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570-501-6900 x2

Support Group Schedule 2010: 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.
- Please notify NEBC any time your insurance information changes, even if the letter prefixes is the only area that changed. Also, if you are being offered different insurance from your employer discuss options with the NEBC Nurse Coordinator.
- Next month’s guest speaker will be Jody Nogin who is a gastric bypass success and Zumba instructor. She will be presenting on Zumba exercise!



Body Contouring After Massive Weight Loss

What is body-contouring after massive weight loss?

Body-contouring is a procedure that removes excess skin and reshapes, tightens, and re-contours parts of the body that have become droopy, saggy, loose, and stretched from massive weight loss (100 pounds or more) following bariatric surgery. This is an important and integral part of patient management after massive weight loss surgery.

Why does one develop sagging skin after massive weight loss?

After a patient undergoes bariatric surgery and loses a significant amount of weight, the skin may not retract and tighten to the new body frame, much like an overstretched rubber band. As a result, the excess skin will sag. The amount of loose skin will depend on the degree of weight loss, age, and skin quality of the patient, elasticity of the skin, the region of the body, and other genetic/anatomic factors. There is no way to "tone up" skin, and the only reliable way to deal with the redundant skin is to surgically remove it.

What are the potential problems one faces with the excess skin?

The sagging skin can develop folds, especially in areas like the lower abdomen and inner thighs. Chronic chaffing and difficulty in maintaining hygiene can lead to rashes, skin breakdown, and infections. The loose skin can be a nuisance while working out or fitting in clothes. Many patients feel that after all the hard work and effort they have put into successfully losing weight, their self-confidence is negatively influenced by the cosmetic appearance of their body. These problems can be addressed through body-contouring surgery.

Sautéed Scallops

- 1 lb scallops
- 1 tablespoon of canola oil
- 1/4 teaspoon of basil
- 1/4 teaspoon of parsley
- 3 tablespoons of white wine or lemon juice

Directions: Melt the margarine in a large skillet. Add seasonings and scallops. Fry until lightly browned, approximately 5 minutes. Stir in wine or lemon juice and heat thoroughly.



Different Body Contouring Options

Panniculectomy: Removal of the lower abdominal fold of skin without relocation of the umbilicus (belly-button) or tightening of the abdominal muscle layer.

Abdominoplasty: Removal of the redundant skin of the whole abdomen with relocation of the umbilicus (belly-button) and tightening of the abdominal muscle layer.

Thigh Lift: Removal of the excess skin and tightening of the inner thighs.

Circumferential Body Lift: Removal of the excess skin of the abdomen, flanks, and back with resultant tightening of the abdomen and lifting of the outer thighs and buttocks.

Brachioplasty (Arm Lift): Removal of the excess skin and tightening of the upper arms.

Mastopexy (Breast Lift in women): Reshaping of the female breast to a more lifted position. Implants may also be used to add volume to the deflated breast.

Chest Reduction (in men): Removal of the excess skin of the chest.

Face Lift/Neck Lift: Rejuvenation of the face and neck through skin excision and tightening of the underlying layers of the face.