

# The Bariatric Bulletin of the West Penn Bariatric Surgery Center

July 2008

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.

Jorge Urbandt, M.D.

### Clinical Coordinators:

Karen Tissue, RN

Kathleen Cenci, RN

### Physician Assistants:

Nicole Houser, PA-C

Jaime O'Neil, 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:

Maggie Maiers

Cathy Phillips

Connie Titmus

Mary Bellisario

## Issue Highlights

Support Group Info

Patient Feature

Nutrition Note

Psychology Corner

Follow Up

## Support Group

**\*\*\* THERE WILL BE  
NO SUPPORT GROUP  
IN JULY \*\*\***

Consider it a summer vacation. The next support group will be on **Monday, August 18, 2008** in the Wintergarden Conference Center at West Penn Hospital (1<sup>st</sup> floor, across from the cafeteria) at **6:30 pm**. The speaker will be announced in the next newsletter. At **6:00 pm**, 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, people who have had surgery, and friends and family.

## Post-op Group

Susan Hawkins, an associate of Dr. Tom Petrone, will be leading the next post-op support group for up to 12 people who have already had surgery. It is scheduled for **Thursday, July 17, 2008 from 6-8pm** 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.

## Staff Changes

Karen Tissue is the new Clinical Coordinator of the West Penn Bariatric Surgery Center. Karen has been working as a research nurse here at West Penn for the past few years. Julie Maurer will now be the physician assistant for Dr. Urbandt.

## Patient Feature

**Name:** Justin M

**Date of Surgery:** 6-26-07

**Pounds lost:** 288

**Best thing about weight loss:** "I am able to enjoy life and do more things the being overweight stopped me before."

**Most surprising insight:** "The surgery gave me more self-esteem."

*Before:*



*After*



**Nutrition Note**

# The Bariatric Bulletin of the West Penn Bariatric Surgery Center

July 2008

Many patients are confused about the sugar alcohols that we find on the nutrition facts panel of many sugar free, diet, low carbohydrate, and "diabetic friendly" foods. Sugar alcohols, which are truly called polyols are neither sugar, nor alcohol. The name only refers to the chemical structure. You may see it listed as mannitol, xylitol, sorbitol, lactitol, or isomalt. In fact, the FDA is currently considering changing this on food labels to avoid the confusion. So if in the future you see polyols, you'll know what it means. Polyols are artificial sweeteners originally used for diabetic candies back in the 70's because they produce a low glycemic response (didn't spike blood sugar) but as we know more about diabetes today, we are aware that it's not just the added sugars in products that count. It's total carbohydrate. Polyols still contribute to total carbohydrate. So you cannot subtract them from total carbohydrates to figure net carbs. Because polyols are intensely sweet, they can be used in smaller quantities which in turn helps to lower the calories in a food. But be careful, because not all foods with polyols as the sweetener are reduced in calories. Do a comparison yourself between a box of chocolate candy and it's sugar free version. Often

you will see the sugar free has more fat, so the calories are higher in the end. Just make sure you check the label for fat as well as sugar.. So should you choose foods with polyols? If the product is still high in fat and calories, or if the total carbohydrates are still as high as the original version then it's not really worth it. But, you can still choose sugar free foods with sugar alcohols such as popsicles, and other artificially sweetened foods that are not high in fat and calories, and total carbohydrates. Another concern with polyols is that if you consume too much, it may cause a laxative effect so stick to just one serving. If you would like to know more, call Cindy @412-235-5907. It's always helpful if you can bring in food labels to your visit if you are confused about the nutrition facts panel.

## Psychology Corner

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

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

- Where – West Penn Hospital, Liberty or Allegheny room, 1<sup>st</sup> floor near cafeteria
- When - Monday evenings 6:30-8:00. Participants will be asked to attend 3 consecutive meetings, which run on the first,

second and fourth Monday of the month.

- Price - \$20.00 per session, some insurances taken, co-pay not to exceed \$20.00. Sliding scale can be provided.
- To register Contact Karen Tissue at 412-235-5902.

The tentative dates for the sessions of this group are:

\*July\* \* 7, 14, 28

\*Sept\* \* 1, 8, 22

\*Nov.\* - 3, 10, 24

## 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. Additionally, if you have not followed up in awhile, you may be receiving a phone call from Lorraine who is working on a project now to contact all patients who have not followed up. She will just want you to answer some simple questions about how you are doing.

## E-Newsletter

We are making an attempt to get the newsletters out more efficiently and cost effectively. We offer this newsletter via email. If you are receiving this newsletter in paper form and have an email account, please inform us of your email address by emailing [ktissue@wpahs.org](mailto:ktissue@wpahs.org) or calling 412-235-5902. If you prefer to be removed from this mailing, please notify us as well.



**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.