

The Bariatric Bulletin of the West Penn Bariatric Surgery Center

October 2007

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Support Group

The next support group will be on **Monday, October 15, 2007** in the Wintergarden

Conference Center at West Penn Hospital (1st floor, across from the cafeteria) at **6:30 pm**. The speaker will be **Dr. Tom Petrone**, our psychologist. 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 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. The speaker on November 19 will be Dr. Kang, plastic surgeon.

Post-op Group

Special guest facilitator, Linnea McQuiston, 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, October 18, 2007 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: Mitsuee C.

Date of Surgery: 12-27-04

Pounds lost: 120

Before



After



Best thing about weight loss:

"I look good!"

Most surprising insight:

"Sometimes I get tired, but then realize that I haven't taken my vitamins. It is surprising what a difference they make."

Comment: "Make sure you take your vitamins!!!"

Staff News

Nicole Hayden, Dr. Gagné's PA, is now Nicole Houser. Nicole and Jim got married on September 15. Congrats Nicole and Jim!



We announced in the last newsletter that Matthew James was born to Jaime and Brian O'Neill. We now have a photo of the little guy:



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Nutrition Note

There are many things to do to prepare for gastric bypass surgery: see your PCP, quit smoking, attend support groups, keep a food diary, etc. In addition, many patients are required to lose between 10-20 lb. before their surgery. They're asked to do this in order to get as healthy as possible before surgery, but also to demonstrate an ability and willingness to make changes to their diet and activity habits. When patients do not lose weight, or when they gain weight before surgery, often their surgery is postponed.

Are you scheduled for surgery yet? Have you been asked to lose weight before your surgery? Why not try Optifast®? Many patients have seen success in losing the weight their surgeon requires of them when on an 800 kcal Optifast® diet. Optifast® is an all-liquid, meal replacement diet. *It is typically used 2-8 weeks before surgery to lose a significant amount of weight in a relatively short period of time.* Starting at just under \$10 a day, the average weight loss is 4 lb. per week on an 800kcal plan. Other benefits include improvement in blood sugar control, blood pressure, and reducing the size of the liver, which can reduce the chances of having

to have an open procedure (instead of laparoscopic).

Optifast® is also ideal for post-op patients with a BMI > 30 who find they've relapsed into some old habits and have regained significant amounts of weight. Optifast® is pre-portioned, complete nutrition (providing 100% RDI for your essential vitamins and minerals, 70-84g. protein, 800-960kcal daily). It limits choices, provides structure, and requires frequent follow-up (every 1-2 weeks), which are needed to snap out of a relapse.

Talk to your surgeon if you are interested in using Optifast® to manage your weight before or after surgery. Contact Megan or Cindy at 412-235-5907, or mdrud@wpahs.org, or ccotters@wpahs.org for more information.

Tips from Dr. Tom

This month's TIPS are different. I had a student in a class where weight loss was a topic. She decided to work on her own weight loss throughout the course. To help herself she thought up her own, "Ten Commandments of Permanent Fat Removal" and her own "Starting Points." She and I both thought her ideas could help pre-op patients work to prepare for

surgery and help post-op patients maintain healthy eating habits. She wanted to keep her identity a secret so she said to call her "Jane Dough."

Here are the Ten Commandments of Permanent Fat Removal:

1. If I bite it, I must write it.
2. I shall not eat out of boredom, anxiety or misery.
3. I shall move my booty, move it, and move it some more.
4. I shall eat small meals and healthy snacks throughout the day.
5. I shall drink enough Holy Water to flood Dry Gulch, Texas.
6. I shall weigh and measure myself and my food.
7. I shall stock my refrigerator with the right stuff – the fruits and vegetables of the earth.
8. I shall not covet my neighbor's plate.
9. I shall believe in myself.
10. I shall not reheat my sins for breakfast.

Here are the Starting Points:

1. Nearly two thirds of adults in the United States are overweight, and 30.5 percent are obese.
2. I weigh ___ pounds.
3. I am officially obese.
4. I will have my "weigh" with unhealthy eating habits.

5. I will eat ___ calories a day.
6. I will eat six small/healthy meals a day, one every three hours.
7. There are nine thousand taste buds on the human tongue.
8. Walking an extra twenty minutes each day will burn off seven pounds of body fat per year.
9. Positive change comes from positive actions.
10. Cravings are not hunger pangs.

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!