

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

February 2009

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

www.bariatricsurgerypittsburgh.com

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

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.

Support Group

The next support group will be on **Monday, February 16, 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 a gastric bypass, who have had surgery, friends and family.

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, February 16, 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.

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 The West Penn Hospital, Monday evenings 6:00-8:00. The March 2, 2009 meeting will be held in the O'Brien Room. The March 9, 2009 and March 23, 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. Sliding scale can be provided. To register contact 412-235-5913.

Future Groups 2009

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

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

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

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

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.

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Patient Features

Name: Heather and Mike O

Date of Surgery:

Heather 9/30/2003

Mike 9/9/2003

Pounds lost:

Heather 117

Mike 158

Best thing about weight loss:

Being able to do the things we couldn't do with all the weight.

Most Interesting Thing:

Being stronger and more stamina and the fact the Mike's diabetes went away

Comments: This was the best thing we ever did would do it all over again in a second.

Before:



After:



New People

We would like to introduce two new people to the West Penn Bariatric Surgery Center.

Dianna Deweese comes to our office from the Emergency Department. She will be at our front desk, as well as, scheduling the ORs.

Shawna Woodward is our new dietician. She will be working with Cindy Cotters with new patient evaluation and pre and post op instructions.

Please help us in welcoming our new staff members!

Our next newsletter will be April 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 2nd year in a row!

