



Dates to Remember:

Sept 20th & Oct 4th

12:30 – 2:30 PM

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

Sept 20th

5:30 – 7 PM

Support Group

“From mindless to mindful eating” with dietitian Nina
(The first half hour is an informal meet & greet)

Sept 27th

12:30 – 2 PM

“The Ins and Outs of Colon Health” with Emily Bagewell, PA

Open Forum

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

Oct 11th

12:30 – 2:30 PM

Mandatory pre-op nutrition class for Adjustable Band

Oct 29th

8 AM

Get Fit for Life 5K

For more info, email smcowens@yahoo.com

NEW! Group Treatment for Post-op Patients

Every Thurs, 11 AM -12 PM
@ Behavioral Med Clinic
Register (843) 792-0686



MUSC Employee of the Month - Lisa Jackson

Our very own Lisa Jackson, patient coordinator for the MUSC Bariatric Surgery Program, was recognized as Employee of the Month for her hard work and dedication to her patients. Thank you Lisa for all you do! And thank you Laura for taking the time to write this letter of recognition!

I just wanted to send you an E-mail in regards to Ms. Lisa Jackson. I first spoke with her back in February 2011, when I had first contacted her in regards to my application for bariatric surgery. I have continued to speak with her all the way up to today and have now been scheduled for surgery, which is next week on 7/12/11. I had to see my primary care for the required 6 visits over 6 months and do the numerous pre surgery requirements before I could get scheduled. During this time, I spoke with Lisa on numerous occasions. In fact, I believe I spoke with her sometimes 3 times or more a month.

During the last 5 or more months Lisa has been extremely kind and patient with me. I've been so anxious and excited about this surgery I knew I was probably going to get on her nerves asking if certain things had gone through, or if she had gotten certain records I had sent her, etc.... However, it was quite the opposite. She was constantly in a great mood and made me feel comfortable in asking my questions. She also responded to my E-mails within the same day, usually within the hour. She was always so nice to me, and in such a bright and happy mood. She helped me along every step of the way.



She's the first person I spoke to in the MUSC Bariatric Program, and she made an outstanding impression on me. It's obvious to me that Lisa LOVES her job. I felt that you should know what a good job Lisa is doing. I honestly feel she's going above and beyond and really making the patient feel comfortable and knowledgeable about the process. I know that it's an overwhelming process to get everything together and jump through all the hoops required to get approved for insurance and the bariatric program. However, Lisa made everything easier for me and for that I'm extremely thankful. I'm sure other patients feel the same way.

You guys are very lucky to have such an awesome person like Lisa working on your "front line" who speaks to your future patients before anyone else. I know that I've had at least 13 other surgeries and been in many hospitals and it's the norm to just receive average care or below average care from staff or nurses. Too many of them seem to be overworked or burned out, and unfortunately their dissatisfaction with their job carries over into their work. So, when someone goes above and beyond I think it should be mentioned. Thank you for your time, Laura

Get Fit For Life 5K

Clay, who has lost over 300 lbs since his gastric bypass in Dec. 2009, had to raise all the money for his bariatric surgery and is now doing the same to have plastic surgery to help with excess skin. To raise money for this, Clay and his wife have organized the **Get Fit for Life 5K**.



Time: **Saturday, October 29, 2011** • 6:30 AM - 3:00 PM (Check In will begin at 6:30 AM. Racers will need to be in place by 7:45 AM. **Race begins at 8 AM**)

Location: **Huntington Beach State Park**, Murrells Inlet, SC.

Fee: **\$25 dollar entree fee** includes park admission and a T-shirt.

If you are interested in coming to watch the race and see who wins admission will be \$5 at the gate (that goes to the park) and we are asking a donation.

Race Course: This **5 K (3.106 miles)** winds you through the beautiful State park, across the causeway and back to the awesome castle!

How can you help? Register to run or walk and get your friends to do the same! Or, donate water, fruit and new white T-shirts or volunteer your time. Email Suzie for more info at smcowens@yahoo.com.

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 BK Tendergrill Chicken Sandwich (hold the mayo and the bun) is a great grab-and-go lunch for only 190 calories, 36 g protein, 2 g carb and 4 g fat. Don't sabotage your healthy lunch with sides that offer more calories than nutrition, even if you think they add to your daily protein goal. You can keep your lunch healthy if you Eat This, Not That!



Eat This

BK Apple Fries:

70 calories
0 g protein
1 g fat (1.5g saturated)
16 g carb



NØt That

BK Chicken Fries:

250 calories
14 g protein
15 g fat
16 g carb

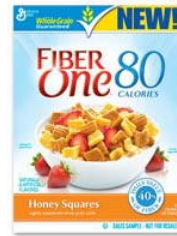


What We're Eating

Fiber One 80 calorie Honey Squares cereal

Yes, it counts as one of your starch servings per day, but at only 80 calories per $\frac{3}{4}$ cup providing 10 g of fiber, it's a serving well spent! True, it is not a good source of protein (only 1 g per serving) but it is low in fat (1 g per serving) and sugar (3 g per serving)- at least as far as cereals go. Add this cereal as the crunchy topping to a serving of Greek style yogurt (18 g protein per 6 oz) for a high protein, high fiber way to start to your day!

Found locally at Harris Teeter, Piggly Wiggly and Walmart



Meet... Julia

A year and a half after having the vertical sleeve gastrectomy I have lost 152 lbs. In the photos the results are obvious but more important are the health benefits.

I no longer suffer from sleep apnea; it was so enervating I fell asleep the moment I sat down.



today

My blood pressure is now in the normal range, eliminating the need for drugs. I have the energy and



01/02/2010

before

desire for activities previously precluded because of obesity.

Bariatric surgery has given me a new lease on life, and life is good again.

Bariatric Bootcamp was a Great Success

On Aug 30th, we held this half-day class, which is designed specifically for the post-op patient (bypass or sleeve) to help increase understanding of your bariatric procedure and how to maximize your weight loss. This class just won a **NATIONAL AWARD** for contributing to original and innovative efforts in food and culinary education. We are now only offering this class only once or twice per year. Don't worry – we'll announce next year's dates and times in the newsletter and on the website.



During this class, we:

- Reviewed the new anatomy after bariatric surgery (bypass or sleeve) and discussed how to maximize the mechanics of this procedure
- Discussed each food group, participated in hands-on measuring of appropriate portions, and visually compared choices that would promote fullness
- Taste-tested lots of new products from each food group
- Provided a binder of unspeakable value that includes shopping lists, meal plans, recipes, exercise goals and tools for monitoring long-term success!!

