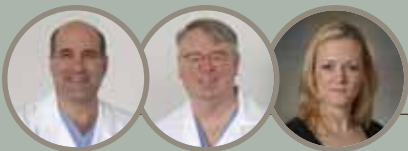


Your Journey to Healthy Living



For Roux-en-Y
and Adjustable
Gastric Banding
Patients



Notes from your surgeon

RAY KRUGER, MD | THOMAS STREETER, MD | DONALD COLACCHIO, MD
JODIE PLOUFFE, PA | Physician Assistant



The beginning of fall brings an exciting addition to our program. **Dr. Donald Colacchio has joined the bariatric team as our third bariatric surgeon.** Dr. Colacchio graduated from Dartmouth Medical School and did his surgical training in Buffalo, NY. He comes to us with 20 years of general surgical experience and has a special interest in advanced laparoscopic and bariatric procedures. Please join me in welcoming him to our Bariatric Team.

Our program continues to provide support for our postoperative patients. Our Psychology Team is working on a "back on track" small group sessions to try and assist those of you who may be struggling after the first year or two

following their surgery. Please watch for more information at postoperative group sessions or future newsletters

Please remember the team is here for you. With our added staff we are trying to make your follow-up visits more timely and hopefully reduce the number of appointments we need to reschedule.

As always, please drink lots of liquids, take your vitamins and maintain your protein intake. Calcium supplements and a multivitamin with iron are very important to prevent long term problems with bone density and anemia.

What's NEW?

Support Groups

There is another change coming to our post-op psych support groups. We are happy to be combining our gastric band and bypass patients together during our Tobey evenings just as we do on the Cape and in New Bedford. We will have a gastric band topic offered monthly as one of our choices, along with at least two other topics for all patients. Please see the Support Group Calendar in this issue for the topics.

Please note the dates, locations and topics of the groups, then find your weight-loss surgery friends and come together!

Clothing & Recipe Swap

Every three months, after the support groups, there will also be a swap night to swap clothes, recipes or other items.

Coming Soon:

OPTIFAST — The serious solution for weight loss.

The bariatric program at Tobey is expanding to include the nationally recognized, medically supervised, meal replacement and lifestyle education program. Bariatric experts Dr. Streeter, dietitian Stacy (Cordeiro) Medeiros, and Nurse Practitioner Colleen Burg will lead participants as they progress through the phases of active weight loss, transition, and long-term management. Visit OPTIFAST.com for additional details, or call the Southcoast Wellness line at **1-800-497-1727** for details on our first free introductory sessions.

Remember to log on to the Bulletin Board at www.southcoast.org.

1. Go to southcoast.org website
2. Under fast links, click on "Weight Loss Surgery"
3. At the top of this page is "New Discussion Groups." Click on this.
4. It will then ask for username and password. This will be the same for everyone to access this site.

Username: southcoast
Password: bariatrich



The Nurse's Corner

MICHELLE CROFT, RN, BSN, CBN | JORIE BORDEN, RN, CBN | COLLEEN BERG, MSN, FNP-C



There are several different professions represented on our bariatric team. We all have our own view of what we want for you. Do you know what nurses want and what makes a nurse happy?



As nurses, our first goal is help prepare you for surgery. We want you to arrive understanding what will happen during the procedure and the long-term commitment required afterward to a healthy diet – including the need for life-long vitamin and calcium supplementation — and regular exercise. We also want you to appreciate the value of ongoing support.

Following surgery, we want you to live a long, healthy and fulfilled life. To that end, we will be "in your face" at times. When you have lab work done it is reviewed by Colleen and you will be called if the results are not within normal limits. We know when you are not taking or absorbing your vitamins and calcium. We know the long and short term effects of vitamin deficiencies and we don't want you to suffer from these.

We want you to benefit from the positive effects of regular exercise. We know that it will maximize your weight loss and all those endorphins that are released will make you

feel so good. We love to hear about your walking or the successful completion of a triathlon (yes, one of you completed a triathlon.)

We want you to maintain a strong support system through both your attendance at support groups and healthy relationships at home and socially. If you can't attend the support groups, there are many online support systems. Please take advantage of them. Support will increase your success.

Please come to your scheduled office visits. It is vital to your health to follow-up with your doctors and other practitioners. Professional eyes can learn a lot just by looking at you. We want to give you the opportunity for one-to-one time so that you can ask questions. We want to see if you are struggling and get you back on track. Our bariatric program needs to maintain follow-up of our patients or risk the loss of coverage by insurance companies. No insurance coverage, no program, so that is why we call you when you have missed an appointment. If you have difficulty getting here, please call us as some of our interaction can be by phone.

And finally we want to see and hear about your success. Just being a small part of supporting you on your journey is what gives nurses satisfaction and makes us happy!



Nutrition Corner

ALEXANDRA CARLIN, RD | STACEY MEDEIROS, RD | NATIA CORSI, RD | Dietitians

Frequently Asked Questions

When can I eat soup or cereal?

Soup and cereal contain both liquid and solids eaten together. This poses a challenge for bariatric patients because it is important to separate liquids and solids due to your new pouch. When liquids are eaten with solids, they wash the solids out of the pouch quickly and do not give a substantial sensation of fullness. This may lead to greater hunger or ability to take in more calories at the meal or throughout the day.

We suggest eating only the solids of the soup and using very little milk in cereal so the solid portion of these foods will not be drowned in liquid. If you find that you enjoy these foods with more liquid and are not experi-

encing issues with weight gain or lack of weight loss, then continue to enjoy. The bottom line is to be aware of your feelings of fullness and satisfaction after a meal.

When can I eat salad?

Approximately eight weeks after gastric bypass and four weeks after gastric banding, patients should be able to consume low fat solid foods on Stage 5 of your diet. Salad is included on this list. However, try one component of the salad at a time at first to make sure it is tolerated before combining foods. Also, be wary of fruits and vegetables with skin since they can cause a blockage. Peel any skin within the first six months to

one year after surgery. After that, take tiny bites and chew thoroughly.

What foods can cause a blockage?

Food that can cause blockage include skins, big seeds, stringy vegetables, tough meats, bread and pasta. Between six months and one first year post-surgery, this risk declines but remember that taking small bites and thorough chewing are always a must.

Can I eat seeds?

Small seeds such as strawberry and poppy seeds are okay. Large seeds such as sunflower and pumpkin seeds should be avoided.

Wareham Surgical Associates
106 Main Street
Wareham, MA 02571
508-295-3900

Tobey Hospital
Southcoast Hospitals Group
43 High Street
Wareham, MA 02571
508-295-0880

Nutrition Services
508-273-4344

Psychology Associates
114 High Street
Wareham, MA 02571
508-291-8405

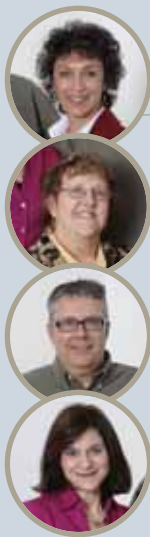
St. Luke's Hospital
101 Page Street
New Bedford, MA 02740

The Cape Coder
1225 Iyannough Road
Route 132 & Bearer's Way
Hyannis, MA 02601

southcoast.org/weightloss



SOUTHCOAST
HOSPITALS GROUP
Charlton • St. Luke's • Tobey
www.southcoast.org



Psychology Associates

MARIA CRUZ, LICSW | ANNE HARRIS, PhD | ALAN JOHNSON, LICSW | SUZANNE GOKAVI, LICSW | Social Workers

Change

Change was the title of a recent presentation that was both entertaining and inspirational by Melanie V. in a pre-surgery class. She approached her assignment in a new and fresh way that made us all think, laugh and well, frankly moved us. Here is just a segment of what she wrote:

*"We all rely on an addiction,
Mine is food with no restriction.
A hearty portioner, I pile my plate
Pizza and chips my every day date.
I'm an unsatisfied deprived sneaker.
Plan dieting then set out as a cheater.
Powerless against food, I live in guilt.
Do it all or nothing is my motto,
Like a gambler be broke or win the lotto..."*

We applaud our patients and their efforts as they struggle to make the changes needed to allow gastric bypass surgery to work. The efforts we put into classes can be of great value at many stages of your weight loss journey. Reaching out to one another and working together can make it more successful, not only in the early stages, but later on as well. Take another look at the material we reviewed in class as you move from one stage to the next.

Change does not come easily. If we hold to some of the things that may have made sense at one point, we risk repeating the same behaviors over again, even though we know we really need an update. It is our hope that as you learn more about yourselves, you will

become aware of the ever-changing diet personality qualities of your diet personality. Give the idea of change a chance and rethink some of those old patterns of behavior to see if they still fit in your new, healthier lifestyle. Stay alert, keep observing and remain open to change and reach out to us if we can help.

(The full version of Melanie's work will be available at future support groups.)

Gastric bypass patient vitamin supplement reminder:

- Multivitamin with iron twice a day.
- Calcium Citrate with Vitamin D: total Calcium 1500mg/ total Vit. D 400 IU.
- Vitamin B12 sublingual (dissolve under tongue) twice a week.

October to January

Support Group Calendar

Support groups are limited to Wareham Surgical Associates patients only.

Many topics covered at Tobey may be covered at St. Luke's or the Cape Codder, depending on the size and interest of the groups each night.

No groups on December 21 or 28.
Happy Holidays!

**Swap Night
Nov. 16
8 p.m.**

TOBEY HOSPITAL Operating room waiting area
Mondays 7:15 p.m.

- October 5**
- Social & family changes
 - "Newbies"
 - Presentation by plastic surgeon

- October 19**
- Focusing forward/ goal setting
 - head hunger challenges
 - BANDs unite

- November 2**
- Body Image
 - Stress Management
 - Problem Solving Plateaus

- November 16**
- Mindfulness/Yoga
 - Planning for the holidays
 - BANDs unite

- December 7**
- Obsessing after surgery
 - Putting yourself first: self-care
 - Relationship strains/ stressors

- January 4**
- Back to basics
 - "Newbies"
 - Surgiversaries – celebrating and reflecting

- January 18**
- Keeping it Real
 - BANDs unite
 - Successful outcome tips

CAPE CODDER
Hyannis

**Wednesdays
5:30-6:30 p.m.**

- October 7
- November 4
- December 2
- January 6

ST. LUKE'S HOSPITAL
White Home

**Saturdays
9:30-10:30 a.m.**

- October 24
- November 21
- December 19
- January 30

Nutrition Groups

Discuss nutrition-related issues and get answers to your questions and concerns. These groups will meet the same nights as Support Groups.

- TOBEY HOSPITAL**
Operating room waiting area
**Mondays
6 p.m.**
- October 5
 - October 19
 - November 2
 - November 16
 - December 7
 - January 4
 - January 18

- CAPE CODDER**
Hyannis
**Wednesdays
5 p.m.**
- October 7
 - November 4
 - December 2
 - January 6