



Dates to Remember:

Jan 17th

12:30 – 2:30 PM

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

Jan 17th

5:30 – 7 PM

Support Group

“Meet the Team” with our surgeons, PA, coordinators and dietitians!

NEW Class!

Jan 24th

12:30 - 2 PM

Post-Op Education:
‘the FLIP side’

NEW Saturday Group!

Feb 4th

9 – 11 AM

Support Group

Jan 31st

3 – 4 PM

Grocery Store Tour:

Easy Steps to Clean Eating

Piggly Wiggly

1739 Maybank Highway

James Island

YOU MUST REGISTER

876-4867

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

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



Bariatric Surgery Program

Discovering. Understanding. Healing.

Let us catch you on the FLIP side

Join us this month for a NEW instructional seminar for **post-op** patients on how to maximize your weight loss - and maintain your minimum - after bariatric surgery. We know that the pre-op nutrition class can only prepare you so much for what life is like AFTER surgery. Once you get through the portal and start walking the walk and talking the talk, you have a whole new list of diet and lifestyle questions and concerns to bring to the table! We will also celebrate the anniversary of anyone with a surgery date that month, plus you can check your weight, review your diet and set long-term goals. Classes are offered every month, the **4th TUESDAY** of each month **12:30 PM - 2 PM**. Join us this month on **1/24/12**.



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

www.facebook.com/muscweightlossurgery

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!



QR Code for our Facebook page

A QR code (abbreviated from Quick Response code) is a type of matrix barcode or two-dimensional code popular because of its fast readability and large storage capacity. By scanning a QR code with your smartphone, you will quickly be connected to a wireless network, contact info, webpage, etc – **scan this QR code** to get to our facebook page. To do this, you will need a QR code reader or app, if your phone doesn't come with one. Popular QR readers include Mobiletag, QuickMark, UpCode, BeeTagg, Kaywa, Zxing; a quick Google search can help you get one to get scanning!



Gin, weeks before her surgery; and now! →



WOW! What a difference a year can make.

Gin Shelton had gastric bypass surgery in Jan 2011

This first picture of Gin was taken on her birthday, just weeks before her weight loss surgery. The glamorous shot next to it was taken on her birthday just one year later! In that time, she has had a big wedding, is training to run a 5K, is applying to nursing school and is only pounds away from her personal goal! She tracks her calories using an app on her cell phone and runs for exercise. You can friend her on facebook.

If you have a **Wow!** moment to share with us, post it on our facebook page and email it to us at WLS@muscedu so we can share it to inspire others!

Grocery Store Tour: “Easy Steps to Clean Eating” on Tuesday, Jan. 31st, 3-4 PM Piggly Wiggly, 1739 Maybank Highway, James Island



Everyone's definition of 'clean eating' differs but most of us come into the New Year knowing we need to clean up our diet! This tour will focus on ways to increase the minimally processed fruits, veggies and fiber foods and minimize the salt and artificial ingredients in your diet. **Reserve your spot:** Call Debbie at 843-876-4867 or email WLS@muscedu

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

www.muschealth.com/weightlossurgery

Bariatric Surgery Program

Discovering. Understanding. Healing.

Eat This, NØt That



Bruegger's Bagels, located just down the road from the Ashley River Tower, has a new <500 calorie menu running through April. Their skinny bagels are 200 calories (but BOTH your servings of starch for the day) vs. up to 430 calories (and 4 starch servings) for a regular bagel. Ordering light will allow you to have your breakfast bagel and stay on your diet but only if you Eat This, Not That!

Eat This

Skinny Zesty Egg White Sandwich:

410 calories
25 g protein
14 g fat (4.5 g sat fat)
45 g carb (3 g fiber)
910 mg sodium



NØt That

Egg, Cheese and Sausage bagel:

650 calories
30 g protein
38 g fat (14 g sat fat)
64 g carb (4 g fiber)
1280 mg sodium



A whole bagel counts as both of your starch servings for the day. Save one – and 100 calories – by ditching the top and eating your breakfast sandwich open faced. The Swiss cheese adds another 100 calories and the sundried tomato spread is 80 calories. Keep in mind that cream cheese is NOT a good protein source, providing only 2 g protein and 80 calories in 2 Tbsp - who uses just 2 Tbsp? For complete nutrition, visit: www.brueggers.com/documents/nutrition.pdf

What We're Eating

High Protein, Fat-free Cheesecake

In our December support group, we made chocolate mousse by mixing chocolate sugar-free Jell-O pudding mix with Fage 0% Greek yogurt to create a rich, thick, creamy treat. It's also great as a crustless cheesecake made with the sugar-free cheesecake flavor or try with the sugar-free pistachio mix.



Inspirational Story of the YEAR!

Coach Clay sheds 390 lbs in 2 years.

Read about one of our superstar patients, Coach Clay Owens, who had gastric bypass surgery 2 years ago and just had plastic surgery. He really walks the walk and talks the talk as far as diet and exercise goes. You will want to share this story with everyone you know!

www.musc.edu/catalyst/archive/2012/co1-13football.html

Or watch his video at: <http://tinyurl.com/82bjgwc>



Meet... Geri

Geri Johnston is new to Charleston (moved here last summer) but not to bariatrics. She was the program coordinator at Swedish Medical Center in Seattle and helped them obtain their Center of Excellence designation (like MUSC!). She has her Masters in Nursing and 2 bachelors' degrees (nursing and business) as well as experience in hospital finance. Her son is in college and her daughter in graduate school. Geri now resides in Mt. Pleasant with her husband and mini dachshund and is thrilled to be in SC where the sun is out more often than not!



Geri Johnston, RN,
MSN, CBN
Program Coordinator

Meet... Susan



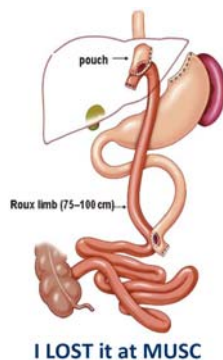
Susan Fancher
Support Coordinator

Susan Fancher is the new Support Coordinator for our program. Susan has lived in Charleston since 2000. This is her first job at MUSC and she is excited to be here and to work with all of our wonderful patients. Susan has two fifth-grade daughters, Caroline and Cille, and loves spending time with the girls and her husband, Bobby, doing just about anything outside.

Wear your anatomy on a T-Shirt

Iron-on transfers \$5 (cash), for sale at support group

It surprised even us how many people wanted to wear their anatomy on the outside but when Nina and Debbie were sporting their t-shirts in clinic, everyone wanted one! These iron-on transfers are designed such that they show exactly where your pouch/sleeve/band is located on the inside! They are made for light colored t-shirts and come with instructions. If you know you want one, let us know and we'll set on aside. We have separate ones for each surgery. Wear your pouch with pride!



I LOST it at MUSC