



## Dates to Remember:

December 15<sup>th</sup> and Jan 5<sup>th</sup>  
12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

December 15<sup>th</sup> 5:30-7 PM  
Support Group  
Open Forum and Annual Protein Sample Taste Testing PLUS Holiday Door PRIZES!

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



December 22<sup>nd</sup> 12:30-2 PM  
Transition Nutrition  
(for ALL post-op patients)

There will be **NO DAYTIME Support Group** in December due to Christmas Holiday

**DAYTIME Group will START up every 4<sup>th</sup> Tuesday from 12:30-2:00** (will replace Transition Nutrition Class)

January 12<sup>th</sup> 12:30-2 PM  
Mandatory pre-op nutrition class for Adjustable Band

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



## We've Got Spirit!

It's hard not to be festive this time of year! We'd like to carry that enthusiasm over to the next year by developing our team spirit!

We would like to do more events as a group in 2010, such as walk the Bridge Run together. To be able to identify ourselves as a team, we are making hats (T-shirts would be too big, of course, the day after you bought them!)

When we asked for ideas for the hat's slogan, we had an overwhelming response – thank you all! We have narrowed it down to four:

1. I'm losing it
2. Given the tool
3. I lost it at MUSC
4. Why Weight?



You will be able to place your vote at the Dec. 15<sup>th</sup> support group. We will also be pre-selling the hats at the group meeting. Hats will be sold for \$10 (checks or money order to UMA). We will not ship them so you will have to pick them up at the January group meeting (or any future group meeting) or in our clinic (a great time to stop by for a weight check).

Even if you aren't into group events, we hope you will find new ways to become physically active next year. Try training for a local area race. You can find races of all distances on the Charleston Running Club's calendar at [www.charlestonrunningclub.com](http://www.charlestonrunningclub.com). Or join a 10 week training camp for the 2010 Cooper River Bridge Run at [www.musc.edu/hsc](http://www.musc.edu/hsc) - camps start Jan 12<sup>th</sup>.

We do hope you join us for our Dec 15<sup>th</sup> support group at 5:30 PM where we will have PLENTY of protein supplements to taste test, over a dozen gift bags to give away, a special contribution from Earth Fare, music, lights and plenty of holiday spirit!

Happy Holidays,  
Debbie Petitpain, MS, RD  
MUSC Bariatric Surgery Dietitian



### 'Back On Track' is BACK... The next session starts January 8, 2010

If you are 18+ months from surgery with suboptimal weight loss or weight regain, then Back on Track is just for you! The 6-week program will be held Fridays, Jan 8<sup>th</sup> to Feb 12<sup>th</sup>, 2010 from 12:30-2 PM. The \$250 fee includes: Six 90-minute classes, support from your peers, personal coaching from the dietitians and a commitment to your success! For more info, visit [www.mushealth.com/weightlossurgery/classes](http://www.mushealth.com/weightlossurgery/classes)

**You must be paid and registered by 12/31.**

Our support group topics, information on classes and nutrition tips can be found at [www.mushealth.com/weightlossurgery](http://www.mushealth.com/weightlossurgery)

# Bariatric Surgery Program

Discovering. Understanding. Healing.

## Drink This, NØt That

Starbucks is notorious for their high-calorie beverages, and after any bariatric surgery, you should avoid liquid calories! Enjoy the music, atmosphere, and coffee (just coffee) at Starbucks and you can Drink This, Not That! Starbucks publishes nutrition facts at [http://www.starbucks.com/retail/nutrition\\_info.asp](http://www.starbucks.com/retail/nutrition_info.asp), so find out if your favorite coffee "drink" is worth it!



### Drink This,

Skinny Vanilla Latte, Tall (12 oz.):  
(made with espresso, steamed nonfat/skim milk,  
sugar-free vanilla syrup, and foam)

90 calories

0 g fat (0 g saturated)

9 g protein

14 g carbohydrate (12 g sugar)

Picking the 12 oz instead of the 20 oz saves 70 calories!

ALWAYS: Hold the 'whip', use nonfat/skim milk, and use only SUGAR-FREE syrups (vanilla, hazelnut, caramel, cinnamon dolce & mocha)



### NØt That (caution, will cause dumping!)

Eggnog Latte, Venti (20 oz):

(made with whole milk)

630 calories

30 g fat (18 g saturated)

21 g protein

69 g carbohydrate (64 g sugar!)

Even the Tall (12 oz) with nonfat/skim milk has 350 cals, and 39 grams of sugar!



## What We're Reading

*The ART of Healthy Cooking Cookbook*

This cookbook is a collection of 500 healthy recipes with a nutritional analysis by a Dietitian. The hardcover recipe collection features colorful artwork from the Ashley River Tower! The book costs \$26, and MUSC student scholarships, healthy lifestyle/educational tools for children who are overweight, and pedometers for MUSC employees



Email [artcookbook@musc.edu](mailto:artcookbook@musc.edu) or call Janet Carter at 843-792-4717 to order your copy today! These make great holiday gifts!

## Weight Loss Surgery on YouTube

Nina and Debbie travelled to Greenville, SC on November 14<sup>th</sup> to talk with a group of patients who support each other through YouTube. Two of our patients, AJ and Becky Clay invited us to present ways to ensure success after surgery and generated discussion about how to overcome weight loss plateaus and how to keep motivated for long term weight maintenance.



Visit their site at:

<http://www.youtube.com/user/watchmegetskinny>.

Join us as we present this topic, "The Top Ten Ways to Maintain Your Weight Loss Following Bariatric Surgery" at our first DAYTIME SUPPORT GROUP IN 2010, TUESDAY JAN 26<sup>th</sup>, 12:30-2:00.

## Meet...AJ



Before

Eighteen months ago, on May 28<sup>th</sup>, 2008, I had gastric bypass surgery under the hands of Doctor Byrne. Since then I have lost 167 pounds (from 360 to 193 lbs), 20 inches in my pants size (from size 54 to 34) and more importantly I lost the stigma of being fat and lazy. Here is my story. Here is who I am.

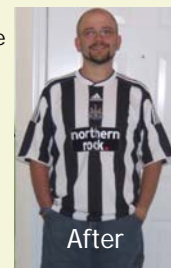
Nearly 4 years ago I was approached by a "Normal" sized man who said, "What if I told you I used to be bigger than you?" Weighing 360 pounds I laughed and said "whatever!" He then pulled his driver's license from his wallet. I was amazed to see his "Heavy" self as well as 410 pounds printed in black ink. That was the first time I heard the name Thomas K. Byrne. THAT moment changed my life forever.

My wife, Rebecca (who was overweight as well) started researching the procedure and the various options we had for weight loss surgery. On July 13<sup>th</sup> 2007 she was the first to have the surgery. I was scared more than words could explain. But this was what we needed to do to attempt a long and healthy life together. Due to insurance hurdles I had to wait another 10 months before I had my surgery, in this time Rebecca went from 335 pounds to 165 pounds. Literally half the size!

At the time of my surgery neither of us had any family living in the area, so I came up with a unique way to show my journey, I documented my weekly weight loss on video and posted regularly on YouTube. (<http://www.youtube.com/watchmegetskinny>) Even though the original reason was to show my parents my progress, it did not take long until I noticed there was a greater purpose. This is when I realized how important a support group is. I have met hundreds of people just like me on YouTube and over the months they have helped me stay focused on my goals and in return I have helped them stay focused on theirs. Rebecca also does cooking videos to show the style of foods we now eat on a regular basis. (<http://www.youtube.com/pouchfriendly>)

We often take a step back and realize how thankful we are for all the good that has happened in our lives, it doesn't take the holidays to remind us. I am thankful for that man who approached me 4 years ago. He did not know my name, but he knew my misery.

To date we currently have nearly 2500 subscribers to our YouTube channels. I like to think this is my way of going up to a perfect stranger and saying "What if I told you I used to be bigger than you?" You never know the impact a simple question might have on the rest of someone else's life.



After

Need ideas on what to cook? Check out our recipes and cooking demos at [www.muschealth.com/weightlossurgery/nutrition/recipes](http://www.muschealth.com/weightlossurgery/nutrition/recipes)

To subscribe or unsubscribe to this monthly update, email [WLS@musc.edu](mailto:WLS@musc.edu)