



Dates to Remember:

June 21st

12:30-2:30 PM

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

June 21st

5:30 – 7 PM

21 Body Contouring after Massive Weight Loss with our plastic surgeon
Dr. Dennis Schimpf
(The first half hour is an informal meet & greet)

June 28th

12:30 – 2 PM

Support Group Patient Panel - "I did it! Would I do it again?"

A selected panel of patients who have had plastic surgery discuss their experiences.

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

July 5th

12:30-2:30 PM

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

July 12th

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.

Bone Up on Bone Health

During our support group meetings in May, we talked a lot about the importance of bone health, which deteriorates with massive weight loss, not to mention the natural aging process. Dr. Bolster, from the MUSC Osteoporosis Center, was our guest speaker.

www.muschealth.com/osteoporosis

Bones get stronger with exercise, particularly resistance exercise. These are exercises that apply a force to the bones, such as walking, climbing stairs and using weights. You can read this by checking out our new handout "The Skinny on Bone Density" found in the Nutrition Nook Section of our website.

www.muschealth.com/weightlossurgery/nutrition



Protecting bones also requires adequate supplementation with calcium but if you are having trouble choking down 6 Citracal pills per day (yes, 2 at breakfast, lunch and dinner) you might want to try Wellese Calcium and Vitamin D LIQUID supplement. You need just 2 servings per day (1 oz or 2 Tbsp per serving). You can find Wellese at Walmart or online.

www.wellese.com/calcium_vitamind3_liquid.asp

Need one more reason to take your calcium? A new meta-analysis study published in Nutrition Reviews in June found "calcium containing dietary supplements may produce a small but statistically significant weight loss".

More Information Posted on our Website

Check out the Nutrition Nook section of our website regularly for all kinds of new information you can use, meal planning ideas, recipes and more. Check out our two newest additions, found on the right hand side under "Our Favorite Handouts".

www.muschealth.com/weightlossurgery/nutrition

Tips and Tricks for Eating Slowly

Eating one bite too many can be the difference between a weight plateau and weight loss, not to mention cause you to feel bloated (or worse!). Learn tricks for slowing down during meal time.



All About Sweeteners

This is NOT a quick read but the end all be all of information on added sugars, artificial sweeteners and sugar replacers plus info on dumping syndrome, reading food labels and more.

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

www.muschealth.com/weightlossurgery

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Eat This, NØt That

Beans are not just a great protein source but supply fiber as well. Thick bean soups (the thicker, the better) are quick and easy meals. However, many canned soups have added sugar (who knew?) so be sure read your ingredient list and Eat This, Not That!

Eat This

Dr. McDougall's Lentil Soup, 1 cup:

Calories 115

Fat 0.5 g (0 g saturated)

Protein 7 g

Carbohydrates 21 g (8 g fiber, 1 g sugar)



NØt That

Progresso Vegetable Classic Lentil Soup, 1 cup:

Calories 160

Fat 2 g (0.5 g saturated)

Protein 9 g

Carbohydrate 30 g (5 g fiber, 2 g sugar)



The Progresso soup isn't the worst thing in the world to eat but if you will find 'sugar' in the ingredient list. There is no added sugar in the Dr. McDougall's boxed soup. We featured this soup during our last grocery store tour at the Bi-Lo in West Ashley so you can definitely find it there. You can also make **homemade lentil soup** easily: spray a heavy pot with non stick cooking spray (eg: Pam) and sauté one diced onion (add bell peppers and carrots if you like). Add a 1 pound bag of brown lentils, 4 cups of water, a 28 oz can of diced tomatoes, a bouillon cube, bay leaf and black pepper. Bring to a boil and simmer until most of the liquid is gone (about 30 min). Add a 3 big handfuls of fresh, chopped spinach or kale at the end, and stir it in so it wilts. Divide into individual servings, cool and freeze. It will reheat in the microwave in about 3 minutes.

What We're Eating

Lean Cuisine Steak Tips Portabello

This is a tasty recommendation from one our patients. These lean steak tips are kept moist with the portabello burgundy wine sauce and served with a side of broccoli (no starch!). Each meal has 150 calories and 15 g of protein. It's ready in the microwave in just minutes – faster than it takes to find your car keys for drive through!



MiraLAX in the ART Pharmacy

The outpatient pharmacy (located on 1U) carries all the vitamins and minerals we recommend after surgery at great prices! They also now carry MiraLAX for \$14.50 per 24 ct of individual packets (17 g each). They will also have the new Bariatric Advantage Chewy Bites in the Caramel flavor after July 1st. (see our price sheet at <http://www.mushealth.com/weightlossurgery/nutrition>)



Thank You from LaMona!

In mid-May, we sent out a blast email requesting help for LaMona, the *patient ambassador* from the dietary department here at ART. She, her husband, and her daughter who had just returned home from college, had lost everything when their home burned to the ground the previous week. Our patients donated over a dozen bags of beautiful clothes (now too small for themselves!) as well as some money. We couldn't take Mona's picture – she was just too emotional – but she sends her warmest thanks to everyone for their gifts and well wishes!



Meet...Bill

Bill has been featured in this section before as a successful band patient but his wow! moments continue. Bill was 313 lbs when he started investigating weight loss surgery. He lost 17 lbs on his own before he got the Realize band in January 2009. Since then, he has lost another 95 lbs or 76% of his excess weight – wow!



Today

His success stems in large part from his high quality diet of limited variety, his exercise (he rides the stationary bike for an hour seven days per week plus lifts weights 4 days per week) and the support of his family. Bill regularly attends support group and is one of our contacts on the buddy list.

Bill has been contemplating body contouring (aka plastic surgery) since his massive weight loss and attended our evening support group meeting last year with plastic surgeon Dr. Schimpf and our daytime meeting comprised of a patient panel of those who shared their experiences with plastic surgery.

In April, Bill had bilateral breast reduction with Dr. Schimpf and is recovering well. This year, Bill will share his experiences as part of our patient panel "Plastic Surgery. I Did it! Would I do it again?" on June 28, 2011, 12:30 – 2 PM.