

The Bariatric Bulletin of the West Penn Bariatric Surgery Center

April 2008

West Penn Campus: 4727 Friendship Avenue, Suite 140 ♦ Pittsburgh, PA 15224 ♦ Phone: 412-235-5900 ♦ Fax: 412-235-5901

Forbes Campus: POB1, Suite 304, 2566 Haymaker Road ♦ Monroeville, PA 15146 ♦ Phone: 412-457-0084 ♦ Fax: 412-457-0050

www.bariatricsurgerypittsburgh.com

The Staff

Surgeons:

Daniel J. Gagné, M.D.

Jorge Urbandt, M.D.

Clinical Coordinators:

Julie Maurer, PA-C

Kathleen Cenci, RN

Physician Assistants:

Nicole Houser, PA-C

Jaime O'Neil, PA-C

Dietitians:

Dana Opp, RD, LDN

Cindy Cotters, RD, LDN

Psychologists:

Thomas Petrone, Ed.D.

Maura Krushinski, Ed.D.

Insurance Specialist:

Maria Cannon

Research Data Analyst:

Lorraine Heagy

Medical Assistants:

Lisa Szramowski, MA

Secretaries:

Maggie Maiers

Cathy Phillips

Connie Titmus

Mary Bellisario

Issue Highlights

Support Group Info

Patient Feature

Nutrition Note

Tips from Dr. Tom

Support Group

The next support group will be on **Monday, April 21, 2008** in the Wintergarden Conference Center at West Penn Hospital (1st floor, across from the cafeteria) at **6:30 pm**. This month will be **Patient Stories**.

If you have had your surgery and would like to share your story, please contact Julie. At **6:00 pm**, there will be an informational session presented by one of the surgeons. **It is mandatory for pre-op patients to attend at least one support group before surgery.** This support group is for people who are considering a gastric bypass, people who have had surgery, and friends and family.

Post-op Group

Susan Hawkins, an associate of Dr. Tom Petrone, will be leading the next post-op support group for up to 12 people who have already had surgery. It is scheduled for **Thursday, April 17, 2008 from 6-8pm pm** at West Penn Hospital in the Karen Jones room, 2nd floor, North Tower. Please contact Julie to reserve your spot. There is a fee of \$20 per patient and \$5 per guest for each 2-hour session. Limited financial assistance is available.

Patient Feature

Name: Fran B.

Date of Surgery: 08/15/01

Pounds lost: 214

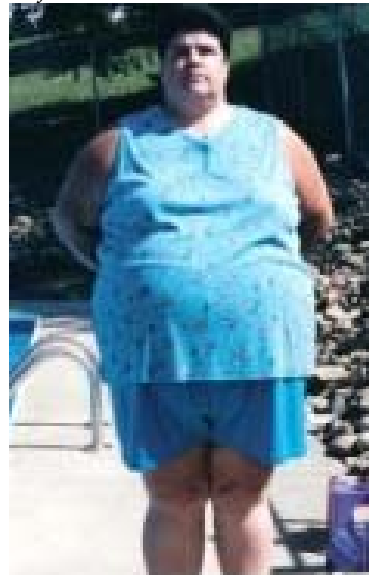
Best thing about weight loss:

"It has made me see life through a new set of eyes."

Most surprising insight: "I can actually see my feet!"

Comment: "Just be sure and write a list of questions that you may have to be sure you are ready to do it...then do it and enjoy a fabulous new you!!!"

Before:



After



Nutrition Note

April marks my first month as the solitary full time dietitian here at the West Penn Bariatric Surgery Center. I have learned a great deal from my predecessor Megan Drudy and will miss her expertise and guidance. I look forward to meeting all of you that have been working with Megan thus far and will do my best to help you on your journey toward good health. As all of you share your lives with me in some capacity,

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(food journals, personal struggles) I have no reservations letting you know more about me. Although I graduated from the University of Pittsburgh with a degree in Clinical Dietetics and Nutrition, I think most of my practical knowledge comes from life experience. I have lived with, and at times struggled with, Type 1 Diabetes for over thirty years and have spent more cumulative hours reading food labels, counting carbs, testing my blood glucose, and

the list goes on. I am perpetually redesigning my daily life's schedule to fit it all in and stay on track. It is always changing and always challenging, but I know the choices I make, do make a difference and they are always worth the effort. I hope that all I have experienced and continue to learn in my journey toward good health will be of help to all of you. I am excited about sharing what I know with you and am sure I will learn from you as well. I'd love to hear

any ideas for upcoming newsletter articles and/or support group topics.

- Cindy Cotters, RD, LDN

Tips from Dr. Tom

Linnea McQuiston is starting an educational/support group for patients before surgery. Details are listed below. The tentative dates for the first 3 sessions of this group are:

May * 5, 12, June 1

July * 7, 14, 28

Sept * 7, 14, 28

Nov. - 3, 10, 24

April 2008

Contact – Julie Maurer at 412-235-5902 or jmaurer@wpahs.org to be added to or removed from lists or with suggestions.



Ranked #1 bariatric surgery program in Pennsylvania, top 5% in the nation by HealthGrades!