



You Have a lot to Gain By Losing



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Contact Information

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***Save the date:** Thursday, November 3, is the next patient information session. See NEBC Updates for more information!

The next support group meetings are November 16 and December 21

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



• In September, the Northeast Bariatric Center held its annual Walk From Obesity event to promote health education and nutrition in the community. This year, the team raised more than \$2,300. Congratulations and thank you to all those who were instrumental in organizing a successful Walk from Obesity and to all those who participated: Dr. Michael Bono, Jane & Ron Lashock, Brenda & Alicia Derr, Amy Cartwright, and Ginni Forker.

- 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.ghha.org and www.hazletonhealthandwellness.org. Healthy Horizons is a free community publication that serves as a tool to raise healthcare awareness, discuss new state-of-the-art technology and procedures that are available, and provide a variety of health, fitness, and nutrition information.
- The next patient information session will be held on Thursday, November 3, 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, www.obesityhelp.com, www.asmb.org, and www.surgicalreview.org. Those planning to attend the information session must register: 570.501.NEBC.

TIPS FOR KNOWLEDGE

Use the benefits of the Internet to your advantage. There are plenty of reputable websites that specialize in offering consumers such as yourself healthy recipes and quality nutritional information.

Did you know that frozen vegetables are just as healthy, if not healthier, than fresh vegetables? Frozen vegetables are picked fresh and immediately vacuum sealed to preserve their freshness. Many fresh vegetables are picked and spend days on the road to get to supermarkets across the nation. Tip: If you like to buy fresh then start shopping at your local farmer's markets. Everything is grown locally and picked fresh.

We all live a busy life on the go. Making a home-cooked meal isn't always an option. That doesn't mean you still can't eat properly. Open a can of low-fat soup that is low in sodium. Enjoy a low-sodium can of tuna with a little light mayo and fresh celery on 100% whole wheat or whole grain bread.

The Importance of a Flu Shot

For many, the Northeastern Pennsylvania winter season is a dreaded time of year. The cold weather settles in and snow accumulates. Fall and winter also reflect the return of flu shots—a sure sign that the inevitable sick season looms ahead.

Eugene Gorski, MD, a board certified physician with Alliance Medical Group Family Practice, says “The benefit of the flu shot is to protect an individual from the most active forms of the flu that will be present during the winter months.”

Cynthia Lubinsky, DO, a board certified physician new to Alliance Medical Group Family Practice, explains that receiving the flu shot not only decreases a person's chance of getting the flu, but also reduces the possibility of severe complications if he/she does suffer from a strain of the influenza virus that the vaccine does not protect against.

“Unfortunately, the predicted strain is not always the same as the formulated strain in the vaccine, which is why there can still be cases of influenza in people who did receive the vaccine,” said Dr. Lubinsky. Although the flu shot is known to have many benefits, we find every excuse not to receive one: It doesn't work, I get sick from it, I don't want to experience the side effects, I'm afraid of needles, and the list goes on. In fact, only an approximate 40 percent of Americans actually receive the flu shot, despite its proven benefits.

“There is the possibility of a localized reaction with the flu shot, causing some redness and swelling. While you may feel like you're getting sick after receiving the flu shot (a low-grade temperature and some achiness), it's just your body analyzing the dead virus in your system, which allows your immune system to get a sneak peak at the possible viruses it could experience throughout the sick season. This feeling subsides after a couple days, if it even occurs at all,” said Dr. Gorski. The flu vaccine is recommended for everyone including children age six months and older. Children, pregnant women, the elderly, and those with underlying health conditions are at highest risk for serious complications that result from the flu. *Be smart, be proactive. Contact your local healthcare provider or pharmacy to learn more about available flu shots in your community.*

Are You Dining Out?

How to Get the Least Calories for Your Money

- Subtract mayonnaise on all of your sandwiches and save 100 calories.
- Subtract cheese on all sandwiches and save 100-150 calories.
- Subtract the bun on all sandwiches and save 120-200 calories.
- Add pickles, onions, lettuce, and tomatoes for less than 20 calories. They add vitamin A, C, and fiber to your diet.
- Grilled chicken is always the healthiest and lowest calorie choice. It typically contains 21 grams of protein.
- Always avoid the fried fish and fried chicken sandwiches, which can add an extra 100-200 calories and generally are 5-10 grams lower in protein than their grilled counter parts.
- Ditch the fries! They contain no nutritional value and add 250-550 calories to your meal.
- Salads can be a very good choice, full of fiber, vitamin A, C, and protein, but the packet of dressing can pack a punch of 120-400 calories.
- The average shake (12 -16 ounce) comes in at 550-600 calories! It is a meal in itself!
- A medium-sized soda contains 210-250 calories. One per day is the equivalent of 26 pounds per year!

