

# The Bariatric Bulletin

## of the West Penn Bariatric Surgery Center

December 2008

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[www.bariatricsurgerypittsburgh.com](http://www.bariatricsurgerypittsburgh.com)

### The Staff

#### Surgeons:

Daniel J. Gagné, M.D.

Jorge Urbandt, M.D.

#### Clinical Coordinators:

Karen Tissue, RN

Kathleen Cenci, RN

#### Physician Assistants:

Nicole Houser, PA-C

Julie Maurer, PA-C

#### Dietitian:

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:

Cathy Phillips

Melanie Niemiec

Connie Titmus

Mary Bellisario

**Happy Holidays and have a safe and Happy New Year from Dr. Daniel Gagne' and Dr. Jorge Urbandt and the staff of West Penn Bariatric Surgery Center.**

### 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 starting in 2009. 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](mailto:ktissue@wpahs.org) or calling 412-235-5902.

### Support Group

The next support group will be on **Monday, January 19, 2009** in the Wintergarden Conference Center at West Penn Hospital (1<sup>st</sup> floor, across from the cafeteria) from **6-8pm**. There will be an informational session presented by one of the bariatric 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, who have had surgery, friends and family.

### Patient Feature

**Name:** Joe W.

**Date of Surgery:** 09/24/07

**Pounds lost:** 154

**Best thing about weight loss:**

"To be able to do things I haven't been able to do in 30 years."

**Before:**



**Comments:**

Don't think about it twice, (surgery) have it done. Don't be afraid.

**After:**



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## 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, January 19, 2009 from 6-8pm** at West Penn Hospital in the O'Brien Room on the 1<sup>st</sup> floor of the hospital. Please contact Karen Tissue 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.

## Psychology Corner

Linnea McQuiston has an educational/support group for patients **before surgery**. **"It's not just about food..."** It is held every other month at The West Penn Hospital, Monday evenings 6:00-8:00. The January 5, 2009 meeting will be held in the O'Brien Room. The January 12, 2009 and January 26, 2009 meetings will be held in the Allegheny Rooms. Participants will be asked to attend 3 consecutive meetings, which run on the first, second and fourth Monday of the month. \$20 per session, some insurances taken, co-pay not to exceed \$20. Sliding scale can be provided. To register contact Karen Tissue at 412-235-5902.

## Future Groups 2009

To register for any of the groups, please contact Karen Tissue at 412-235-5902.

### PRE OP GROUPS

**March 2, 9, 23 2009**

**May 4, 11 June 1, 2009**

**July 6, 13, 27 2009**

**September 14, 28 October 5 2009**

**November 2, 9, 23 2009**

**NO DECEMBER GROUP**

### SUPPORT GROUPS

**February 16, 2009**

**March 16, 2009**

**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**

### POST-OP GROUPS

**February 16, 2009**

**March 16, 2009**

**April 20, 2009**

**May 18, 2009**

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We are looking for patients that have had success and would like to create a scrapbook page for our office to show other patients. Your success may be an inspiration for another person. Please let me know if you are interested. Thanks, Karen Tissue.

**Our next newsletter will be February 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 2<sup>nd</sup> year in a row!**



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