

The Bariatric Bulletin of the West Penn Bariatric Surgery Center

May 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

The Staff

Surgeons:

Daniel J. Gagné, M.D.

Jorge Urbandt, M.D.

Clinical Coordinators:

Julie Maurer, PA-C

Kathleen Cenci, RN

Physician Assistants:

Nicole Houser, PA-C

Jaime O'Neil, PA-C

Dietitians:

Dana Opp, RD, LDN

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

The next support group will be on **Monday, May 19, 2008** in the Wintergarden Conference Center at West Penn Hospital (1st floor, across from the cafeteria) at **6:30 pm**. The speaker will be **Dr. E. Douglas Newton**, plastic surgeon. He will be speaking on plastic surgery options after weight loss. 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, May 15, 2008 from 6-8pm pm** at West Penn Hospital in the Karen Jones room, 2nd 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.

Patient Feature

Name: Seth O.

Date of Surgery: 08/31/06

Pounds lost: 135

Best thing about weight loss:

"The best thing is never having to ask for a seatbelt extender on an airplane ever again."

Before:



Most surprising insight: "I never expected it to be this comfortable. I can now enjoy food again without gaining weight constantly. I can also go to the gym again and be active."

Comment: "No matter how scary it gets and no matter how much you doubt yourself, 6 months after the

surgery you'll feel like a completely different person. It wasn't as bad as I thought it would be. Just put your head down and go through it."

After



Nutrition Note

When it comes to nutrition, there is no one meal plan that is perfect for everyone. I am often asked questions about foods being good or bad. I could probably find a good and a bad quality about almost every item in the grocery store. It depends on the reason one is eating it. For example, a patient who is having difficulty maintaining weight, may benefit from

The Bariatric Bulletin of the West Penn Bariatric Surgery Center

May 2008

adding sugar and fat to their diet. Of course for someone trying to lose, it would not be a recommendation. Someone with a poor appetite may benefit from drinking juice and again, not a good choice for our purpose. (too high in sugar, calories, no fiber). An athlete may need more electrolytes and protein than a sedentary person, so Gatorade and Propel fitness may be helpful after a strenuous workout. For persons having weight loss surgery, the bottom line is the most nutrient dense food in the smallest volume, and with the lowest amount calories or as I like to say, "the most bang for your buck". Think of going on vacation with only one suitcase. Are you going to fill it up with clothes and things you won't use or need?? Of course not! Pretend your stomach is that suitcase. Are you getting the picture?? In this case, certain foods would be bad. Example: rice cakes. If your stomach was of normal size, a rice cake may fill you up and keep you from eating something else with more fat and more calories. But, where's the nutrition? Not a good choice for us. Same goes for candy and sweets, (including regular soda) chicken wings, a lot of the sports drinks out there and most of the items on the handout that fall under the "do not eat" column. They do

not offer as much nutrition for the amount of space they are going to take. If you are going to put it in your stomach, it should be offering you something. Call it rent. Soda is an absolute mooch. It offers nothing but empty calories. That's why I stress the importance of lean protein first, fruits, vegetables, and low fat dairy next and starches last. For those of you who have not had surgery yet, this is the foundation for how to eat for the rest of your life after surgery This way you will be getting the "most bang for your buck".

Psychology Corner

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

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

- Where - West Penn Bariatric Center Waiting Room – Cercone Building
- 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. The group will run every other month beginning on May 5.
- Price - \$20.00 per session, some insurances taken, co-pay not to exceed \$20.00. Sliding scale can be provided.

- To register Contact Julie Maurer at 412-235-5902

The tentative dates for the first 4 sessions of this group are:

- *May* * 5, 12, June 1
- *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.

Contact – Julie Maurer at 412-235-5902 or jmaurer@wpahs.org to be added to or removed from lists or with suggestions.



Ranked #1 bariatric surgery program in Pennsylvania, top 5% in the nation by HealthGrades!