium
- Ashley River Tower on 25 Courtenay Drive
- **\$40 fee** due with registration, includes calorie controlled lunch, tastings and a binder of information of unspeakable value



Meet... Michelle

I am a 36 year old wife and mother of a 7 year old son. I had gastric bypass surgery with Dr. Byrne on 12/8/10. My pre-surgery weight was 225 lbs and I wore a size 18W - 20W. Because of my weight I had cholesterol and liver problems and was unable to run and play with my son because my legs hurt so much from my heavy weight. I tried various diets and even went through the MUSC weight management center only to lose 10 lbs and gain all of that back plus some. I worried that I would not get to see my son grow up. All of that has changed now thanks to Dr. Byrne and his staff. It has only been 7 months, and I have already lost over 80 lbs. I am



today



before

down to a size 10 and feel great. Since my surgery, my health problems are gone and I have a great deal more energy. I have an active life again and am able to keep up with my son now. I am so glad I had this surgery and would recommend it to anyone who wants to enjoy life!