



Dates to Remember:

July 19th

12:30-2:30 PM

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

July 19th

5:30 – 7 PM

"Changes - those you expected, those you didn't and those that are yet to come!"

Dr. Rachel Goldman

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

July 26th

12:30 – 2 PM

"Changes - those you expected, those you didn't and those that are yet to come!"

Dr. Rachel Goldman

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

August 2nd

12:30-2:30 PM

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

August 9th

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



Body Contouring Following Massive Weight Loss

During our support group meetings in June, we talked a lot about plastic surgery and featured Dr. Schimpf, one of MUSC's plastic surgeons specializing in body contouring after massive weight loss. Here are a few take home messages from his talk, and from our patient panel who discussed their plastic surgeries.

General Information

- Elastin in the skin is unable to remodel (snap back to normal) following massive weight loss, thus the skin "hangs"
- It is important to have realistic ideas about your results - remember that you will be trading loss of excess skin for scars
- Risks of plastic surgery in bariatric patients include all inherent risks that anyone undergoing surgery would have - major difficulty in post bariatric surgery patients is *healing*

Common Post-Massive Weight Loss Procedures

- Face Lift
- Brachioplasty (arm lift)
- Panniculectomy (lower abdomen)
- Breast Augmentation + Mastopexy (breast lift)
- Belt Lipectomy (lower body lift)
- Thighplasty (thigh lift)
- Breast Reduction (female and male)

Financial Aspects

Insurance will usually cover **Panniculectomy** or **Breast Reduction** if:

- Current insurance covers gastric bypass
- Greater than 100 lbs loss
- Stable at new weight
- 12-24 months post-op from bariatric procedure (depending on insurance)
- Abdomen: documented rashes, hanging tissue, attempted topical treatment
- Breast: documented rashes, shoulder strap grooving, >400-500 gm, neck pain, attempted oral anti-inflammatory medications

Dr. Schimpf discounts the physician fee for bariatric patients for procedures not covered by insurance. Total Fee = Operating Room + Anesthesia + Physician fee

Please contact **Liz Welch** at **Dr. Dennis Schimpf's** office at **MUSC Plastic Surgery** with any further questions: **(843) 792-3967**



Grocery Store Tour July 15th, 3-4 PM

Wal-Mart can actually help you stick to both your food-budget and your calorie-budget. Join us on a tour focused on **"Eat Smart at Wal-Mart: Healthy Eating on a Budget"**. We will be touring the **West Ashley Wal-Mart** located at 3951 West Ashley Circle on **Friday 7/15/11** from **3-4 PM**. We will keep both your budget and your waist in mind! If you need more info or would like to register, please email WLS@musc.edu or call Debbie at 876-4868.

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

The lesson here is that just because it's a 'flat' bread, doesn't mean it will help you get a 'flat' tummy!

While flatbread appears to be healthier, it is still a high-carbohydrate food, and most of you are getting plenty of starches in your diet! When you are at Subway, stick with the salads and make a low-calorie dressing choice so you can eat this, not that!



Eat This

Subway Club Salad:

Calories 140

Fat 3.5 g (1 g saturated)

Protein 17 g

Carbohydrates 11 g (4 g fiber, 5 g sugar)



Subway sometimes gives us that 'halo effect' where we think everything they offer is healthy (so their marketing staff is awesome!), however bread is bread, and mayo is mayo, no matter how you spin it, it's pretty high calorie. Thankfully www.subway.com offers a Menu & Nutrition Tab, and under 'nutrition information' you can find all the nutrition information for items on their menu. Watch out for the 220 calorie flatbread, and the 200-260 calorie 6-inch subs, added cheese (2 triangles = 50 calories), and their killer sauces (1.5 Tbsp of Chipotle Southwest = 100 calories). If you splurge for a sandwich, go with toppings like lettuce, tomatoes, onions, pickles, jalapenos, green peppers, or cucumbers, and skip the chips and get some apple slices or a Dannon Light and Fit Yogurt for a mini meal later in the day!

NØt That

Subway Club Flatbread:

Calories 320

Fat 7 g (2 g saturated)

Protein 23 g

Carbohydrate 44 g (3 g fiber, 5 g sugar)



What We're Eating

Crystal Light Frozen Pops

Need a refreshing treat without loads of calories? Try the sugar-free 15 calorie Crystal Light Popsicles! They come in 4 delicious flavors like fruit punch & classic orange, pink lemonade & cherry pomegranate, wild strawberry & raspberry ice, and raspberry lemonade & lemonade. They should be found at Walmart and Food Lion grocery stores. Stick with just one after being in the sun!



Meet... Sandy

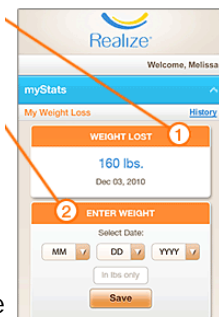
I have always been blessed with good self esteem. Even at my heaviest I knew I was a woman who had much to offer others. What I saw when I looked into my mirror was a good person who was, unfortunately, extremely overweight. My worst struggle was walking into a store & purchasing a piece of clothing that looked as if "Omar" the tent maker had designed it just for me. I decided to have the gastric bypass



when my health began to be affected. The pounds began to fall off & it was wonderful hearing remarks about how much younger I looked & creating a clothing style that reflected my personality. I think my wow moment came when I was shopping for some Capri pants. I slipped into a size 12 & couldn't believe it. I knew that size HAD to be wrong & argued with the sales lady that they were mislabeled. When she finally convinced *me* that they weren't, I sat in the dressing room & cried with joy. It's been 5 years but I can still feel the thrill of sliding those pants on. I know that who I am is "not my weight", but it also feels wonderful knowing that my friends & family are proud of what I have accomplished. That first step into checking into the gastric bypass program was definitely a life changing moment for me!

REALIZE mySUCCESS® Goes Mobile!

Now you can enjoy the benefits of the web-based clinical support tool to help you track your progress and maintain a healthier weight on your smartphone. REALIZE mySUCCESS® provides tools for healthy eating and lifestyle habits and has been shown to help patients lose significantly more weight! Use functions such as myStats, myGoals, myFoodDiary, to track your weight, goals and progress and your daily food and exercise. Just visit www.realizemysuccess.com from a supported mobile device and log in or register to use the self-monitoring tool.



Preparing your body for plastic surgery

Research shows post bariatric surgery patients are at risk for developing deficiencies in many nutrients that are essential in minimizing wound infections and maximizing healing. If you are planning on plastic surgery, there are several things you can do to prepare your body. First, be sure your weight is stable. This is a good indicator you are absorbing the nutrients from your diet. Second, do a great job taking your vitamins (did you know only 60% of patients take them the right way?). Finally, get pre-op labs drawn so any deficiencies can be addressed pre-operatively. Post-op, ask your RD about the need for extra protein, zinc, and vitamin C.

Need ideas on what to cook? Check out our recipes and cooking demos at www.mushealth.com/weightlossurgery/nutrition/recipes
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