

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

June 2009

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

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The Staff

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Psychologists:

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Secretaries:

Cathy Phillips
Melanie Niemiec
Dianna Deweese

Our next newsletter will be August 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.

Support Group

The next support group will be on **Monday, June 15, 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.

SUPPORT GROUPS

June 15, 2009

July 20, 2009

August 17, 2009

September 21, 2009

October 19, 2009

November 16, 2009

NO DECEMBER GROUP

Patient Features

Name: Melody S.

Date of Surgery: February 16, 2007

Pounds lost: 122

Best Thing: "I can walk without breathing heavy. I can do a lot more things."

Most Interesting: "I can actually bend over and tie my shoes"

Comments: "It was worth getting surgery to improve my health. A co-worker who had the surgery inspired me to do this (surgery). Without her, I would have had a heart attack."

After:



Dietary Corner

No More Diets!!

A Diet is something one goes on to lose weight and then stops. Remind yourself; **YOU ARE NOT ON A DIET!!** You are, in fact, changing your lifestyle **FOR LIFE!** Diets tend to include behaviors of being "all or nothing", "good or bad", "on or off". Lifestyle change includes learning to follow healthy eating guidelines **FOR LIFE!** learning to cook differently, shop differently, plan gatherings differently, eating out differently, **FOR LIFE!** Because you have the goal of Long-term weight management or living the rest of your life at a healthy weight, it is important that you view these changes as Long-term or a way of life. Change is not easy. But starting with small, manageable changes will provide you with confidence as these changes become "new habits." Each healthy change you make moves you in the direction where you will be motivated to make more!! As weeks, months and years go by, you will continue to learn about new ways to improve your lifestyle and become a stranger to the old eating patterns that led to your weight issues. It is

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important to stay connected to a good support system to help you stay on track with these changes. Support Group Meetings and your follow up appointments are great ways to ensure that you are continuing to practice the lifestyle changes that you learned. You can also keep up with new information by attending our nutrition class which is held twice per month.

Shawna Marie Woodward,
MS, RD, LDN

Pre-op Group

There is currently no pre-op support groups scheduled. All pre-op patients should attend the main support group on **Monday, June 15, 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, June 15, 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.

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. 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.

Ranked #1 bariatric surgery program in Pennsylvania, top 5% in the nation by HealthGrades for the 2nd year in a row!



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