

Your Journey to Healthy Living



For Roux-en-Y
and Adjustable
Gastric Banding
Patients



Notes from your surgeon

RAY KRUGER, MD | THOMAS STREETER, MD | Bariatric Surgeons

Our program has now reached another milestone — the one thousandth weight loss procedure.

We continue to expand our high quality services with new patient seminars in Fall River in addition to the seminars we now currently hold in Dartmouth, Wareham and New Bedford.

Our goal for the coming year is to expand our team to better meet the needs of both our pre and postoperative patients. We have now added Jodie Plouffe PA, a surgical physician assistant, to assist us in the care of our hospital patients and Colleen Berg, NP, a nurse practitioner, to assist us in caring for our office patients and follow-up visits. Both come to us with years of experience and are exciting additions to our team. Please join us in welcoming them.

We have also made some physical changes to the office with the creation of a new check-in area to better assist us with our patient flow. Our goal with these office changes and additional staff is to decrease waiting time and delays when you visit for an office appointment.

Once again, we very much care about your progress in your weight loss journey. **If you have missed appointments, not responded to a recall notice or just haven't seen us within the past year, please contact and update us.** We need to maintain contact with you for five years as part of our Center of Excellence designation. If you can't make it in for a visit, we would like to at least make arrangements for you to get the appropriate labs and follow-up with your primary care provider. **Please give us a call.**

Milestones

The Nurse's Corner

MICHELLE CROFT, RN, BSN, CBN | JORIE BORDEN, RN, CBN

When you Google milestone you learn that it is a stone pillar that shows the distance to and from a place...a significant event in a life or history...the advancement of knowledge in a field or a turning point. You can also find Google's milestones. What two young brains in a garage accomplished is amazing.

We all know the milestones in our own life journey but do we give them the importance and permanence of a chiseled stone pillar? When our forefathers (and mothers) came to a milestone it was often a crossroad and they needed to make a decision. You, all of our patients, made

a decision to take the road to improved health and quality of life. Do you chisel those milestones in your brain? Even though they are behind you, do you revisit them in your mind and recall how satisfying it was to arrive at a milestone and then set your sights on the next goal.

We love to hear about your milestones at office appointments and during support groups. The satisfaction and emotion that comes with breaking through a weight milestone or a size milestone or the milestone of new confidence is palpable. We chisel your milestones into our brains also. Your milestones are milestones for our program as well.

Our wish for you is that you always have a milestone in your sights.



Nutrition Corner

ALEXANDRA CARLIN, RD | STACEY CORDEIRO, RD | NATIA CORSI, RD | Dieticians

Calcium Supplement Update

We are adding the following calcium citrate products to our list of supplements for gastric bypass:

- The **Bariatric Advantage Chewy Bites** are now available in the chocolate flavor. Each chew provides 250 mg of calcium so take two for one dose. The cost is \$9.99 for 60 chews or 10 days.
- Now Foods makes a **liquid calcium citrate with Vitamin D in lemon and blueberry flavors**. One tablespoon provides 500 mg of calcium. The cost is \$16 for 16 ounces or 16 days.
- Celebrate makes a **chewable calcium citrate in strawberry crème and hot cocoa flavors**. Each tablet provides 250 mg, so take two tablets for one dose. The cost is \$14.50 for 120 tablets or 20 days. Celebrate has also recently made a **500 mg calcium citrate tablet** which should be available shortly.

Start Fresh

Now that it's spring and pretty packets of seeds are available and garden centers are selling spring plants, **consider growing a few edible plants of your own.** If you've ever tasted freshly picked greens and herbs such as Argulus, baby spinach, lettuce, cilantro, basil, dill, mint, and radishes, you know that there is no comparison between fresh-from-the-garden foods and the muted ones from the supermarket. The flavor intensity is absolutely amazing.

Try planting a few seeds in pots. Put them outside in the sun on warm days and plant them sometime after Mother's Day. Use containers such as buckets with holes in the bottom or large flower pots if you don't have the space for a garden. Instead of starting from seed, you could also start with small plants from a nursery. Salad greens grow best in the cooler temperatures of spring and fall. Herbs such as basil and cilantro will grow throughout the summer. Pick what you need as you're preparing food for the freshest quality. You can also store dry, unwashed greens in the refrigerator for three to five days. If you're feeling ambitious, plant a few tomatoes too.

Make the most of the few ounces of food you can eat. While preparing food, add herbs to meats and vegetables to intensify the flavors. Mix greens with herbs and thinly-sliced radishes, add a low-fat vinaigrette dressing, and serve with grilled fish or chicken and you'll have a meal that can't be beat.

Adjustable gastric band patient vitamin supplement reminder:

Chewable complete multivitamin: Once a day

Chewable calcium with Vitamin D: 1,000 mg a day.
May be citrate or carbonate.

Please welcome our newest team members:

Jodie Plouffe, Physician Assistant
On April 1, Jodie joined our practice. She comes to us with over six years of experience and is involved with

all aspects of patient care for the general surgical patient. Jodie is currently assisting our surgeons intraoperatively, working with the



inpatient bariatric and surgical population and will provide follow-up care in the office for early post-op patients. Jodie will be working closely with our surgeons and bariatric team.

Colleen Berg, Nurse Practitioner

Colleen joined our team on May 4 and comes to us with over 10 years of experience as a family nurse practitioner/educator. She has also

been a family-centered nurse for many years.



Colleen will be seeing our patients in the office for the follow-up visits up to five years.

She will help insure your success by reviewing your lab results, scheduling tests as needed and encouraging you towards your lifestyle change goals and commitments. She will also communicate any health related issues with your primary care physician if needed.

It is with great excitement that we welcome both Jodie and Colleen as new members of our dynamic bariatric team!

Remember to log on to the Bulletin Board:

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

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 Codder
1225 Iyannough Road
Route 132 & Bearnse's Way
Hyannis, MA 02601

southcoast.org/weightloss



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Wareham Surgical Associates
106 Main Street
Wareham, MA 02571

Psychology Associates

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

The bariatric program met a new milestone of completing 1,000 surgeries. Reaching a milestone is a good time to reflect on both the accomplishments and the areas that still need to be developed. Although the Behavioral Health Team has grown and the number of pre- and post-groups has increased, we look forward to continued growth and development of our services.

For patients, milestones in weight loss surgery can be noted in various ways: totaling up the pounds and inches, gaining increased mobility and decreased need for medication. You could probably add some of your personal milestones to this list.

The anniversary of your surgery date is a good time to reflect on all you have accomplished and to recommit to the parts of the "new you" that still needs to be developed. The battle with weight loss does not end with surgery. It is not the surgery that made you achieve your weight loss goals. It is the decisions you have made on a daily basis to do what is necessary for you to be successful and to avoid making poor choices.

Anniversary dates can also be a time to remember the excitement that you had when you started your journey with weight loss surgery and the commitment you made to focus on yourself to achieve things that you might have believed were beyond your reach. For your anniversary date you should be checking in with your surgeon and planning a celebration for yourself for everything you have achieved. If you haven't reached all of your goals yet, then your anniversary date is also a good time to recommit to doing what it takes to achieve those goals. Remember how empowered you felt when you decided to make your weight loss journey "all about you." Use that excitement to redefine your goals. Come to a support group to share those successes with others who understand what this journey is all about.

We hope that your future continues to be filled with the benefits of your commitment to a healthy lifestyle.

Medication reminder:
Avoid aspirin and nonsteroidal anti-inflammatories for life because they are harsh to stomach pouch.
Examples: Motrin,[®] ibuprofen, Advil,[®] Excedrin,[®] aspirin, Naprosyn,[®] Aleve[®]

June to September 2009

Support Group Calendar

Support groups are limited to Wareham Surgical Associates patients only.

TOBEY HOSPITAL Operating room waiting area	CAPE CODDER Hyannis	ST. LUKE'S HOSPITAL White Home	ADJUSTABLE GASTRIC BANDING Tobey Hospital
Mondays 7:15 p.m.	Wednesdays 5:30 p.m.	Saturdays 9:30 a.m.	Mondays 7:15 p.m.
June 8 June 22 July 6 July 20 August 3 August 17 August 31 September 22 (Tuesday)	June 3 July 1 August 5 September 2	June 27 July 25 August 29 September 26	June 15 July 13 August 10 September 22 (Tuesday)

Nutrition Groups

Discuss nutrition-related issues and get answers to your questions and concerns. This group meets before the psychology support groups.

TOBEY HOSPITAL Operating room waiting area	CAPE CODDER Hyannis
Mondays 6 p.m.	Wednesdays 5 p.m.
June 8 June 22 July 6 July 20	August 3 August 17 August 31 September 14 (9 months and up) September 21
June 15 July 13 August 10 September 22 (Tuesday)	June 3 July 1 August 5 September 2