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## Contact Information

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### Support Group Schedule 2010:

May 19, June 16, July 21, August 18, September 15, October 20, November 17 and 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!

- Come support this year's Walk from Obesity, which will be held on September 25<sup>th</sup>!
- As of May 1<sup>st</sup>, First Priority health insurance will no longer require a pre-certification for band fills! However, a patient must notify the coordinator one week in advance if he/she requires a fill. A room still needs to be reserved in the ultrasound area.
- We will now be offering a new bariatric procedure called vertical sleeve gastrectomy at Hazleton General Hospital! More information on this topic to come!
- 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.
- The NEBC website was recently accredited by HONcode through a list of criteria as a quality and trustworthy site with reliable health information.



## Zumba: Join the Party!

It's a fresh and innovative approach to fitness for both adults and kids! By fusing Latin rhythms and easy-to-follow moves, you develop your own one-of-a-kind fitness program, a program that will enable you to get in shape and have fun while doing it.

Zumba combines fast and slow rhythms with resistance training to

create a routine that is sure to show results. This cardiovascular exercise will get your heart pumping, so you can burn calories and lose that unwanted fat.

Jody Nogin, a certified Zumba instructor and NEBC gastric bypass success story, was a recent speaker at a NEBC support group meeting and is available to talk with patients about the many benefits of Zumba exercise.

## Chicken Tettrazini

- 1 tablespoon of reduced-calorie margarine
- ½ cup of scallions, chopped (about 5 scallions)
- 8 oz. of button mushrooms, sliced
- 3 tablespoons of all-purpose flour
- ¼ teaspoon of garlic powder
- 1/8 teaspoon of black pepper
- 1 cup of fat-free chicken broth
- ½ cup of fat-free skim milk
- ½ lb. cooked, boneless, skinless chicken breasts, cubed
- ¼ cup canned pimentos, drained and sliced (about equal to a 2 oz. jar)
- 2 tablespoons of sherry cooking wine
- 3 ½ tablespoons of grated parmesan cheese
- 8 oz. of uncooked spaghetti, broken into thirds and cooked

**DIRECTIONS:** Melt margarine in a large saucepan over medium-high heat. Add the scallions and mushrooms and cook until tender. Combine flour, garlic powder, pepper, broth, and milk in small bowl. Mix until well blended. Add flour mixture to saucepan. Cook until the mixture boils and thickens, stirring constantly for about 10 minutes. Add chicken, pimentos, and sherry. Cook until thoroughly heated, stirring occasionally for about 2 minutes. Stir in cheese and cooked spaghetti and toss gently.



## Dietitian's Corner

It's time to reconsider what you're eating. You're thinking that Caesar salad is a healthy choice, right? Wrong—800 calories without the croutons. Are you in the mood for fettuccine alfredo? It's a whopping 1,220 calories!

A new requirement tucked into the nation's massive healthcare bill will make calorie counts impossible for restaurants to hide and difficult for consumers to ignore. More than 200,000 fast food and food-chain restaurants will have to include calorie counts on menus, menu boards, and even drive-through boards. This law, which applies to any restaurant with 20 or more locations, allows the Food and Drug Administration (FDA) to take a new approach to menu labeling, one that will help tackle the obesity epidemic by creating more awareness.



The goal is to make sure customers process the calorie information as they are ordering. Many restaurants currently post nutritional information in a hallway, on a hamburger wrapper, or on their website. The new law will make calories immediately available for most items. Some meals will be exempt from the calorie counts, including specials on the menu being offered for less than 60 days. The law will also apply to foods sold in vending machines, specifically those that do not have visible calorie listings on the front of the package.

**What's the concern once the new law is implemented?** In a study published last year by the online journal Health Affairs, only half of customers in poor New York City neighborhoods with high rates of obesity and diabetes noticed the calorie counts, calling into account the effectiveness of calorie counts on menus, menu boards, and drive-through boards.