



Inside This Issue

Mission Statement

NEBC Updates

Recipe of the Month: Pineapple sauce for meat and fish

Conquer Your Hunger

Dietitian's Corner

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.*

Contact Information

Medical Director

Dr. Michael Bono— 570-501-NEBC

Program Coordinator

Jane Lashock— 570-501-NEBC

Program Dietitian

Amy Cartwright- 570-233-4023

Psychologist

Dr. Linda Lease— 570-455-9933

On Call Surgeon

570-501-6900 x2

Appointment Scheduling

570-501-6900 x3

Disability/Return to Work

570-501-6900 x2

NEBC Updates!

- 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!
- Realizemysuccess.com is now open to both band and gastric bypass patients. To date, 32 of our band patients have joined and have lost a combined 597 lbs!! Great job!!
- **Support Group Schedule 2010:** January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15
- The Northeast Bariatric Center is on the web. Learn about NEBC, the staff, treatment options, and much more. Check out the website at www.nebariatrics.com!

Pineapple Sauce

- 2 tablespoons of Splenda brown sugar
- 1 tablespoon of cornstarch
- 2 (8 oz) cans of crushed pineapple in its own juice, undrained
- 1/4 cup of low sodium soy sauce
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of ground ginger

Combine Splenda brown sugar and cornstarch in large saucepan—stir in the pineapple, soy sauce, garlic powder and ginger. Cook and stir over low heat until thickened.

Pour half over meat or fish before baking or grilling—while cooking use the rest as a basting sauce.

Conquer Your Feelings of Hunger

Patients often experience internal triggers of hunger, common feelings and thoughts that may cause an impulse to eat for reasons other than hunger. It's absolutely critical that patients learn to identify whether or not they are truly hungry, or if they are just experiencing "head hunger" or "mouth hunger." Unless a patient is truly physically hungry, the urge will pass if you can redirect your attention for 10 or 15 minutes.

Many patients instinctively recognize their eating triggers and temptations. Common internal triggers are negative feelings, such as anger, sadness, frustration, and loneliness. Patients are also triggered by positive emotions, such as happiness or a celebration. Even neutral feelings, such as boredom or being tired, can be eating triggers. If patients are uncertain about their triggers or if they have a problem with emotional eating, keeping a food/feeling journal can be an effective way to identify and manage these issues. If patients continue to be unsuccessful in managing their eating pattern for emotional reasons, consider getting some professional help from a therapist or counselor.

Now is a good time to list your eating triggers and temptations and create your personal plan to take control of them.

Dietitians Corner

Even though the holiday season has come to a close, there are many holiday-eating tips that can be practiced all year round to control calorie intake.

- Survey the entire table before you take any food. Decide what foods are worth eating and what can be ignored, and then stick to that decision. Why waste calories on foods that don't bring you pleasure?
- Eat a snack before you leave home. If you arrive at a party starving, you'll be more likely to overindulge.
- Eat your calories instead of drinking them. Stick to lower calorie or calorie-free drinks (diet sodas, water, light beer, or wine spritzer) instead of punches, eggnogs, and mixed drinks that can have up to 500 calories per cup.
- Sip a large glass of water between every alcoholic drink or non-alcoholic punch or eggnog. This will help keep you hydrated and you'll drink fewer calories by the end of the night.
- When you are the host or hostess, include nutritious and lower-calorie foods like fruits, vegetables, and lean meats on the menu. When you are a guest, bring along a lower-calorie dish to share.
- Watch your portion sizes. Don't cover your plate completely with food. In most cases, especially when it comes to holiday sweets and alcoholic beverages, less is better.