

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

October 2008

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The Staff

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Support Group

The next support group will be on **Monday, October 20, 2008** in the Wintergarden

Conference Center at West Penn Hospital (1st floor, across from the cafeteria) at **6:00 pm**. There will be an informational session presented by one of the bariatric surgeons. After that we will have another speaker.

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.

Patient Feature

Name: Mary B.

Date of Surgery: 3/13/2007

Pounds lost: 95

Best thing about weight loss:

"I can't believe how my energy level increased and how happy I am."

Most surprising insight:

"People treat me differently now."

Comment: "I would like to say thank you to Dr. Urbandt, his staff at Forbes, to the patients that have had the surgery and to the patients that are waiting for surgery. They've all been such a huge part of the process for me from beginning to end. I feel

that without all of these wonderful people and the support I've received I'd not have done nearly as well.

Before:



After



Nutrition Note:

Few people fully appreciate the power of food in the prevention and treatment of disease. Most people simply attribute lack of energy, grouchiness, inability to concentrate, etc. on old age, (not to mention hypertension, high cholesterol levels and high triglycerides.) Could it be that it's really due to poor nutrition and inactivity? In this day and age where there's a pill for everything, and the medication list keeps growing, we forget that, just as the wrong foods can be powerfully bad for your health, the right foods can be powerfully health protective. By eating wisely, you are investing in your health and your quality of life.

Alternatively, you could continue on in poor health, or let it become worse, which ultimately ends up controlling your life. No single medication is as potent as an overall healthful meal plan paired with activity. . By routinely making the best choices, you'll be able to enjoy good health and increased energy. So don't go throughout your day, constantly thinking "I can't eat that", think of all the things you can eat that will

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get you to a place of good health. If that's where you truly want to be. If eating that bag of chips is more important, you're in the wrong place.

There is always confusion surrounding which foods are the best. Although there are no good and bad foods, there is such a thing as a bad meal plan. Repeatedly eating meals and snacks filled with saturated fat and refined sugars can absolutely lead to obesity, heart disease, diabetes, etc. So why are you still hitting the drive-thru at McD's every morning? Because it's only \$2 and it's fast? How much is that script for hypertension costing you? How fast did you run out of energy? Your meal plan should be based on lean protein, low fat dairy, whole grains with fiber, and fruits and vegetables.

Post-op Group

Linnea McQuiston will be leading the next post-op support group for up to 12 people who have already had surgery. It is scheduled for **Monday, October 20, 2008 from 6-8pm** at West Penn Hospital in the Karen Jones room, 2nd floor, North Tower. 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. \$20.00 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:
Nov. - 3, 10, 24

The 2009 dates will be announced in the next newsletter.

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 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 2nd year in a row!



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