

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

November 2008

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The Staff

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**THERE WILL BE NO
SUPPORT GROUPS**

IN DECEMBER

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 considering 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 or calling 412-235-5902.

Support Group

The next support group will be on **Monday, November 17, 2008** 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. **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, 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, November 17, 2008 from 6-8pm** at West Penn Hospital in the Liberty Room on the 1st floor of the hospital. Please contact Karen Tissue 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.

Psychology Corner

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

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

It is held at The West Penn Hospital, Allegheny room, 1st floor near cafeteria for the November 10 and November 24, 2008. Monday evenings 6:30-8:00. The November 3, 2008 meeting will be held in the O'Brien Room.

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, co-pay not to exceed \$20. Sliding scale can be provided. To register contact Karen Tissue at 412-235-5902. The tentative dates for the sessions of this group are: Nov. - 3, 10, 24

Stresses and Solutions: Ideas from the patients who attended the Information Group on October 20, 2008.

Thanks to all of you who contributed to the thought provoking discussion. Sincerely,
Dr. Tom

FEAR OF FAILURE AND WEIGHT GAIN

Get as much information and education as possible
Get support from family and friends
Don't be afraid follow instructions from the bariatric staff

FEAR OF SURGERY, PROCEDURE, COMPLICATIONS (POST-OP) OR LOSING LOVED ONE

Be educated, learn as much as you can
Attend support groups
Visit recommended web sites
Overcome your fears by believing you will reach your goals
Know your surgeon and group
Health benefits out weigh the risks

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CHANGE WHAT I CAN EAT OR GIVE UP FOODS

Clean out the cupboard of your favorite foods that are "red light" foods
You will be able to eat foods you enjoy, but your portion size will change, use smaller plate

OTHER PEOPLE'S OPINIONS

Tell/explain the positives of the surgery
Explain the life changing and saving benefits
Understanding why you're doing it and being sure of your choice will help you to not be effected by opinion

FAMILY ADAPTING TO PATIENTS LIFESTYLE

Change everyone's eating habits for the better.
Educating them on healthier foods
Involve them in your meal planning and motivation

LONG TERM IMPACT

Don't worry about it, have confidence in yourself
To be a good influence on others by eating the right foods
Higher self esteem
Create healthy lifestyles enjoy your increased energy
Learning to live one day at a time

CARE FOR SELF AND FROM OTHERS

Attend Support groups for pre-op patients
Rely on family and or friends
Utilize the support of the bariatric team

Thanks again for all of your great ideas!!!!

Future Groups 2009

It is hard to believe that we are looking at 2009. Below are the tentative 2009 support group dates. To register for any of the groups, please contact Karen Tissue at 412-235-5902.

PRE OP GROUPS
January 5, 12, 26 2009
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
January 19, 2009
February 16, 2009
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
January 19, 2009
February 16, 2009
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.



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

