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Disability/Return to Work

570-501-6900 x2

Support Group Schedule 2010: February 17,
March 17, April 21, May 19, June 16, July
21, August 18, September 15, October 20,
November 17, December 15

Mission Statement

As our mission, the Northeast Bariatric Center at Hazleton General Hospital is dedicated to providing its patients with a compassionate, comprehensive, and multi-disciplinary program for treating the disease of morbid obesity. The program offers exercise, behavioral, and nutritional education to assist in maximizing the benefits of a patient’s weight-loss surgery. We strive to continue to offer program and surgical excellence with successful outcomes. *The mission of NEBC’s support group is to offer encouragement, education, and information fostered in a non-intimidating environment for the bariatric surgery candidates pre and post operatively.*

NEBC Updates!

- The Northeast Bariatric Center recently became certified by the CIGNA Certified Hospital for Bariatric Surgery program, which was developed by a team of healthcare experts, including doctors and clinical specialists, who worked together to develop a set of criteria in accordance with guidelines from the National Institutes of Health, the American Society for Bariatric Surgeons, and the American College of Surgeons. NEBC met all of the required criteria and has become CIGNA certified, an incredible honor that recognizes its standards of excellence to provide patients with positive surgical outcomes.
- The NEBC website was recently accredited by HONcode through a list of criteria as a quality and trustworthy site with reliable health information.
- It’s that time of year again—winter has settled in, and the snow is here! Our snow cancellation policy has been implemented in case of poor weather conditions. If a meeting is to be cancelled because of the weather, then the decision will be made before 4 p.m.. A message will be left with the hospital operator at 570-501-4000. Please call if you have any concerns/doubts. It may be sunny at your house and a blizzard in Hazleton!

Angel Lush With Pineapple

- 1 can (20 oz.) DOLE crushed pineapple in juice, undrained
- 1 pkg. (3.4 oz.) sugar free JELL-O vanilla instant pudding
- 1 cup thawed sugar free Cool Whip
- 1 pkg. (10 oz.) round angel food cake, cut into 3 layers
- 10 small fresh strawberries

Directions: Mix pineapple and dry pudding mix. Gently stir in Cool Whip. Stack the cake layers on a plate, spreading pudding mixture between the layers and on top of cake. Refrigerate for one hour. Top with berries.

This delicious dish is less than 160 calories per serving!

Sleep Apnea

Obstructive sleep apnea is a serious sleep disorder in which breathing repeatedly stops and starts during sleep. The most noticeable sign of obstructive sleep apnea is snoring, although not everyone who has obstructive sleep apnea snores. A person with sleep apnea may make snorting, choking, or gasping sounds. This pattern can repeat itself five to 30 times or more each hour, all night long. These disruptions impair a person's ability to reach the desired deep restful phases of sleep, therefore, making a person feel sleepy during waking hours.

Anyone can develop obstructive sleep apnea, although it most commonly affects older adults and those who are overweight. Obstructive sleep apnea treatment may involve a device to keep the airways open. A procedure to remove tissue from your nose, mouth, or throat is also an option. Signs and symptoms of obstructive sleep apnea include:

- Excessive daytime sleepiness (hypersomnia)
- Loud snoring
- Observed episodes of breathing cessation during sleep
- Abrupt awakenings accompanied by shortness of breath
- Awakening with a dry mouth or sore throat
- Morning headache
- Frequent urination at night
- Difficulty staying asleep (insomnia)

Behavioral Changes Crucial to Surgery Success

- **Meal frequency:** Patients must learn to eat frequent, small meals consisting of healthful foods. Failure to modify this habit will result in poor nutrition and an inadequate calorie intake.
- **Food volume and meal pace:** The habits of taking small bites and eating slowly and mindfully are crucial for patients to have mastered by the time surgery is performed. If not, vomiting will probably result, having a negative impact on patients' nutrition and overall health.
- **Adequate fluid intake:** In the early postoperative period, patients often report a suboptimal fluid intake, perhaps as a result of the fluid restriction at meals and snacks. Dehydration can be very dangerous to overall health, and it can lead to constipation and poor absorption of medications and nutrients. Patients should carry sugar-free beverages with them and drink often.
- **Consumption of fruits, vegetables, and whole grains:** Patients who are morbidly obese typically do not eat the number of servings of fruits, vegetables, and whole grains recommended for a healthy diet. This habit should be modified as part of the surgical process to ensure adequacy of fiber and certain vitamins and minerals.
- **Adequate protein intake:** Approximately 60–80 g of daily protein is recommended for nutritional adequacy and for wound healing after surgery. Protein is available in fish, eggs, and many plant-based foods, such as soy products, nuts, and legumes.