

# The Bariatric Bulletin of the West Penn Bariatric Surgery Center

July 2007

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

## The Staff

### Surgeons:

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

### Clinical Coordinators:

Julie Maurer, PA-C  
Kathleen Cenci, RN

### Physician Assistants:

Nicole Hayden, PA-C  
Erin Madden, PA-C  
Jaime O'Neil, PA-C

### Dietitians:

Megan Drudy, RD, LDN  
Dana Opp, RD, LDN  
Cindy Cotters, RD, LDN

### Psychologists:

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

### Insurance Specialist:

Debra Crusan

### Medical Assistants:

Lisa Szramowski, MA

### Secretaries:

Lorraine Heagy  
Cathy Phillips  
Connie Titmus  
Mary Bellisario

### Issue Highlights

Patient Reunion  
Support Group Info  
Patient Feature  
Nutrition Note  
Tips from Dr. Tom



### Attention:

*All Post-Op Patients  
Back by popular demand, we  
will be having a reunion for  
all post-op patients.*

*\*When: Tuesday, August 28*

*\*Time: 6:30-8:30 pm*

*\*Where: Phipps*

*Conservatory in Oakland  
Invitations outlining the  
details will be mailed to all  
post-op patients in the next  
few weeks. So mark your  
calendars and plan on  
attending! It will be a time  
to dress up and have fun!*

## Support Group

The next support group will be on **Monday, July 16, 2007** in the Wintergarden Conference Center at West Penn Hospital (1<sup>st</sup> floor, across from the cafeteria) at **6:30 pm**. The topic will be **Patient Stories**. If you have had your surgery and would be interested in speaking, 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 of these support groups before surgery. This support group is for people who are considering a gastric bypass, people who have had surgery, and friends and family. **\*\*There will not be a newsletter or main support group meeting in August because of the reunion.\*\*** The next support group meeting will be September 17. Hope to see you there!

## Post-op Group

Susan Hawkins, an associate of Dr. Tom Petrone, is presently leading a support group for up to 12 people who have already had surgery. The next one is scheduled for **Thursday, July 19, 2007 from 6-8pm pm** at West Penn Hospital in the Karen Jones room, 2<sup>nd</sup> 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. **\*\*The August post-op support group date is Thursday, August 16, same time, same place.\*\***

## Patient Feature

Name: Lorraine D.  
Date of Surgery: 6-1-06  
Pounds lost: 224

Before



After



# The Bariatric Bulletin of the West Penn Bariatric Surgery Center

July 2007

## Best thing about weight loss:

"The best thing is the improvement in my health."

**Most surprising insight:** "I am surprised at how well I get around. That surprises my whole family."

**Comment:** "I think that this is about the best thing anyone could do for themselves. I would recommend this surgery to anyone."

## Nutrition Note

Recipe Feature: *Tomato Vegetable Casserole*

The following recipe is courtesy of Giada De Laurentiis from Everyday Italian on the Food Network. This casserole would be appropriate for pre-op patients and post-op patients who are on the soft food phase of their diet or beyond, and is a great way to add a little extra fiber to your diet while enjoying the variety of fresh vegetables available to us in the summer time!

### Ingredients

1 medium potato, peeled & cut into ½" pieces  
1 medium yam, peeled & cut into ½" pieces  
1 red bell pepper, seeded & cut into ½" pieces  
2 carrots, peeled & cut into ½" pieces  
5T. olive oil  
1 red onion, thinly sliced into rings

1 large zucchini (or 2 small), cut crosswise into ¼" slices  
salt and pepper  
2 large ripe tomatoes, cut crosswise into ¼" slices  
½ c. grated Parmesan  
2T. Italian-style bread crumbs

### Instructions

1. Preheat oven to 400 degrees Fahrenheit
2. Toss the potato, yam, bell pepper, carrots, & 2 tablespoons of olive oil in a 13x9x2" baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over bottom of pan.
3. Arrange onion slices evenly over vegetable mixture. Arrange zucchini over onion. Drizzle with 2 tablespoons olive oil. Sprinkle with salt and pepper. Arrange tomato slices over zucchini.
4. Stir Parmesan and bread crumbs together in small bowl to blend. Sprinkle over vegetables in baking dish. Drizzle with last tablespoon olive oil.
5. Bake uncovered until vegetables are tender and the topping is golden brown, about 45-50 minutes. Garnish with fresh basil sprigs, if desired.

Makes 12 servings  
1 serving=116 calories, 3g. protein, 7g. fat, 11g. carbohydrate, 2g. fiber

## Tips from Dr. Tom

Dr. Tom's tip this month is – take a vacation! It is a great stress reliever. That's what Dr. Tom did, and he recommends it for everyone.

## Follow-Up

It is *very important* for you to follow-up with your surgeon on a regular basis. The regular follow-up schedule after surgery is at 2 weeks, then months 2, 4, 6, 9, 12, 18, 24, then yearly. If you have missed any appointments, please contact the office ASAP to schedule your next appointment.

**Contact** - to sign up for the post-op group, to sign up to receive this newsletter via email, or to offer any ideas or suggestions, please contact Julie at [jmaurer@wpahs.org](mailto:jmaurer@wpahs.org) or 412-235-5902.