



Dates to Remember:

Oct 18th & Nov 1st
12:30 – 2:30 PM

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

Oct 18th
5:30 – 7 PM

Support Group
Open Forum

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

Oct 25th
12:30 – 2 PM

Support Group
Open Forum

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

Oct 29th
8 AM

Get Fit for Life 5K

For more info, email
smcowens@yahoo.com

Nov 4th
Grocery Store Tour
Wal-Mart Supercenter
North Charleston
12 – 1 PM

Please register by calling (843) 876-4867 or email WLS@musc.edu

Nov 8th
12:30 – 2:30 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



It's All about Support!



MUSC Weight Loss Surgery patients are getting lots of support these days! Just in time for the holidays, where schedules are busy and we lose time for ourselves! Check out some of the ways your team and your fellow patients can support you during the holiday season (and all year)!

This past Saturday (October 8th), we tried out our first **Saturday Support Group** and it was a SUCCESS! We had about 30 of you show up and had some great discussions about relationships, family support (and sabotage), keeping on track during the holidays, and triggers for old habits. We had a couple activities set up for discussion like which food keeps you fuller, longer – crackers or fish – and why? Since we had a great response to Saturday Group, we will be thinking about how to make this a more regular thing in 2012... Stay Tuned!

Some of our patients are getting really physically active, and are looking for **buddies to walk with!** Before last Saturday's group, Wanita Hall announced that she would love some walking partners to walk the bridge on Saturday mornings and had a few takers! She parks on the Mt. Pleasant side, and walks around 7:30AM. Feel free to call her at 843-607-3535 or email worldtravler11@yahoo.com to join weekly walks.



The **MUSC Lean Team** is a local collaboration between MUSC and the Charleston County School District whose goal is the prevention and treatment of childhood obesity through individual, family, and community change. They have extended an invite for you to join them to walk, talk, workout, and encourage one another in walking the bridge EVERY Saturday morning at 8:00 AM. They gather at the gravel parking lot just past the Cigar Factory on East Bay and Cooper in Charleston. The nearest GPS address is 12 Cooper St. Charleston, SC 29403. Join the fun! Check out their facebook page and website: <http://www.facebook.com/pages/MUSC-Lean-Team/217819661581016> http://academicdepartments.musc.edu/lean_team/bridge/bridge.html

Check out our **upcoming support group topics** on our website at: <http://www.muschealth.com/weightlosssurgery/classes/support.htm>. Both October groups will be open forum/discussion for us to continue talking about what matters to you, and both November groups will feature our Behavioral Medicine Psychologist, Dr. Shenelle Edwards-Hampton discussing "Beat - don't eat - your holiday stress". And of course our annual HOLIDAY group with protein tastings, door prizes and more will be held on Tuesday December 20th from 5:30-7:00 pm (note there will be NO daytime group on Tuesday December 27th).

Look for another 'support' coming in January 2012, an MUSC Weight Loss Surgery Facebook Page for announcements, upcoming local events, and a place for you to support each other!

Grocery Store Tour – "Healthy Holiday Treats" on Friday November 4th from 12:00-1:00 PM in the NORTH AREA



We know the holidays are coming, and we want you to be prepared! Stock up your kitchen with some of the holiday's healthy treats and enjoy the holidays without fear of weight gain/regain!

- <http://www.muschealth.com/weightlosssurgery/classes/grocerytour>
- Time: **12:00-1:00 PM** on **Friday November 4th**
- Location: **Wal-Mart Supercenter**, 4920 Centre Pointe Dr. (Near Tanger Outlet), N. Charleston, SC 29418
Meet in front of the entrance on the far right.
- Reserve your spot: Call Debbie at 843-876-4867 or email WLS@musc.edu

Our support group topics, information on classes and nutrition tips can be found at www.muschealth.com/weightlosssurgery

Bariatric Surgery Program

Discovering. Understanding. Healing.

Eat This, NØt That

We heard during our Saturday Support Group that many of you were feeling nervous about the holidays coming up and all the candy that surrounds them. Tootsie Rolls and M&Ms came up as particular triggers, so someone suggested that you replace the candy jar with some chewy bites to help curb the sweet tooth and get your calcium in! Try not to activate your brain by keeping the candy out of sight! Chewy Bites taste remarkably similar to Tootsie rolls. Choose them so you can Eat This, Not That!

Eat This

Bariatric Advantage Chewy Bites (chocolate)

To get your daily dose of >1500 mg calcium citrate, you need 6/day
90 calories
0 g protein
0 g fat (0 g saturated)
18 g carb (0 g sugar) PLUS 1500 mg calcium + 750 IU vitamin D



NØt That

Tootsie Rolls:

6 Midgets = 1 serving (on the label)
140 calories
1 g protein
3 g fat (0.5 g saturated)
28 g carb (19 g sugar)



What We're Eating

Tyson Grilled & Ready Fully Cooked Chicken Breast Strips

These are a great quick and easy protein choice! Fully cooked chicken breast strips are the perfect way to pack a protein punch when you don't have time to cook! Use on top of a salad, wrapped in lettuce, or quickly toss with some steamed veggies! A 3 ounce serving has only 100 calories and 21 grams of protein (33 cal and 7 g protein per ounce of meat). Found locally at most grocery stores.



All about Exercise – it's not one-size-fits-all prescription

As the days are getting shorter and darker, it is important not to let your exercise routine suffer.

- Having weight loss surgery does NOT mean you have to take it easy!
- A recent study found successful bariatric surgery patients exercise at a moderate to vigorous pace, burning 1500-2000 calories a week from exercise, and improve physical fitness, physical function, self-esteem and energy!
- For all adults, 150 minutes of moderate-intensity cardiovascular activity is recommended (30 minutes on 5 days/week or 22 minutes a day)
- For those who are overweight or obese, preventing weight gain takes about 250-300 minutes per week (60 minutes on 5 days or 43 min/day)
- It's OK to split up your exercise into 10-minute bouts (3-6 times/day)
- You don't need a personal trainer or a gym membership. Use your feet, and get a pedometer (to track your daily steps), try pool walking/running, water aerobics, swimming if you have joint trouble
- What's the best exercise to do? The one you WILL do! So, do something you like! Try ballroom or shag dancing, yoga, Pilates, circuit training, martial arts, Wii Fit, kayak, or join a sports team!
- Strength Training – helps to prevent the loss of lean muscle mass, or even build new muscles, making you stronger and a more efficient calorie burning machine!
- Exercise has consistently been found to be one of the most consistent predictors of long term weight loss maintenance!



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Meet... Gin

I moved to VA in July and I got married to Matt on July 16th, 2011 in TX. I had to get my dress altered from a 22 to a size 14 (that was very exciting). I'm 100 lbs down and I am training for my first 5K...I am actually able to RUN 1 and 1/2 miles (big success) and I feel great!



today



I have an interview next Friday as an Early Intervention Specialist and I'm in school getting ready to apply to a nursing program. I really appreciate all the support I received at MUSC and I would do it again in a heartbeat!

Feel free to contact by email: gin_shelton@hotmail.com or on Facebook: Gin Shelton. Thanks again!