

The Bariatric Bulletin

of the West Penn Bariatric Surgery Center

September 2008

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The Staff

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Support Group

The next support group will be on **Monday, September 15, 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: James B

Date of Surgery: 1/23/2007

Pounds lost: 142

Best thing about weight loss:

"I didn't know how bad I felt before the surgery until I see how good I feel now"

Most surprising insight:

"People treat me differently now."

Comment: "I would do it again tomorrow!"

Before:



After



Nutrition Note:

Many of our patients wonder if they should spend the extra money for organic fruits and vegetables. Are they better? Safer? More nutritious? The simple answer is they can be better for the small farmers and are possibly better for the

environment, but they are not significantly better in terms of nutritional value. It's debatable whether they are even significantly safer. To start, *organic* refers to the way farmers grow and process fruits, vegetables, grains, eggs, meat, poultry

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and dairy products. Only foods that are grown and processed according to USDA organic standards can be labeled as organic. Organic farmers do not use chemical fertilizers, insecticides, or weed killers on crops. The Environmental Protection Agency (EPA) has established standards of safety for pesticide residues. 65-75 % of conventionally grown produce has no detectable pesticides, according to these standards. When used properly, pesticides degrade and become inert. The best advice is to wash your fruit and vegetables under running water for several minutes. This can remove up to 99% of pesticide residue. Another idea is to only purchase organic versions of the foods you eat most often, but it makes no sense to buy something such as organic bananas because we do not eat the peel.

A good reason to buy organic is to help sustain the earth and replenish its resources. Right? Think about this. If the demand for organic rises in the big chain grocery store, more needs to be supplied, which means more needs to be trucked in, which leads to more fuel, pollution in the air and defeats the purpose of protecting the environment. The wise choice is to buy locally grown produce. This not only supports the small

farmer, it retains the nutrients in your produce because it made it to your table faster.

Organic fruits and vegetables cost about 30% more than standard produce. It basically comes down to individual preference. Some people believe they have a better taste, so if that gets you to eat your veggies, then go ahead and spend the extra cash.

Farewell to Susan:

Susan Hawkins, our post-op support group facilitator will be conducting her last group on September 18th. We are grateful to Susan for sharing her expert knowledge, skills and genuine concern for our patients over the past 2 years. She has had a positive impact on the many patients who attended the support group seeking guidance and a safe place to share their post-operative surgery experience. Please take advantage of this last opportunity to meet with Susan in September.

Welcome to Linnea:

Beginning in October, Linnea McQuiston, our pre-op support group facilitator will begin conducting our post-op support group as well. Linnea is a Licensed Professional Counselor who has worked in the mental health field for 25 years. She received her MED from Long Island University in 1973 and completed a certificate

program at the University of Pittsburgh School of Social Work as a Home and School Visitor. In 2004 she completed the Pittsburgh Gestalt Therapy Training Program for Professionals and is a current member of the Gestalt Graduate Training Program. During her professional career she has worked in educational systems providing crisis intervention and mental health services as a drug and alcohol outpatient therapist and as a therapist in private practice. In 2004 she began Care for Caregivers to provide support, guidance, information and referral to both professional and lay caregivers. She is a staff member of the Psychological and Counseling Center, Inc. where she works with our staff psychologists, Dr. Tom Petrone and Dr. Maura Krushinski. During the past 2 years Linnea has worked with many of our patients providing counseling, consultation and education.

Post-op Group

Susan Hawkins will be leading the next post-op support group for up to 12 people who have already had surgery. It is scheduled for **Thursday, September 18, 2008 from 6-8pm pm** 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, Liberty or Allegheny room, 1st floor near cafeteria. 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. \$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:

Sept * 8, 15, 22

Nov. - 3, 10, 24

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.

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