



You Have a lot to  
Gain By Losing



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**Contact Information**

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**Program Coordinator**

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**Program Dietitian**

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**On Call Surgeon**

570-501-6900 x2

**Appointment Scheduling**

570-501-6900 x3

**Disability/Return to Work**

570-501-6900 x2

**2012 Support Group Dates**

January 18, February 15, March 21,  
 April 18, May 16, June 20, July 18,  
 August 15, September 19, October 17,  
 November 21, and December 19.

**The next new  
 patient information  
 session will be on  
 January 25. Call  
 570-501-NEBC for  
 more details.**

The mission of the Northeast Bariatric Center at Hazleton General Hospital is to provide patients with a compassionate, comprehensive, and multi-disciplinary program for treating 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.

**Northeast Bariatric Center Updates**

- **Join Ayse K. Mohyuddin**, Endocrinology and Diabetes & Metabolism specialist for Alliance Medical Group, as she presents “What is Your Thyroid Trying to Tell You?” It will be held on Wednesday, January 18, in the lower level of the Hazleton Health & Wellness Center at 6:00 p.m. The program is *free* but registration is required. Please call 570-501-6204 or register through our online calendar at [www.ggha.org](http://www.ggha.org)
- The location and hours of the Northeast Bariatric Center at Hazleton General Hospital remain the same in 2012. Please check the [www.nebariatrics.com](http://www.nebariatrics.com) website for any support group cancellations.
- The next patient information session will be held on January 25 from 4:00 p.m.— 6:00 p.m. in the Office and Education Living Room on the Hazleton General Hospital campus. Patients become educated about the program, meet the team, and have the opportunity to ask questions. Education is a key component of the Northeast Bariatric Center program. The team believes in providing its patients with quality resources, so they have the tools to produce change. A couple of helpful websites for patients to visit include [www.nebariatrics.com](http://www.nebariatrics.com), [www.obesityhelp.com](http://www.obesityhelp.com), [www.asmb.org](http://www.asmb.org), and [www.surgicalreview.org](http://www.surgicalreview.org). Those planning to attend the information session must register: 570.501.NEBC.
- The fall issue of Healthy Horizons, an award-winning publication, is now available. Be sure to check it out on the Greater Hazleton Health Alliance and Hazleton Health & Wellness Center websites at [www.ggha.org](http://www.ggha.org) and [www.hazletonhealthandwellness.org](http://www.hazletonhealthandwellness.org). Healthy Horizons is a free community publication that serves as a tool to raise health-care awareness, discuss new state-of-the-art technology and procedures that are available, and provide a variety of health, fitness, and nutrition information. **Stay tuned for the new winter issue!**

## Healthy Holiday Tips For Year Round



### Cut the "Christmas" Coffees:

During the holiday season, every coffee shop features yummy themed drinks like eggnog lattes and candy cane hot chocolates. But it's not just Christmastime that you need to be aware. These high calorie, over indulgent drinks are available throughout the year in various specialty coffee forms, and they can add huge calories to your day without filling you up. Skip the specialty and opt for the zero-calorie festive herbal teas.

**Switch Your Ingredients:** In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg, or cinnamon. Feel free to cut out the sugar all together and use a substitute like Splenda (which also comes in brown sugar).

**Take Away the Fat:** Substitute canned applesauce or pureed plums in your cookie, cake, and pie recipes as a healthier alternative to some of the butter and oil.

**Got Milk?** Substitute evaporated skim milk in recipes that call for cream. It's an easy way to make your year round baking a little bit healthier, lower in calories, and more nourishing.

**Burn, burn, burn!** Keeping up with your exercise routine is important, but it may be hard. Burn extra calories by avoiding the elevator and taking the stairs or parking farther away.

## Welcome Drs. Bono and Butt to Alliance Medical Group

Alliance Medical Group welcomes doctors Michael D. Bono and Hameed A. Butt to its surgical services team beginning in January. Doctors Bono and Butt are talented, well-respected surgeons who have been practicing in the Greater Hazleton area for many years. Their new relationship with Alliance Medical Group will provide patients with greater access to high quality surgical care.

Recently, Alliance Medical Group united with the resources of the Greater Hazleton Health Alliance to significantly enhance the quality of healthcare delivered in the Greater Hazleton area and its surrounding communities. By selecting a healthcare provider in the Alliance Medical Group, you receive access to a highly-qualified team of healthcare providers who practice in a variety of specialties and utilize state-of-the-art medical and diagnostic technology. This means a faster, more convenient healthcare experience for you and your family. Specialties include the following:

- Cardiology
- Endocrinology and Diabetes & Metabolism
- Family Practice
- Internal Medicine
- Obstetrics and Gynecology
- Orthopedics
- Pediatric Care
- Surgical Services

### Georgia Recognizing Childhood Obesity

Children's Healthcare of Atlanta Georgia developed a new, hard-hitting television and billboard campaign called *Strong4Life*, targeting childhood obesity. While critics suggest that aggressive ads such as these might further stigmatize or ostracize kids with weight problems, the argument could be made that Children's Healthcare of Atlanta Georgia felt compelled to display such an honest message.

Why? They conducted a survey, which indicated 50 percent of those questioned didn't view childhood obesity as a concern. The organization also found 75 percent of parents with obese children didn't see it as a problem. Are parents refusing to recognize that 1 in 3 American children are obese? .... And so the campaign was born. "We felt like we needed a very arresting, abrupt campaign that said: 'Hey, Georgia! Wake up. This is a problem,'" Linda Matzigkeit, a senior vice president at Children's Healthcare, told the Journal. View the full article and see the YouTube videos:

[http://www.syracuse.com/news/index.ssf/2012/01/controversial\\_ads\\_target\\_child.html](http://www.syracuse.com/news/index.ssf/2012/01/controversial_ads_target_child.html)