

The Bariatric Bulletin of the West Penn Bariatric Surgery Center

September 2007

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Ranked #1 Bariatric Surgery Program in Pennsylvania!

We are pleased to announce that the West Penn Bariatric Surgery Center was ranked the #1 bariatric surgery program in Pennsylvania and one of the top 5% in the nation for 2007-08 by HealthGrades. They analyze over 5,000 hospitals nationally each year. This ranking is based on volume and complication rates.

Support Group

The next support group will be on **Monday, September 17, 2007** in the Wintergarden Conference Center at West Penn Hospital (1st floor, across from the cafeteria) at **6:30 pm**. The speaker will be **Patricia Arnett, MD**, a physician and a patient herself. She will speak about her experience as well as exercise after surgery. 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 of these support groups 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, is presently leading a support group for up to 12 people who have already had surgery. The next one is scheduled for **Thursday, September 20, 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.

Successful Patient Reunion

Thank you all who were able to attend the patient reunion on August 28 at Phipps Conservatory. It was a great night of food, music, meeting new friends and sharing stories. A HealthGrades rep was there to officially present the Excellence in Bariatric Surgery Award. Of note, we added up the total pounds lost by the 149 patients attending and the total was 14,720 pounds!!! Thanks to all for making the reunion a success!

Patient Feature

Name: Catherine C.
Date of Surgery: 8-29-06
Pounds lost: 119

Before



After



Best thing about weight loss:
"I feel normal again. I feel like a human being. I am not embarrassed to go out in public. I can blend in now."

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Most surprising insight: "I think my mental outlook is fantastic. I just feel fine and there's a euphoria that goes with it. I just love it."

Comment: "I wish I could have had this surgery done years ago and not have had to put up with a lifetime of dealing with yo-yo dieting. I am now freed from that."

New Arrival!

Matthew James was born to Jaime and Brian O'Neill on August 1. Jaime is a PA at the Forbes office. Congrats!

Nutrition Note

So, I planted 12 zucchini plants in my garden this year. All the vegetable gardeners out there know that by mid-July I had zucchini coming out of my ears! Needless to say, I spent some time exploring the many things to do with zucchini. I came across this recipe on www.foodnetwork.com. I made a few modifications to the original recipe, and after trying it realized it would be delicious and healthy for weight loss surgery patients as well! Enjoy!

Turkey-Stuffed Zucchini Boats
Adapted from the Food Network's Robin Miller
2 large zucchini, halved lengthwise
1 lb. lean ground turkey, cooked
1/3 c. fat free sour cream

1/2 c. coarsely chopped artichoke hearts
1/4 c. plus 2 T grated Parmesan cheese, divided
1 t. dried oregano
1/2 t. salt
1/4 t. ground black pepper
2 T. seasoned bread crumbs

Directions:

1. Preheat oven to 400° F.
2. Scoop seeds from center of each zucchini half, making 4 long, canoe-like boats. Cut each of these in half so that you have 8 zucchini boats. Set aside on a baking sheet.
3. In a medium bowl, combine cooked turkey, sour cream, artichoke hearts, 1/4 c. Parmesan cheese, oregano, salt, and black pepper. Mix gently to combine.
4. Spoon mixture into zucchini boats. Sprinkle bread crumbs and remaining Parmesan cheese over filling in boats.
5. Bake approx. 15 min., until top is golden brown, filling is heated through, and zucchini is soft.

1 serving=147kcal, 14g. protein, 8g. fat, 4g. carbs

Yields 8 servings. It can be eaten alone or served with additional vegetables, a small serving of brown rice, or orzo pasta.

This recipe is appropriate for all pre-op patients and may be appropriate as early as 2 or 3 weeks post-op too as long as

the zucchini is soft and well-cooked.

Tips from Dr. Tom

Recently, a number of pre-op patients have talked to me about "overeating" and "emotional eating." They describe a lot of confusion about those terms and the behaviors that are associated with them.

Most professionals use the term "Binge eating disorder" (BED) to describe these behaviors. They are referring to people who:

- Frequently eat large amounts of food while feeling a loss of control.
- Have frequent feelings of being unable to control what or how much is being eaten.
- Eat alone due to embarrassment at the amount of food they are eating.
- Have feelings of disgust, depression or guilt after eating.

Psychologists view BED as a dysfunctional way to regulate emotions. Their patients talk about wanting to avoid feeling negative emotions. They describe trying to numb or escape or block feelings with the overeating behaviors. It is important to note that not all overeating fits the BED category.

Here are some questions you can ask yourself to try to figure out the ways that your

eating habits are, "normal" or may fall into problem eating behaviors:

1. Do you eat when you are not hungry?
2. Do you often feel guilty after eating?
3. Do you find yourself thinking about food most of the time?
4. Do you often eat until you are uncomfortably full?
5. Do friends and family members make comments about your eating habits?
6. Do you eat to escape worries and troubles?
7. Do you look forward to eating alone more than eating with others?
8. Do you have and give in to late night cravings for food?

If you answered yes to 4 or more of these questions, it is probable that your eating habits fall into a problem-eating category. To work on changing those behaviors you can try the following:

- Attend and Overeaters Anonymous meeting.
- Ask for a consult with one of our dietitians.
- Contact me for help finding a counselor or therapist who specializes in problem eating behaviors.

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