

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

August 2009

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The Staff

Surgeons:

Daniel J. Gagné, M.D.
Jorge Urbandt, M.D.

Clinical Coordinator:

Karen Tissue, RN

Physician Assistants:

Nicole Houser, PA-C
Julie Maurer, PA-C

Dietitian:

Cindy Cotters, RD, LDN
Shawna Woodward, RD, LDN

Psychologists:

Thomas Petrone, Ed.D.
Maura Krushinski, Ed.D.

Insurance Specialist:

Maria Cannon

Research Data Analyst:

Lorraine Heagy

Medical Assistant:

Lisa Szramowski, MA

Secretaries:

Cathy Phillips
Melanie Niemiec
Dianna Deweese

Our next newsletter will be October 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.



Ranked #1 bariatric surgery program in Pennsylvania, top 5% in the nation by HealthGrades for the 3rd year in a row!

Health Grades Ranking

We are very pleased to announce that for the third straight year, West Penn Hospital has been recognized as the best hospital in Pennsylvania for weight loss surgery by HealthGrades, the nation's leading independent healthcare ratings organization.

In addition to being ranked #1 in the state, West Penn Bariatric Surgery Center achieved its fourth consecutive 5-star rating, was ranked among the top 5 percent in the nation, and

received the 2009-2010 Bariatric Surgery Excellence Award from HealthGrades.

In HealthGrades *Fourth Annual Bariatric Surgery Trends in American Hospitals Study*, West Penn's weight loss surgery program is one of 88 identified as "top performers" with complication rates and lengths of stay that are dramatically lower than those of similar programs in other U.S. hospitals.

Using clinical performance and quality data, the study analyzed the outcomes of over 153,000 bariatric surgery procedures performed in 19 states from 2005 through 2007.

Achieving this #1 ranking from HealthGrades for three years in a row is a tremendous honor and speaks to the skill and dedication of West Penn's entire bariatric surgery team.

New Announcement

We are excited to introduce a new line of bariatric products that will be available for purchase from

our office. The *Bariatric Advantage* products available include high protein meal replacements and all of the vitamin and mineral supplements required after surgery. The *Bariatric Advantage* products will replace the Optifast Shakes that will no longer be available from the office. This change offers the benefits of a more individualized meal plan, less expensive product and a product that can be used before *and* after surgery. The meal replacement supplements may be used 2-4 weeks prior to surgery to increase the amount of weight lost which decreases surgical risks. Because the product is low in sugar, it may also be used after surgery as a protein supplement without the risk of dumping syndrome. The products will be available for purchase in the office upon the recommendations of your surgeon or dietitian. Please let them know if you are interested in these products. The meal replacement powder flavors include: chocolate, vanilla,

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strawberry, banana and chocolate mint. The vitamin and mineral supplements will include all required vitamins and minerals recommended

by your dietitian and will vary

per individual and procedure.

Once these supplements have been ordered, you may choose to have your products automatically refilled and delivered to your home. We are happy to offer this option as it may be more convenient for you, our patient.

We realize that changing supplements through different phases of surgery and trying to locate the required supplements can be confusing and time consuming; we are here to help with your changing needs.

If you would like to learn about the *Bariatric Advantage* products that will be available, please contact Cindy or Shawna at (412 235-5902) or see them at your next appointment.

Support Group

The next support group will be on **Monday, August 17, 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. This support group is for people who are considering gastric surgery, who have had surgery, friends and family.

SUPPORT GROUPS
August 17, 2009
September 21, 2009
October 19, 2009
November 16, 2009
NO DECEMBER GROUP

Pre-op Group

There is currently no pre-op support groups scheduled. **All pre-op patients should attend the main support group on Monday, August 17, 2009** in the Wintergarden Conference Center at West Penn Hospital (1st floor, across from the cafeteria) from 6-8pm. Upon signing in, please write that you are a pre-op patient. There is no need to register for this group.

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, August 17, 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.

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