

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

April 2009

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The Staff

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Medical Assistant:

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Secretaries:

Cathy Phillips
Melanie Niemiec
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Support Group

The next support group will be on **Monday, April 20, 2009** in the Wintergarden Conference Center at West Penn Hospital (1st floor, across from the cafeteria) from **6-8pm**. There will be an informational session presented by one of the bariatric surgeons. **Tina Tulenko from Bariatric Edge will be presenting information concerning gastric banding.** This support group is for people who are considering a gastric bypass, who have had surgery, friends and family.

SUPPORT GROUPS

April 20, 2009

May 18, 2009

June 15, 2009

July 20, 2009

August 17, 2009

September 21, 2009

October 19, 2009

November 16, 2009

NO DECEMBER GROUP

Before:



After:



Patient Features

Name: Michael B

Date of Surgery: 9/17/2007

Pounds lost: 104

Congratulations

Michael on your
incredible success!

Our next newsletter will be June 2009. If you have any concerns about cancellations or other questions about the support group dates, please call the support group events line at 412-235-5913.

Call our Event Line at 412-235-5913 for up-to-the-minute cancellations or changes.

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Dietary Corner

I'm sure you have noticed that many restaurants offer healthy, low carb or low fat menu choices. Can you take them at their word? Are they truly better choices? Well, yes, usually they are. Menu nutritional information should not be considered gospel, but studies have shown that at least 2/3rds of their claims are accurate. Eat-N-Park is one with the most accuracy. If given the option, I would pick from the healthy section. It may not be a fantastic (perfect) choice, but it is definitely better than what you were looking at in another section of the menu. Don't think you can't still make smart decisions when stopping at a restaurant.

Since 1997, the FDA has required menus to conform to the same restrictions as food labels. So, if an entrée is labeled as low fat, for example, it must contain 3 or less grams of fat per serving. The catch?

Restaurant portions are notoriously huge. It could mean that you are being served two or three portions (servings). Look for the small print and totals of nutritional information numbers, (total calories, total fat grams, etc.) To minimize, ask your server to bring the T0 G0 box with your meal and portion it yourself before you begin to eat. Also, order sauces and

dressings on the side. Skip the appetizers and desserts. If it comes with the meal, see if you can substitute a small side salad or the vegetable of the day in its place.

Remember, you're the paying customer and they want your business, so don't be afraid to ask for what you need. The newest craze is the smaller portion desserts. Have you seen all the cute little dessert bites? Most of these are still more than anyone needs. It's the right idea of portion control, but it's still just empty calories. Remember, it's not just one nutrition fact you're looking at. It's a balance of sugar, fat and calories. Bonus savings? Think of how much money you will save off your check.

Pre-op Group

Linnea McQuiston has an educational/support group for patients **before surgery**.

"It's not just about food..."

It is held every other month at **Participants will be asked to attend 3 consecutive meetings**. There is a fee of \$20 per session, some insurances taken. Sliding scale can be provided. To register contact 412-235-5913. We will call each person back with the time and date of the next pre-op groups.

Post-op Group

Linnea McQuiston will be leading the post-op support

group for up to 12 people who have already had surgery. It is scheduled for **Monday, April 20, 2009 from 6-8pm** at West Penn Hospital in the O'Brien Room on the 1st floor of the hospital. Please contact 412-235-5913 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.

To register for any of the groups, please contact 412-235-5913.

GOING GREEN!!

The Go Green movement is more important than ever. Our choices and behaviors have a ripple effect that reaches across the world today. In an effort to save paper and postage, we are sending our newsletter every other month. We ask that if you have an e-mail address that we can send the newsletter to, please inform us of your email address at ktissue@wpahs.org.



Ranked #1 bariatric surgery program in Pennsylvania, top 5% in the nation by HealthGrades for the 2nd year in a row!



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